



**Brighton and Sussex  
University Hospitals**  
NHS Trust

# Dietary preparation information for an MRI small bowel study

## **Please follow these dietary instructions carefully.**

It is important that your bowel is very clean so that the examination is likely to be a success.

### **ON THE DAY BEFORE YOUR EXAMINATION:**

#### **You should:**

- Keep to a low fibre/low residue diet.
- Drink plenty of clear fluids all day.
- Have nothing more to eat after 4pm, but continue to drink plenty of clear fluids for the rest of the day.

## **Acceptable low fibre foods are:**

- Butter/margarine used sparingly
- Eggs (boiled or poached)
- Crisped rice cereal, Corn flakes, but no bran
- Potatoes without skin (boiled/mashed/baked)
- Pasta (macaroni/spaghetti/noodles)
- White rice - boiled
- Meat/fish - minced or well-cooked lean beef/lamb/pork/veal/poultry/fish
- Gravy using stock cubes (white flour/corn flour may be used to thicken)
- White bread/toast
- Sugar/sweetner
- Clear Jelly

**No fruit or vegetables (except potatoes)**

**No dairy products**

**ON THE DAY OF YOUR EXAMINATION:**

**Please have nothing to eat or drink!**

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**Disclaimer**

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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