Low residue diet

Residue is more commonly known as fibre or roughage and is commonly found in wholemeal products, fruits and vegetables. The foods containing high fibre (residue) should be avoided 2 days before cystectomy.

Foods to avoid

High fibre bread (wholemeal, brown, rye, granary, soft grain)

Biscuits (wholewheat, digestives, rye crispbread and crackers, crunchy bars, oak cakes, fig rolls)

Breakfast cereal (High fibre cereals – All bran, Bran flakes, Weetabix, Museli, Shredded wheat, porridge)

Wholemeal flour (All pastries, cakes etc. made using wholemeal flour)

Pasta/rice (Wholewheat or brown)

Vegetables (all except potatoes without skin)

Fruits (All fruits)

Pudding (All pudding containing fruits, nuts or made with wholemeal flour)

Miscellaneous (Fruit jams with seeds or thick cut marmalade, soups with vegetables, lentils or barley, nuts, peanuts, butter, pickles)

Suggested daily meal plan

Breakfast: Strained fruit juices

Conflakes, rice Krispies with milk

White bread with butter, seedless jam, jelly marmalade

Tea, coffee, chocolate

Egg, bacon, sausages

Main meals: Strained soup or fruit juices

Meat, cheese, egg, fish

White bread, white pasta, white rice

Potato without skin

Ice cream, jelly or milk pudding

Drinks: Tea, coffee, chocolate, squash, pop

Snacks: Strained soup or fruit juices

Meat, cheese, egg, fish

White bread, white pasta, white rice

Potato without skin

Ice cream, jelly or milk pudding

Plain biscuits and crackers without wholemeal flour, nuts or fruits (eg. Rich tea, Marie, custard cream, cream

crackers)

Boiled sweet, toffee, chocolate without any fruit and nuts

Mars bars