



Low-fibre diet for vegans taking PLENVU or MOVIPREP bowel preparation

Information for patients from the Trust's Endoscopy Units

If you eat a vegan diet and need to follow a low-fibre diet before your test, please make the following changes to your diet. Start these changes three days before your procedure.

Food to eat	Food to avoid
Cornflakes	Fruit (including dried fruit)
White rice	Vegetables
White bread	Salad
White pasta	Multi-grain cereals
Potatoes without skin	Nuts
Plain tinned spaghetti	Seeds
Plain crackers	Beans (including baked beans)
Plain vegan biscuits (such as Arrowroot)	Lentils
Plain scones	Legumes
Oil and margarine	Whole wheat pasta
Tofu	Brown or wild rice
Smooth nut butter	Whole wheat pasta
Dairy-free alternatives	Protein powders
Soy sauce	Pre-workout drinks

Food to eat	Food to avoid
Maple syrup	Vegan Quorn
Vegetable broth	
Vegan jellies	
Strained fruit juice	
Sorbet	
Clear fluids (such as water, diluted squash (not red or purple coloured), herbal teas, clear soup, tea / coffee without milk alternative)	

Contact details

If you have any questions about taking MOVIPREP / PLENVU, please contact one of the Endoscopy Units. The units are open Monday to Friday 8am to 6pm, and Saturday and Sunday 8am to 5pm.

- **Kent and Canterbury Hospital**, Canterbury
Telephone: 01227 783058
- **Queen Elizabeth the Queen Mother (QEQM) Hospital**, Margate
Telephone: 01843 234370
- **William Harvey Hospital**, Ashford
Telephone: 01233 616274

This leaflet has been produced with and for patients.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145 (tel://+441227783145), or email ekh-tr.pals@nhs.net (ekh-tr.pals@nhs.net)

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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