

ADRIAN POLGLASE

Professor of Surgery

MB BS (Hons), MS, FRACS, FRCS (Eng), FRCS Ed, FACS

CABRINI MONASH UNIVERSITY DEPARTMENT OF SURGERY

COLORECTAL SURGERY
LAPAROSCOPIC SURGERY
COLONOSCOPY

A. L. POLGLASE PTY. LTD. A.C.N. 062 956 843

Colorectal - Malvern

SUITE 20, CABRINI MEDICAL CENTRE
ISABELLA STREET, MALVERN 3144
TELEPHONE 9509 8233 FACSIMILE: 9509 0812
PROVIDER NO 216484K
AFTER HOURS: HOME 9824 7525
CALL SERVICE: 9387 1000

EMAIL: alp@colorectalmalvern.com.au
WEBSITE: www.colorectalmalvern.com.au
www.colonoscopymalvern.com.au
www.laparoscopymalvern.com.au

HIGH FIBRE DIET

General Rules:

1. The diet is a normal one with supplements of fruits, vegetables, and the whole grain cereals for additional fibre, vitamins and minerals.
2. Drink at least 6 glasses of water daily.

Food to Eat:

ONE FROM THIS GROUP AT EACH MEAL:

Oatmeal, shredded Wheat, all bran, raisin or natural bran, or whole wheat bread.

ONE SERVING FROM THIS GROUP DAILY:

Herring, Kippers, Sardines, Salmon, tuna in oil base, hard cheese such as cheddar, Swiss or hoop cheese.

FOUR SERVINGS FROM THIS GROUP DAILY:

Raw vegetables, cooked green vegetables, dry beans, dry peas, salads.

FRUITS: AT LEAST THREE SERVINGS

Any Fruit juice, fresh or stewed fruits, especially figs, prunes or apricots.

HIGH ROUGHAGE OR CELLULOSE CONTENT FOODS:

Whole apples	Cantaloupe	Nuts	Raisins
Dried apricots	Cauliflower	Oats	Spinach
Asparagus	Celery	Onions	Spring beans
Beans	Corn	Fresh peaches	Turnips
Bran bread	Dates	Fresh pears	Leafy vegetables
Bran muffins	Endive	Plums	Whole barley
Brussel sprouts	Lentils	Prunes	
Cabbage	Lettuce		

FOODS TO AVOID:

White bread, cakes, pastries & biscuits, sweets, chocolates, sugar.

YOU MAY USE AS CONDIMENTS:

Salt, sugar substitute, herbs & spices.