

Endoscopy Reception 01619224914.

Opening times.

Endoscopy unit

Monday 8am-7pm

Tuesday 8am-7pm

Wednesday 8am-7pm

Thursday 8am-7 pm

Friday 8am-7pm

Saturday 8am-7pm

Sunday 8am-7pm

For after care advice please contact below numbers

8am-7pm Endoscopy Unit 01619226212

7pm– 8am Out of hours 01619224917

High Fibre Diet Advice

Introduction

Fibre is found in plant foods such as cereals, fruit and vegetables, nuts and seeds. Having too little fibre in your diet can lead to constipation and can lead to other problems such as diverticular disease.

This leaflet will tell you how to increase your fibre intake

If you need more detailed advice or are following a special diet that makes it difficult to make these changes, then ask your Doctor to refer you to a dietitian.

Advice

Slowly increase the amount of fibre you eat. Your digestive system will need to become used to it. you may get pain, bloating and/or wind if you increase too quickly.

Fluid

Fibre soaks up fluid in your digestive system to form a soft stool and help stimulate the muscles of the bowel.

It is important to drink plenty of fluid if you are increasing the amount of fibre you eat. Drink at least 6-8 large glasses of fluid a day .

Bran is not recommended as it can be difficult to digest
And can reduce the absorption of some vitamins and mineral.

Aim to eat 5 portions of fruit and vegetables a day.

Choose wholemeal or granary bread instead of white.

Choose wholegrain breakfast cereals, such as all bran, bran flakes, wheat flakes, Weetabix muesli or porridge.