

Preparing for colonoscopy with the White Diet

Dr Joshua Butt (GastroNorth) was the lead author in an Australian study that compared a “White Diet” to a clear fluid diet in bowel preparation for colonoscopy.

The randomised, endoscopist-blinded trial of 226 patients showed a marked patient preference for the White Diet without compromising the cleanliness of bowel preparation.

The White Diet included low-residue white coloured foods such as yogurt, white bread, cheese, pasta, rice, eggs, fish, chicken, ice cream and white chocolate. Some high residue white coloured foods were excluded from the diet such as pear, parsnip, onion, mushroom, coconut and tofu.

The study found that participants greatly preferred the White Diet to a clear fluid diet, finding it easier to understand and follow, as well as having less hunger and less interference with daily activities.

Part of the rationale behind the White Diet was that many white or cream coloured foods are low in fibre and using colour as a dietary index proved to be a simple and effective strategy. High bowel preparation success rates were seen when the White Diet was used with a split-dose preparation regimen (>94%) which was non-inferior to a clear fluid diet. There was no difference in polyp or adenoma detection rates or other procedure related outcomes between the diet groups.

The White Diet is now available for colonoscopy preparation through Gastronorth.

To read the full study, see the Journal of Gastroenterology and Hepatology. 2015 Aug 6. doi: 10.1111/jgh.13078. [Epub

WHITE DIET INSTRUCTIONS

White Diet foods allowed -

- Food Milk, white coloured yoghurt (no added fruit), mayonnaise, cream, sour cream, butter and margarine, oil for cooking
- White bread/toast, rice bubbles cereal, eggs
- White rice, regular pasta, potatoes (peeled and mashed only), rice noodles
- Rice crackers (plain), white flour, sugar
- Chicken breast (no skin), white fish fillet (no skin)
- Cheese - cream cheese/cheddar/ricotta/feta/cottage/mozzarella/parmesan cheese
- White chocolate, vanilla ice cream, lemonade ice-block ('icy-pole'), custard, "milk bottles"(white confectionery)
- CLEAR FLUIDS are allowed: water, soda water, mineral water, cordial, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea, clear soup (e.g. clear chicken broth)

Food NOT ALLOWED -

- Anything not listed above
- Other white coloured foods such as fruit or vegetables, pears, parsnip, cauliflower, onion, high fibre white bread, tofu, coconut, porridge, banana, mushrooms, semolina, couscous, popcorn

WHITE DIET SAMPLE MENU PLAN

Breakfast:	Glass of Milk Rice bubbles with milk and white sugar Scrambled eggs and white toast
M/ Tea:	Glass of Mineral water Plain rice crackers with cheese
Lunch:	Glass of lemonade White bread sandwich with sliced chicken breast, cream cheese or mayonnaise A white chocolate Freddo Frog or Lemonade icy-pole or a handful of "milk bottles" (lollies)
A/ Tea:	Plain vanilla yoghurt Vanilla milkshake
Dinner	White fish fillet with white rice or mashed potato or Regular pasta with diced chicken breast and parmesan cheese or Chicken soup (clear chicken broth/stock) with rice noodles and sliced chicken breast Glass of soda water Vanilla ice cream

