



600 Ligonier St, Latrobe, PA 15650 – (724) 539-9736
522 W Newton St. #300, Greensburg, PA 15601 – (724) 838-7500

Pre-Op Instructions for Prostate Brachytherapy

1. Low residue diet starting three (3) days before for two (2) days.
2. Clear liquids all day on the day before your surgery.
3. Take 8 ounces of Citrate of Magnesia at 4:00pm on the day before your surgery.
4. Use 1 Fleet enema at 8:00pm on the day before your surgery.

CLEAR LIQUID DIET may include clear soup or bouillon (without vegetables or noodles), plain Jell-O (without any fruit), apple juice or fruit juice, apple sauce or fruit sauce, soft drinks, black coffee or tea with sugar but NO CREAM OR MILK (no dairy products are allowed.)



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LOW RESIDUE DIET



Latrobe Area Hospital
 Food and Nutrition Services
 121 W. Second Ave.
 Latrobe, PA 15650
 724/537-1281
www.excelahealth.org

The low residue diet consists of foods that are very low in dietary fiber. A diet low in residue is used to reduce the bulk remaining in the lower part of the gastro-intestinal tract after digestion. The diet may be low in nutrients, and intended to be used only for a short time. It is smooth in texture and mechanically non-irritating.

Low Residue Diet		
Food Groups	Allow	Avoid
Starches	Most refined breads, cereals, rice and pasta and other products made from refined grains	Whole-grain breads, cereals, rice, pasta and other products made from whole grains, starchy vegetables, legumes and popcorn
Fruits	Fruit juices except prune juice	All fruits, including canned
Vegetables	Vegetable juices Potatoes without skin	All other vegetables
Milk	Milk and foods made from milk (pudding, ice cream, cheeses, strained cream soups) up to 2 cups per day	Greater than 2 cups of milk and foods made from milk per day
Meat and Meat Substitutes	Tender meat, poultry, fish and eggs	Tough or coarse meats and peanut butter
Miscellaneous	Coffee, tea and carbonated beverages	Seeds, nuts and coconut

Reference: Mayo Clinic Diet Manual



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Low Residue Diet

Suggested Menu Pattern

Breakfast

1/2 cup fruit juice
3/4 cup corn flakes
1 egg
1 slice white bread
1 tsp butter/margarine
1 cup milk
beverage

Noon Meal

soup or juice (if desired)
2 - 3 ounces tender meat or substitute
1 - 2 slices white bread
1 tsp butter/margarine
1 cup gelatin
beverage

Evening Meal

soup or juice (if desired)
3 - 4 ounces tender meat or substitute
1/2 cup serving pasta or rice
1 slice white bread
1 tsp butter/margarine
2 sugar cookies
1/2 cup milk
beverage