



Low Residual Diet for GI Studies

General Description

This diet is ordered for patients with Zollinger-Ellison Syndrome (ZES) and/or gastroparesis who are to undergo gastric acid analysis testing using a naso-gastric tube.

Patients with ZES have high gastric acid levels and often develop slow gastric emptying as a result. Undigested food particles may clog the tubes when they are placed in the stomach, creating inaccurate test results. Therefore foods that are prone to cause this problem are eliminated from the diet for 24 or more hours prior to the procedure.

Indications for Use

This diet is instituted for 24 or more hours prior to gastric acid analysis testing in those with or suspected to have ZES and/or gastroparesis.

Guidelines

The following foods should be excluded from the diet for at least 24 hours prior to this procedure:

- All fruits and vegetables except those blended or pureed to a smooth consistency, including tomato sauces.
- All foods containing obvious fruit/vegetable particles. Ripe bananas are allowed.
- All foods containing seeds and/or nut particles.
- All whole grains and multigrain products, including bran and shredded wheat cereals.
- Potatoes with skin. Potatoes without skin are allowed.
- Brown or wild rice.
- Juices or fruit drinks containing pulp.

Reference:

Personal communication: Clinical Nurse Specialist of the NIDDK GI service