

Preparing for Colonoscopy



Changi
General Hospital
SingHealth

Colonoscopy is a procedure that allows your doctor to evaluate the inside of your rectum and large intestine using a flexible colonoscope.

It is important for you to follow the instructions in this brochure, as an inadequate bowel preparation can limit the usefulness of the colonoscopy, and even result in the cancellation of your procedure.

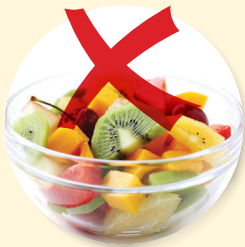
Your colonoscopy appointment has been scheduled on:

Date: _____ Time: _____

Three days before Colonoscopy

Date: _____

- ✔ **TAKE** low residue diet (e.g. white bread, white rice, pasta, tofu, fish, chicken and egg).
- ✘ **DO NOT TAKE** vegetables, fruits, nuts and seeds, whole grain cereal.











Day Before Colonoscopy

Date: _____

Diet Preparation

Meal plan:

 Breakfast	White bread, egg and plain drink (coffee/tea/milo without milk)	 
 Lunch	Light soft diet lunch, e.g. congee or noodle soup	 
 Dinner	Clear broth/ soup and drinks without any milk	

You may continue to consume clear soup/drinks till midnight.

Day Before Colonoscopy

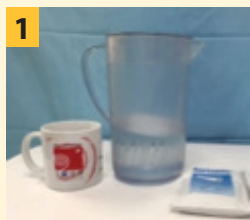
Date: _____

Bowel Preparation

Prescription: Polyethylene glycol-electrolyte solution (PEG-ES)
colonic lavage powder _____ packets

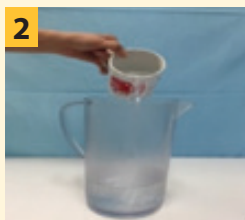
Time: _____

Dilute 1 packet of colonic lavage powder in 1 litre of water.



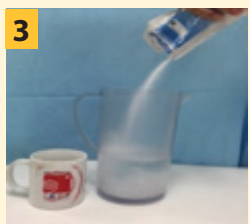
1 Prepare:

- 1 jug
- 1 mug (250ml)
- 1 packet of PEG powder



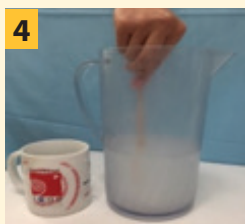
2 Next:

Pour 4 mugs
(1 litre) of water
into the jug



3 Followed by:

Mix 1 packet
of powder
with 1 litre
of water



4 Lastly:

Stir well. Drink
each cup within
15 minutes and
complete the
whole packet
in 1 hour

- Repeat steps 1 to 4 for the subsequent packet(s) after completion of the first packet
- You may add a little cordial syrup for flavour

Day of Colonoscopy

Date: _____

☐ Morning appointment:

Diet Preparation

- Drink only plain water
- Stop drinking 2 hours before the appointment time

Bowel Preparation

- Start to prepare colonic lavage powder from 4am/5am/6am
- Dilute _____ packet(s) of colonic lavage powder in _____ litre(s) of water
- Repeat steps 1 to 4 and complete within _____ hour(s)
- Stop drinking by _____ (time)

☐ Afternoon appointment:

Diet Preparation

- You are allowed to have light breakfast (a slice of plain bread OR 2 pieces of plain biscuits OR a small bowl of plain pasta with clear fluid at _____ (time). Stop eating by _____ (time).
- Stop drinking 2 hours before the appointment time

Bowel Preparation

- Start to prepare colonic lavage powder from 8am
- Dilute _____ packet(s) of colonic lavage powder in _____ litre(s) of water
- Repeat steps 1 to 4 and complete within _____ hour(s)
- Stop drinking by _____ (time)

Side Effects of Polyethylene Glycol-electrolyte Solution (PEG-ES)

- PEG-ES is used to empty the colon
- You will experience diarrhea after consuming PEG-ES
- Bowel movement may start between 30 minutes to 3 hours after drinking PEG-ES
- You may experience abdominal pain and bloating while drinking PEG-ES
 - If these symptoms become severe, drink slowly and allow more time between each sip.
 - Inform the clinic nurse in the Endoscopy Centre (during office hours) if symptoms do not go away.
 - If you experience severe abdominal pain/vomiting, please seek immediate medical attention at the Accident & Emergency department.

Stop drinking PEG-ES if you experience the following conditions:

- Rash/itchiness
- Swelling of eyes, face, mouth
- Difficulty breathing or swallowing
- Irregular heartbeat

Inform the clinic nurse/Endoscopy Centre (during office hours) and Accident & Emergency department after office hours.

Medication on the Day of Colonoscopy

- To take usual high blood pressure medication at 6am, if applicable
- To take other medicine with doctors' approval, e.g. medication for epilepsy and Parkinson
- Do not take diabetic medication

Refer to "Instructions to Patients for Surgery/Procedure/Endoscopy" for more details on medications.

Post Colonoscopy

1. You will be required to rest for 2 hours at the Endoscopy Centre before discharge
2. You are to be accompanied home by an adult
3. Do not drive within 24 hours post-surgery

Changi General Hospital, Medical Centre, Level 3, 3C General Surgery Clinic

Tel: 6936 5346

Monday to Friday: 0830 - 1700

Closed on Saturday, Sunday and Public Holiday

Changi General Hospital, Main Building, Endoscopy Centre, Lift Lobby B, Level 3

Tel: 6850 3414

Monday to Friday: 0800 - 1630

Saturday: 0830 - 1130

Closed on Sunday and Public Holiday



Singapore
General Hospital



Changi
General Hospital



Sengkang
General Hospital



KK Women's and
Children's Hospital



National Cancer
Centre Singapore



National Dental
Centre Singapore



National Heart
Centre Singapore



National
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CGH Appointment Centre

For appointments and enquiries,
please call: (65) 6850 3333

Operating hours:

8.30 am to 8.00 pm (Monday to Friday)

8.30 am to 12.30 pm (Saturday & Sunday)

Closed on Public Holiday

For more information, please visit www.cgh.com.sg



Information is correct at the time of printing (February 2020) and subject to revision without prior notice.

All information provided within this publication is intended for general information and is provided on the understanding that no surgical and medical advice or recommendation is being rendered.

Please do not disregard the professional advice of your doctor.