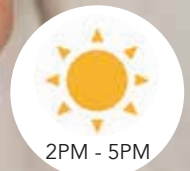


## ENDOSCOPY CENTRE

# Preparing for a Colonoscopy:

For Patients Prescribed with 2L or 3L PEG (2PM to 5PM)

For more  
information on  
Colonoscopy:



# Dietary Restrictions One Day Before Colonoscopy

Take only light, low-fibre meals such as:



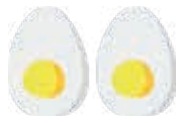
White bread  
(no spread)



White porridge/  
rice



Lean meat  
(chicken/fish)



Eggs



Coffee/tea  
(no milk)

Stop taking any dairy products, oil and high-fibre foods such as:



Dairy products



Fruits



Vegetables



Whole grains/  
oats

# Medications

## 1. Bisacodyl

- This is a drug (laxative) which stimulates the muscle in the intestines, in order to create bowel movements (pass motion).
- You may experience stomach cramps and diarrhoea after taking the medication.



Fig 1. Two Bisacodyl tablets (10mg)

## 2. Polyethylene Glycol Electrolyte Solution (PEG)

- It is used to clean out the gastrointestinal tract (stomach and intestines).
- You may experience diarrhoea, nausea and/or stomach cramps after taking the medication.



Fig 2. Two packets of PEG powder

### Important:

- ✓ Do see a doctor at your nearest clinic if you experience vomiting or severe abdominal pain (stomachache).
- ✓ Depending on your procedure type, you will be required to take either:
  - "2L PEG Solution + Bisacodyl" (Page 4) OR
  - "3L PEG Solution + Bisacodyl" (Page 5 and 6)Please follow the correct instructions for your procedure preparation.
- ✓ Please refer to your **Admission Kit for Endoscopy** for specific medication instructions.

# 2L PEG Solution + Bisacodyl

(Follow instructions on Page 4)

## 1 DAY BEFORE Your Colonoscopy (Date: \_\_\_\_\_)

- 7AM Light low-fibre breakfast.
- 12PM Light low-fibre lunch.
- 5PM Bisacodyl 10mg (2 tablets). Drink at least 1 cup of plain water (250 ml).
- 6PM Light low-fibre dinner.



## ON THE DAY of Your Colonoscopy (Date: \_\_\_\_\_)

- 5.30AM Bisacodyl 10mg (2 tablets). Drink at least 1 cup of plain water (250 ml).



- 6AM – 6.30AM Light low-fibre breakfast.  
**No more food allowed after breakfast.**

- 7AM – 9AM Mix 2 packets of PEG powder with 2 litres or 8 cups of plain water (1 cup = 250 ml). Start drinking 2 litres of PEG solution from 7AM and complete by 9AM.



Drink plain water to replenish water loss from effects of drinking the PEG solution.

**Important:** You should stop drinking plain water 2 hours before your procedure.

# 3L PEG Solution + Bisacodyl

(Follow instructions on Page 5 and 6)

## 1 DAY BEFORE Your Colonoscopy (Date: \_\_\_\_\_)

- 7AM Light low-fibre breakfast.
- 12PM Light low-fibre lunch.
- 5PM Bisacodyl 10mg (2 tablets). Drink at least 1 cup of plain water (250 ml).
- 6PM Light low-fibre dinner.



- 7PM – 9PM Mix 2 packets of PEG powder with 2 litres or 8 cups of plain water (1 cup = 250 ml). Start drinking 2 litres of PEG solution from 7PM and complete by 9PM.



Drink plain water to replenish water loss from effects of drinking the PEG solution.

<Continue on next page>

# 3L PEG Solution + Bisacodyl

(Follow instructions on Page 5 and 6)

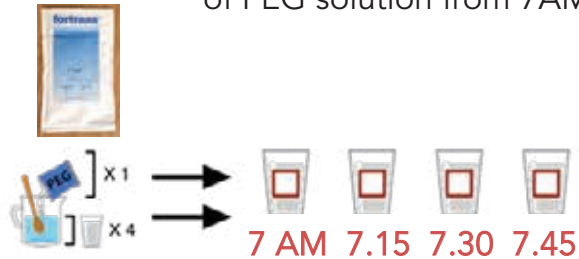
## ON THE DAY of Your Colonoscopy (Date: \_\_\_\_\_)

5.30AM Bisacodyl 10mg (2 tablets). Drink at least 1 cup of plain water (250 ml).



6AM – 6.30AM Light low-fibre breakfast.  
**No more food allowed after breakfast.**

7AM – 8AM Mix 1 packet of PEG powder with 1 litre or 4 cups of plain water (1 cup = 250 ml). Start drinking 1 litre of PEG solution from 7AM and complete by 8AM.



Drink plain water to replenish water loss from effects of drinking the PEG solution.

**Important:** You should stop drinking plain water 2 hours before your procedure.

# Good vs. Poor Bowel Preparation

## ✗ Poor Bowel Preparation Leads to a Dirty Colon

Please report to the Endoscopy Centre 2 hours before your appointment time if your stool appears like any of the pictures shown below (Stool 1 to 4).

Your doctor may advise additional medications for your bowel preparation.

### Stool Number Chart:

Stool 1	Stool 2	Stool 3	Stool 4
Dark brownish and solid	Brownish and loose	Light brownish water with particles	Light brownish and watery
✗	✗	✗	✗

## ✓ Good Bowel Preparation Leads to a Clean Colon

### Stool Number Chart:

Stool 5	Stool 6
Yellowish and watery	Light yellowish and "clear"
✓	✓

→

Endoscopy Pre-Admission Counselling  
and Evaluation (Endo-PACE)

TTSH Medical Centre, Level 2

Contact:  
6357 3766 or  
6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to  
access the information online or visit  
<http://bit.ly/TTSHHealth-Library>

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any feedback regarding what you have  
just read at  
[patienteducation@ttsh.com.sg](mailto:patienteducation@ttsh.com.sg)



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