

## ENDOSCOPY CENTRE

# Preparing for a Colonoscopy:

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

For more  
information on  
Colonoscopy:



# Dietary Restrictions Three Days Before Colonoscopy

Take only light, low-fibre meals such as:



White bread  
(no spread)



White porridge/  
rice



Lean meat  
(chicken/fish)



Eggs



Coffee/tea (with  
or without milk)



Clear soup



Mee Sua/Bee  
hoon/Kway teow

Stop taking any oily and high-fibre foods such as:



Fried/oily  
foods



Fruits



Vegetables



Whole  
grains/  
oats



Cereal

# Medications for preparation: PEG

## 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 1. Two packets of PEG powder

### Important:

- ✓ Do see a doctor at your nearest clinic if you experience vomiting or severe abdominal pain / tummy pain
- ✓ Depending on your procedure type, you will be required to take either:
  - "2L PEG Solution (Page 3)" OR
  - "3L PEG Solution (Page 4)"
- ✓ Please follow the correct instructions for your procedure preparation.

### 7 DAYS BEFORE Your Colonoscopy (Date: \_\_\_\_\_)

Stop and do not take these medications: \_\_\_\_\_.

- E.g. Iron, Plavix, Anti-diarrhoeal medications

Other comments:



(Not Applicable)

### 3 DAYS BEFORE Your Colonoscopy (Date: \_\_\_\_\_)

Low residue / low fibre diet (Refer to page 1)

### 2 DAYS BEFORE Your Colonoscopy (Date: \_\_\_\_\_)

Stop and do not take these medications: \_\_\_\_\_.

- E.g. Empagliflozin, dapagliflozin



(Not Applicable)



# 2L PEG Solution

(Follow instructions on Page 3)

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

7AM Light low-fibre breakfast.

12PM Light low-fibre lunch.

6PM-6.30PM Light low-fibre dinner.

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

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

- Stop and do not take these medications\_\_\_\_\_.
- Continue other usual medications. Take it at least 2 hours before your colonoscopy, with small amounts of water.

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.

Time \_\_\_\_\_: Stop drinking fluids including plain water  
(2 hours before the procedure)

Time \_\_\_\_\_: Report to Endoscopy Centre



# 3L PEG Solution

(Follow instructions on Page 4)

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

7AM Light low-fibre breakfast.

12PM Light low-fibre lunch.

6PM-6.30PM Light low-fibre dinner.

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

5AM-5.30AM Light low-fibre breakfast.  
**No more food allowed after 5.30AM**

- Stop and do not take these medications\_\_\_\_\_.
- Continue other usual medications. Take it at least 2 hours before your colonoscopy, with small amounts of water.

6AM-9AM

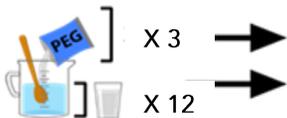
Mix 3 packet of PEG powder with 3 litre or 12 cups of plain water (1 cup = 250 ml). Start drinking 3 litre of PEG solution from 6AM and complete by 9AM.



6 AM 6.15 6.30 6.45 7AM 7.15 7.30 7.45



8 AM 8.15 8.30 8.45



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

Time \_\_\_\_\_: Stop drinking fluids including plain water  
(2 hours before the procedure)

Time \_\_\_\_\_: Report to Endoscopy Centre

# 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)



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<http://bit.ly/TTSHHealth-Library>

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