

ENDOSCOPY CENTRE

Preparing for a Colonoscopy:

For Patients Prescribed with 2L or 3L PEG (8AM to 2PM)

For more
information on
Colonoscopy:



Dietary Restrictions One Day Before Colonoscopy

Take only light, low-fibre meals such as:



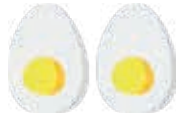
White bread
(no spread)



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.
11AM Bisacodyl 10mg (2 tablets). Drink at least 1 cup of plain water (250 ml).



12PM Light low-fibre lunch.

5PM Bisacodyl 10mg (2 tablets). Drink at least 1 cup of plain water (250 ml).



6PM – 6.30PM Light low-fibre dinner.
No more food allowed after 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.

ON THE DAY of Your Colonoscopy (Date: _____)

No food allowed.

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.
11AM Bisacodyl 10mg (2 tablets). Drink at least 1 cup of plain water (250 ml).



12PM Light low-fibre lunch.

5PM Bisacodyl 10mg (2 tablets). Drink at least 1 cup of plain water (250 ml).



6PM – 6.30PM Light low-fibre dinner.
No more food allowed after 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.

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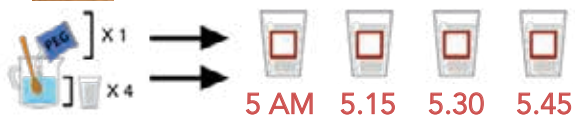
3L PEG Solution + Bisacodyl

(Follow instructions on Page 5 and 6)

ON THE DAY of Your Colonoscopy (Date: _____)

5AM – 6AM No food allowed.

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 5AM and complete by 6AM.



No food allowed.

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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