

ENDOSCOPY CENTRE

Preparing for a Colonoscopy:

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

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.
No more food allowed after 6.30PM.

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: _____)

12 midnight onwards No food allowed

Time _____
(2 hours before the procedure)

- 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.
- Stop drinking fluids including plain water

Time _____ Report to Endoscopy Centre



3L PEG Solution

(Follow instructions on Page 4 and 5)

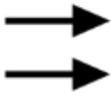
1 DAY BEFORE Your Colonoscopy (Date: _____)

7AM Light low-fibre breakfast.

12PM Light low-fibre lunch.

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

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.



7 PM



7.15



7.30



7.45



8 PM



8.15



8.30



8.45

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



3L PEG Solution

(Follow instructions on Page 4 and 5)

ON THE DAY of Your Colonoscopy (Date: _____)

12 midnight onwards No food allowed.

5AM – 6AM
1. Stop and do not take these medications_____.
2. Continue other usual medications. Take it at least 2 hours before your colonoscopy, with small amounts of water.



3. 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



6AM onwards Stop drinking fluids including plain water

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).

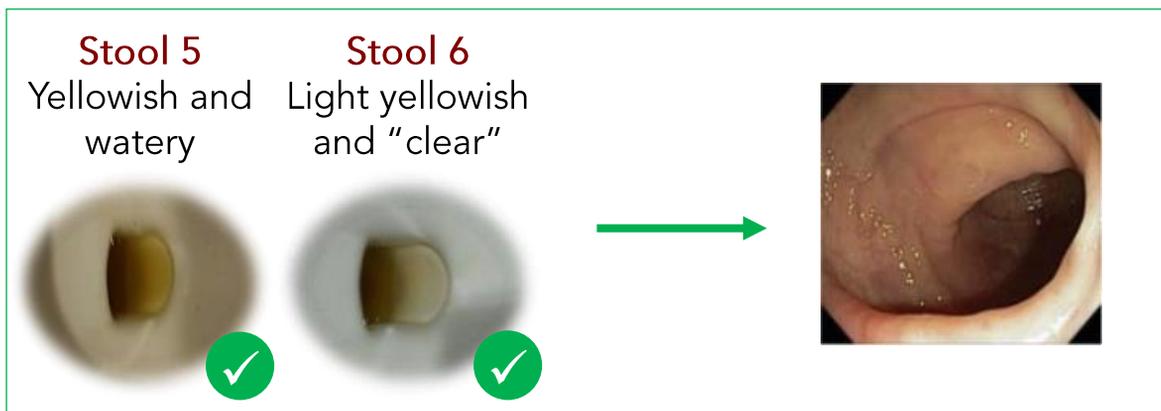
Your doctor may advise additional medications for your bowel preparation.

Stool Number Chart:



✔ Good Bowel Preparation Leads to a Clean Colon

Stool Number Chart:



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>

Was this information helpful?
Please feel free to email us if you have
any feedback regarding what you have
just read at
patienteducation@ttsh.com.sg



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