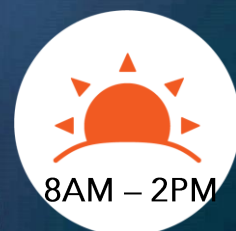


ENDOSCOPY CENTRE

Preparing for a Colonoscopy:

For Patients Prescribed with PICOPREP (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: PICOPREP / PICOPREP and PEG

1. PICOPREP

- 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. One box of PICOPREP and cup provided

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 Notes:

- ✓ 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:
 - "PICOPREP" (Page 4) OR
 - "PICOPREP + PEG" (Page 5 and 6)
- ✓ Please refer to the correct instructions for your procedure preparation

Medications for preparation: PICOPREP / PICOPREP and PEG

7 DAYS BEFORE Your Colonoscopy (Date: _____)

Stop and do not take these medications: _____.

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

(Not Applicable)

Other comments:

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)



PICOPREP

(Follow instructions on Page 4)

1 DAY BEFORE Your Colonoscopy (Date: _____)

7AM Light low-fibre breakfast.

12PM Light low-fibre lunch.

2PM-3PM Prepare the PICOPREP solution to drink by mixing 1 packet of powder with 150 ml of warm water, and stirring for 2 to 3 minutes.

Drink at least 1 litre or 2 cups of plain water (1 cup = 500ml), using the PICOPREP cup given.

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

8PM-9PM Prepare the PICOPREP solution to drink by mixing 1 packet of powder with 150 ml of warm water, and stirring for 2 to 3 minutes.

Drink at least 1 litre or 2 cups of plain water (1 cup = 500ml), using the PICOPREP cup given.



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



PICOPREP + PEG

(Follow instructions on Page 5 and 6)

1 DAY BEFORE Your Colonoscopy (Date: _____)

7AM Light low-fibre breakfast.

12PM Light low-fibre lunch.

2PM-3PM Prepare the PICOPREP solution to drink by mixing 1 packet of powder with 150 ml of warm water and stirring for 2 to 3 minutes.



Drink at least 1 litre or 2 cups of plain water (1 cup = 500ml), using the PICOPREP cup given.

6PM-7PM Light low-fibre dinner.
No more food allowed after 7PM.

8PM-9PM Prepare the PICOPREP solution to drink by mixing 1 packet of powder with 150 ml of warm water and stirring for 2 to 3 minutes.

Drink at least 1 litre or 2 cups of plain water (1 cup = 500ml), using the PICOPREP cup given.





PICOPREP + PEG

(Follow instructions on Page 5 and 6)

ON THE DAY of Your Colonoscopy (Date: _____)

12 midnight onwards **No food allowed**

5AM-6AM

- 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.



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.



- Stop drinking fluids including plain water
- **No food allowed**

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)



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
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just read at
patienteducation@ttsh.com.sg



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