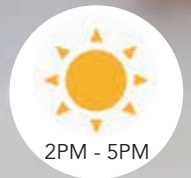


ENDOSCOPY CENTRE

Preparing for a Colonoscopy: For Patients Prescribed with PICOPREP (2PM to 5PM)



For more
information on
Colonoscopy:



Dietary Restrictions One Day Before Colonoscopy

Take only light, low-fibre meals such as:



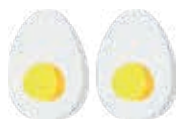
White bread
(no spread)



White rice/
porridge



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. 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 your **Admission Kit for Endoscopy** for specific medication instructions.



PICOPREP

(Follow instructions on Page 4)

1 DAY BEFORE Your Colonoscopy (Date: _____)

7AM Light low-fibre breakfast.

12PM Light low-fibre lunch.

5PM Light low-fibre dinner.

8PM 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: _____)

7.30AM Light low-fibre breakfast.

– 8AM **No more food allowed after breakfast.**

9.30AM Prepare the PICOPREP solution to drink by mixing 1 packet of powder with 150 ml of warm water and Stiring for 2 to 3 minutes.



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

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



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.

6PM Light low-fibre dinner.

7PM Prepare the PICOPREP solution to drink by mixing 1 packet of powder with 150 ml of warm water and stirring for 2 to 3 minute.



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: _____)

5AM – Light low-fibre breakfast.

5.30AM **No more food allowed after breakfast.**

6AM 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.

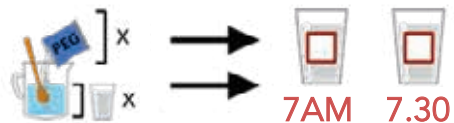
<Continue on next page>



PICOPREP + PEG

(Follow instructions on Page 5 and 6)

7AM – 8AM Mix 1 packet of PEG powder with 1 litre or 2 cups of plain water (1 cup = 500ml), using the PICOPREP cup given. Start drinking 1 litre of PEG solution from 7AM and complete by 8AM.



You may 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>

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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