

## ENDOSCOPY CENTRE

# Preparing for a Colonoscopy: For Patients Prescribed with PICOPREP (8AM to 2PM)



For more  
information on  
Colonoscopy:



# Dietary Restrictions One Day Before Colonoscopy

Take only light, low-fibre meals such as:



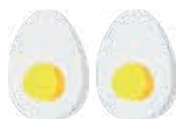
White bread  
(no spread)



White 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.

2PM 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 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: \_\_\_\_\_)

No food allowed.

**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.

2PM 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 dinner.**

7.30PM 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)

9.30PM –  
10.30PM

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 9.30PM and complete by 10.30PM.



You may 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.





# 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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