

## Endoscopy Pre-Admission Counselling and Evaluation (Endo-PACE)

TTSH Medical Centre, Level 2

### Contact:

6357 3766 / 6357 3767

### Office Hours:

Monday – Friday: 9 am – 5.30 pm

Saturday 9 am – 12.00 pm

(except Public Holidays)

## ENDOSCOPY CENTRE

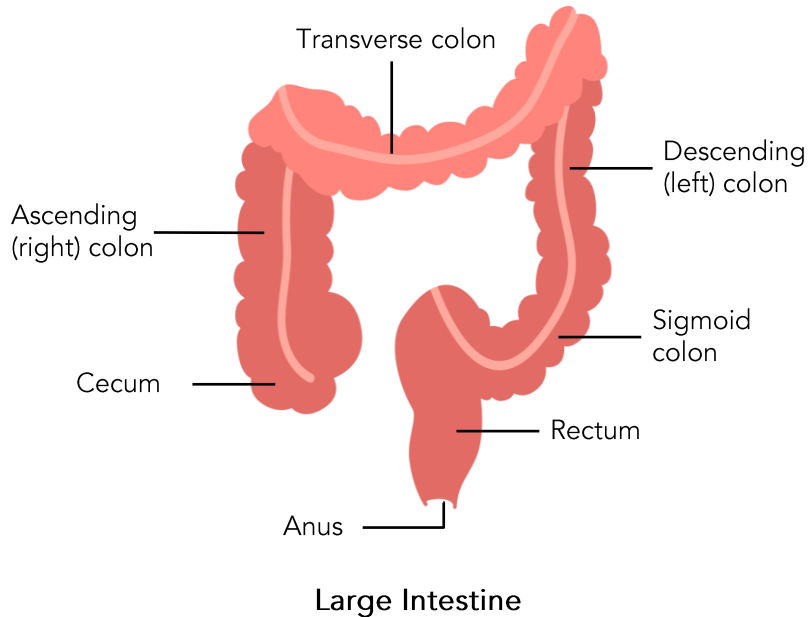
### Preparing for a Colonoscopy

For Patients Scheduled for Procedure from 2 pm – 4.30 pm



## What is a Colonoscopy?

It is a procedure to check on the inner wall of the large intestine, using a camera at the tip of a flexible tube (colonoscope).



Flexible tube (Colonoscope)

## Why do I Need Bowel Preparation Before the Colonoscopy?

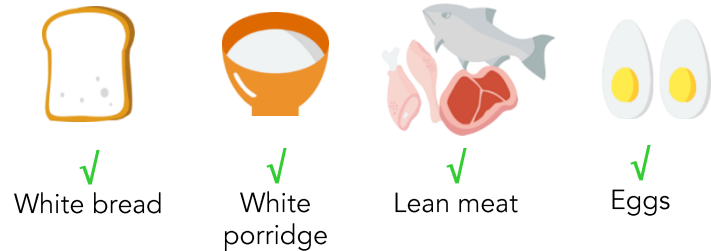
Bowel preparation helps to clean your large intestines so that the colonoscopy can display a clearer view.

Bowel preparation consists of:

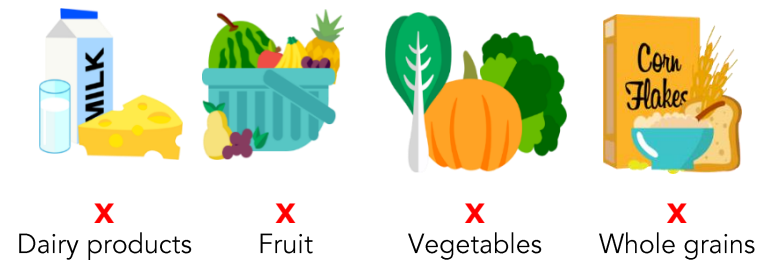
- Dietary restrictions one day before colonoscopy
- Medications

## Dietary Restrictions ONE day Before Colonoscopy

Take only light, low-fibre meals.



Stop taking any dairy products, oil and high-fibre food.



## Medications

### 1. Bisacodyl



This is a laxative which stimulates the muscle in the intestines, in order to create bowel movements.

You may experience stomach cramps and diarrhoea after taking the medication.

### 2. Polyethylene Glycol Electrolyte Solution (PEG)



It is used to clean out the gastrointestinal tract.

You may experience diarrhoea, nausea and/or stomach cramps after taking the medication.

### IMPORTANT NOTES:

- Do continue taking your medication for heart disease and high blood pressure.
- Stop taking your iron tablets 7 days (one week) before your colonoscopy.
- Do not take your diabetes medication on the day of your colonoscopy.
- Do see your nearest doctor if you have vomiting or severe abdominal pain.



## 2L PEG Solution + Bisacodyl

Start taking the medications one day before your colonoscopy on \_\_\_\_\_

- 7 AM Light low-fibre meal.
- 12 PM Light low-fibre meal.
- 6 PM Bisacodyl 10mg (2 tabs) with light low-fibre meal.



### On the day of your colonoscopy

- 7 AM Bisacodyl 10mg (2 tabs) with light low-fibre meal. No more solid food until your procedure is done.



- 8 – 10 AM Mix 2 sachets of PEG powder with 8 cups of water (2 Litres) (1 cup = 250mls). Start drinking 2L of PEG solution, to be completed by 10 AM.



- 10 AM – Drink 2L of plain water to replenish water loss from effects of drinking the PEG solution.
- 12 PM You should stop drinking water 2 hours before your colonoscopy appointment.

## 3L PEG Solution + Bisacodyl

Start taking the medications one day before your colonoscopy on \_\_\_\_\_

- 7 AM Light low-fibre meal.
- 12 PM Light low-fibre meal.
- 6 PM Bisacodyl 10mg (2 tabs) with light low-fibre meal.



- 7 – 9 PM Mix 2 sachets of PEG powder with 8 cups of water (2 Litres) (1 cup = 250mls). Start drinking 2L of PEG solution, to be completed by 9 pm.



- 9 – 11 PM Drink 2L of water to replenish water loss from effects of drinking the PEG solution.

### On the day of your colonoscopy:

- 7 AM Bisacodyl 10mg (2 tabs) with light low-fibre meal. No more solid food until your procedure is done.






- 8.30 AM – 9.30 AM Mix 1 sachet of PEG powder with 4 cups of water (1 Litre). Start drinking 1L of PEG solution, to be completed by 9.30 am.

You should stop drinking water 2 hours before your colonoscopy appointment.




## Stool Number Chart


**BAD** 


Scopes →\$\$\$\$




**Stool 1**  
Dark brownish solid




**Stool 2**  
Brownish loose



**Stool 3**  
Light brownish water with particles






**Stool 4**  
Light brownish watery




Please report to Endoscopy Centre 2 hours before your appointment time if your stool appears like any of the pictures shown above.

Your doctor may advise additional medications for your bowel preparation.


**GOOD** 


Scopes →\$\$




**Stool 5**  
Yellowish and watery



**Stool 6**  
Light yellowish and "clear"



  
Colon

## Other Information

Please call Endo-PACE during office hours (details stated overleaf) if you:

- Are unwell (fever/cough/flu) before your procedure
- Wish to reschedule the procedure
- Wish to cancel the procedure