

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

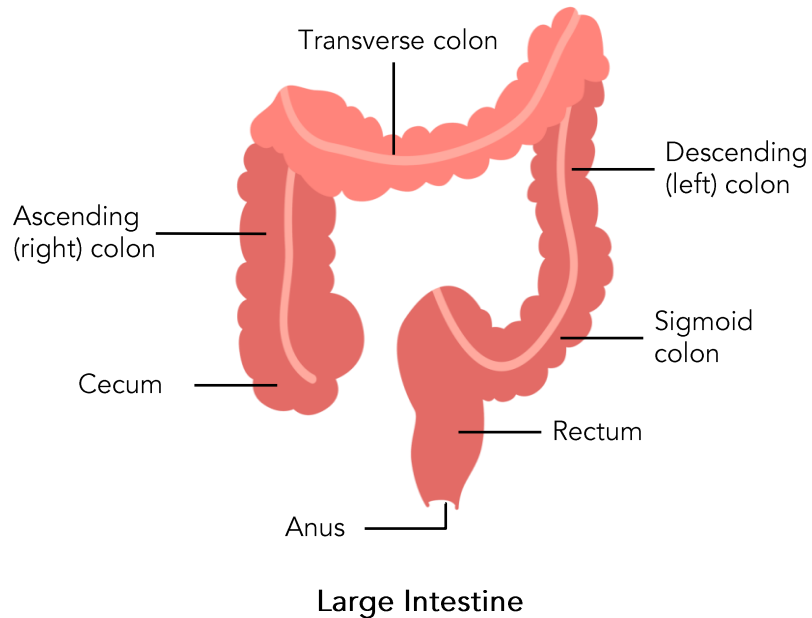
Preparing for a Colonoscopy

For Patients Scheduled for Procedure after 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?

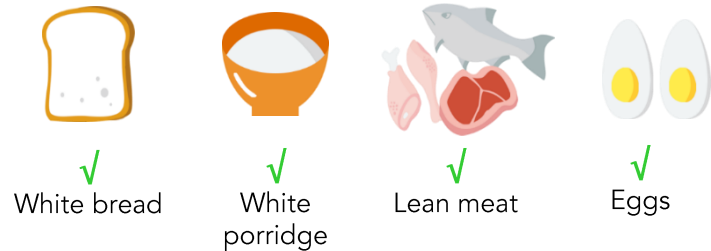
Bowel preparation helps to clean your large intestines so that the colonoscopy can display a clearer view.

Bowel preparation consists of:

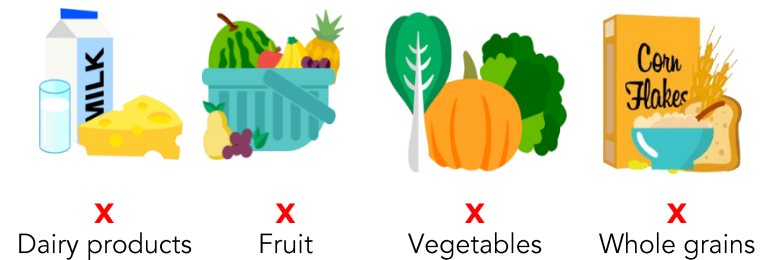
- Dietary restrictions one day before colonoscopy
- Medications

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).




10 AM Light low-fibre meal (finish eating by 10.30 AM)
No more solid food until your procedure is done.



11 AM – 12 PM Mix 1 sachet of PEG powder with 4 cups of water (1 Litre). Start drinking 1L of PEG solution, to be completed by 12 PM

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