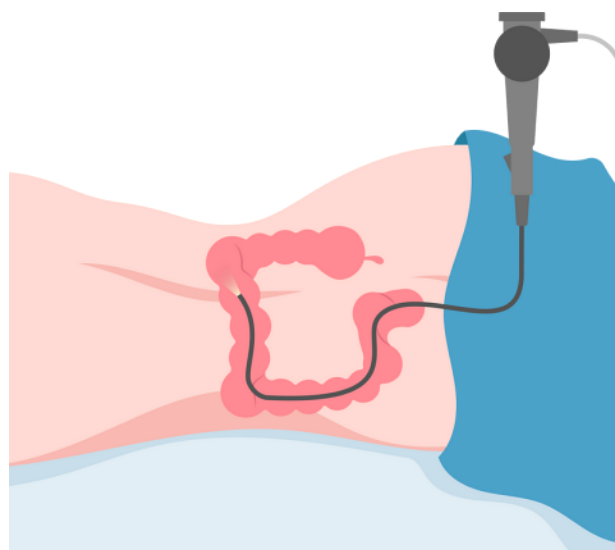


Preparation for a Colonoscopy for Patients Prescribed with PEG - 3L

About Colonoscopy

Colonoscopy is a procedure to investigate your colon (large intestine or bowel). Some parts of the terminal ileum (small intestine) can also be investigated.

Using the camera on the tip of a flexible tube, diseases that affect the internal lining of the colon can be detected. Your doctor can remove polyps (lumpy growth that can become cancerous) from the internal lining of the colon, or take biopsies (samples) for further evaluation. Piles or haemorrhoids (swellings of the blood vessels in the region of the anus) can also be treated by tying with a medical rubber band.



Fasting and Medication Instructions Before Colonoscopy

Please follow these fasting and medication instructions to avoid having your procedure postponed:

- On the day before your procedure, please consume only light, low-fibre food and drinks, such as:



White bread
(no spread)



White porridge/
rice



Lean meat
(chicken/fish)



Eggs



Coffee/tea
(no milk)

- Do not consume any dairy products, oily or high-fibre foods, such as:



Milk, yoghurt,
cheese, butter



Fruits and
vegetables



Whole grains/
oats

- On the day before your procedure, you will also begin taking a medication called Polyethylene Glycol Electrolyte (PEG) solution, which is used to empty the colon before colonoscopy. You may experience nausea, vomiting and diarrhoea.

Important:

- Do continue taking your medication for heart disease and high blood pressure.
- Please consult the nearest doctor if you experience vomiting or severe abdominal pain (stomachache).
- Stop taking SGLT2 inhibitors 2 days before your colonoscopy.

- Stop taking blood thinning medication (such as anti-platelet agents and anti-coagulation medication) and iron tablets, as advised by your doctor.
- Do not take any diabetes medication on the day of your colonoscopy.

Colonoscopy Scheduled Before 1pm

One Day Before Procedure

Time	Instructions
7am	Have a light, low-fibre breakfast.
12pm	Have a light, low-fibre lunch.
6pm	Have a light, low-fibre dinner.
6.30pm	Stop consuming solid food until your procedure is over.
7–9pm	Prepare the PEG solution by mixing 2 sachets of PEG powder with 8 glasses of water (total of 2 litres). Drink the solution and finish it by 9pm.
9–11pm	Drink water to replenish the water lost from the effects of the PEG solution.

Day of Procedure

Time	Instructions
5–6am	<p>Do not eat anything until your procedure is over.</p> <p>Prepare the PEG solution by mixing 1 sachet of PEG powder with 4 glasses of water (total of 1 litre). Drink the solution and finish it by 6am.</p> <p>Stop drinking water 2 hours before your colonoscopy appointment.</p>

Colonoscopy Scheduled After 1pm

One Day Before Procedure

Time	Instructions
7am	Have a light, low-fibre breakfast.
12pm	Have a light, low-fibre lunch.
6pm	Have a light, low-fibre dinner.
7–9pm	Prepare the PEG solution by mixing 2 sachets of PEG powder with 8 glasses of water (total of 2 litres). Drink the solution and finish it by 9pm.
9–11pm	Drink water to replenish the water lost from the effects of the PEG solution.

Day of Procedure

Time	Instructions
5am	Have a light, low-fibre breakfast.
5.30am	Stop consuming solid food until your procedure is over.
6–7am	<p>Prepare the PEG solution by mixing 1 sachet of PEG powder with 4 glasses of water (total of 1 litre). Drink the solution and finish it by 7am.</p> <p>Stop drinking water 2 hours before your colonoscopy appointment.</p>

Good Bowel Preparation

Bowel preparation is important for the colonoscopy procedure to be effective. A clean colon allows the doctor to clearly see the lining of the colon for accurate diagnosis. If your colon is not clean, the view may be blocked and the procedure may have to be repeated.

If your stool looks like Stool 1 to 4 shown in the pictures below, please report to the Endoscopy Centre 2 hours before your procedure. Your doctor may give you additional medication for bowel preparation.

Stool 1

Dark and murky
with solid or
semi-solid stool



Stool 2

Brown and murky
with small amount
of solid stool



Stool 3

Brown liquid
with lots of
sediments



Stool 4

Brown liquid
with minimal
sediments



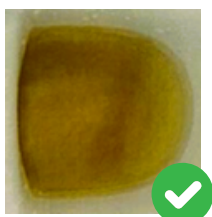
Stool 5

Brown liquid
with no
sediments



Stool 6

Light yellow,
clear liquid with
no sediments



Clean colon after good
bowel preparation



Reporting for Your Appointment

After arriving at Woodlands Health Campus, please go to the Endoscopy Centre to register for your procedure.

Endoscopy Centre

Tower A, Level 2

Woodlands Health Campus

17 Woodlands Drive 17

Singapore 737628

To get there, go to Lift Lobby 1 and take the lift to Level 2. Turn right after exiting the lift.



If you are driving, park near the green zone and take the lift at Lift Lobby 1 to Level 2.



Scan for directions
to Woodlands
Health Campus
for.sg/wh-getting-to



Scan for maps
of the Campus
for.sg/wh-getting-around

Please arrive 1 hour before your appointment time.

If you do not receive your appointment details within 3 working days from the date of your clinic visit, please call the Endoscopy Centre at 6361 6021 (Monday to Friday, 8.30am to 5.30pm).

Please keep to your scheduled appointment. If you are unwell (i.e. fever, cough or flu) or wish to postpone or cancel the procedure, please call the Endoscopy Centre or Woodlands Health Contact Centre at 6363 8000 (Monday to Friday, 8.00am to 5.30pm and Saturday, 8.00am to 12.30pm).

Documents to Bring

- Referral letter to Endoscopy Centre
- NRIC / Passport / Birth Certificate / Employment Pass or Work Permit
- Medical Benefits: Civil Service Card (CSC) / Public Service Card (PS card)
- Medical Benefit Identity Memo (MBIM) for SAF Personnel
- Singapore Blood Transfusion Service Medical Benefits Card
- PA Card (MCD) / Medical Exemption Card (MCD/MOH) / RUAS Card
- Letter of Guarantee (LOG) / Hospital Identity or Admission Card (HIC/HAC)

If you wish to use Medisave to pay for your admission, please bring the Medisave Account Holder's NRIC and the printed and completed Medisave form.

Personal Care

For your safety, please completely remove these items before arriving for your procedure:

- Contact lenses
- Make up
- Jewellery
- Nail varnish



We also ask that you do not bring too much cash or personal belongings as the lockers provided are small.

Discharge Care

- Please arrange for an adult (21 years old and above) to accompany you home if possible.
- Do not drive or operate any vehicle upon discharge.

