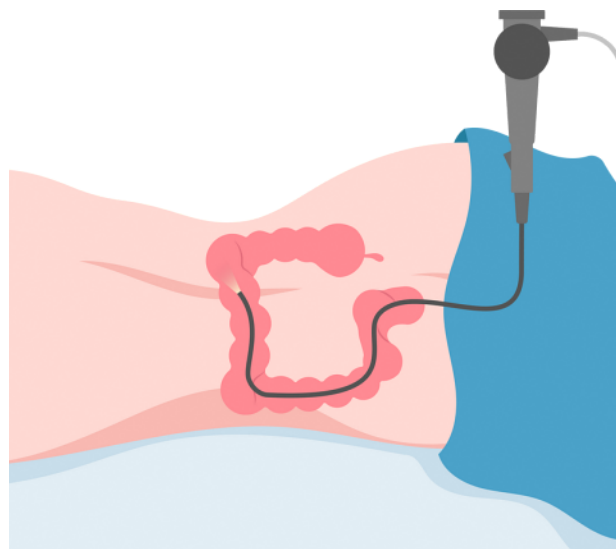


Preparation for a Colonoscopy for Patients Prescribed with PICOPREP

Colonoscopy

Colonoscopy is a procedure to investigate your large intestine or bowel (colon). Some parts of the small intestine (terminal ileum) 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 samples (biopsy) 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.



Dietary Restrictions One Day Before Colonoscopy

- Take only light, low-fibre meals such as:



Whitebread
(no spread)



White
porridge/rice



Lean meat
(chicken/fish)



Eggs



Coffee/tea
(no milk)

- Stop taking any dairy products, oily and high-fibre foods such as:



Dairy
Products



Fruits and
vegetables



Whole
grains/oats

Medication

PICOPREP promotes bowel movement and helps to empty the colon before endoscopy. You may experience abdominal discomfort and diarrhea after consuming the medication.

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).
- Please 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 your diabetes medication on the day of your colonoscopy.

Patients Scheduled for Colonoscopy Between 8am and 1pm

One Day Before Procedure

Time	Instructions
	Start taking the PICOPREP solution 1 day before your colonoscopy.
7am	Light low-fibre breakfast
12pm	Light low-fibre lunch
2pm	Prepare the PICOPREP solution by mixing 1 sachets of powder with 150ml of room temperature water using the PICOPREP cup given. Stir for 2-3 minutes. Consume the solution and drink at least 1 litre of plain water after.
6pm	Light low-fibre dinner
6.30pm	Stop consuming solid food until your procedure is done. Please observe fasting instructions as indicated to avoid procedure from being postponed.
8pm	Prepare the PICOPREP solution by mixing 1 sachets of powder with 150ml of room temperature water using the PICOPREP cup given. Stir for 2-3 minutes. Consume the solution and drink at least 1 litre of plain water after.

Day of Procedure

Instructions
No consumption of food is allowed.
You should stop drinking water 2 hours before your colonoscopy appointment.

Patients Scheduled for Colonoscopy Between 1pm and 5pm

One Day Before Procedure

Time	Instructions
	Start taking the PICOPREP solution 1 day before your colonoscopy.
7am	Light low-fibre breakfast
12pm	Light low-fibre lunch
6pm	Light low-fibre dinner
8pm	Prepare the PICOPREP solution by mixing 1 sachets of powder with 150ml of room temperature water using the PICOPREP cup given. Stir for 2-3 minutes. Consume the solution and drink at least 1 litre of plain water after.

Day of Procedure

Time	Instructions
5am	Light low-fibre breakfast.
630am	Stop consuming solid food until your procedure is done. Please observe fasting instructions as indicated to avoid procedure from being postponed.
730am	Prepare the PICOPREP solution by mixing 1 sachets of powder with 150ml of room temperature water using the PICOPREP cup given. Stir for 2-3 minutes. Consume the solution and drink at least 1 litre of plain water after.
You should stop drinking water 2 hours before your colonoscopy appointment.	

Good vs Poor Bowel Preparation

Inadequate bowel preparation reduces the effectiveness of the colonoscopy procedure and may require a repeated procedure.

If your stool appears like stool 1 to 4 shown below, please report to the Endoscopy Centre 2 hours before your procedure. Your doctor may advise you on additional medication for your bowel preparation.

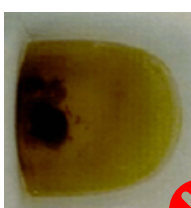
Stool 1

Dark brownish and large solid clumps



Stool 2

Brownish and small solid clumps



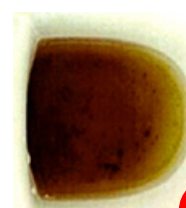
Stool 3

Light brown liquid with sediment



Stool 4

Light brown liquid with minimal sediment



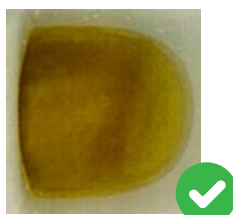
Stool 5

Brown clear liquid

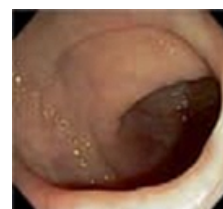


Stool 6

Light yellow, clear liquid



Clean colon after good bowel preparation



Arriving For Your Appointment

- On the day of your procedure, please arrive at:
Endoscopy Centre, Tower A, Level 2
Woodlands Health Campus
17 Woodlands Drive 17
Singapore 737628



Directions to Woodlands Health Campus



Getting around Campus

- 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 Endoscopy Centre at 6361 6021 (Monday to Friday, 8.30am to 5.30pm).
- Please keep to your scheduled date. If you are unwell (i.e. fever, cough and flu) or wish to postpone/ cancel the procedure, please call WH Endoscopy Centre during its operating hours, or the Contact Centre at 6363 8000 (Monday to Friday, 8.30am to 5.30pm and Saturday, 8.30am to 12.30pm).

Documents to Bring

Please produce the following documents for verification on admission:

- Referral letter to Endoscopy Centre
- NRIC / Passport / Birth Certificate / Employment Pass or Work Permit
- Medical Benefits: Civil Service Card / Public Service Card (CSC / 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 are using Medisave to pay for your admission, please bring along the Medisave Account Holder's NRIC and the completed Medisave form (hardcopy).

Personal Care

Please do not wear any of the following for the procedure:

- Contact lenses
- Make-up
- Jewellery
- Nail varnish



We also ask that you do not bring too much cash, and bring minimal 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.

