



RSim General & Colorectal Surgery
Appt: 66363493

Instructions for AM Colonoscopy

Your colonoscopy has been scheduled on _____ at _____.

If your bowel is not adequately cleared, the procedure may have to be rescheduled as the colon cannot be completely visualised and small polyps could be missed.

A) Diet

Avoid high fibre food such as vegetables, fruits, wholemeal bread, brown rice, oats and cereals 3 days before the colonoscopy. No milk products, fried or oily food 1 day before the colonoscopy.

Take light meals the day before (Date : _____)	For breakfast – plain bread, plain coffee, tea or clear soup For lunch/dinner – fish or chicken porridge, plain mee sua or kway teow
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B) Bowel cleansing

To be taken on the day before colonoscopy (Date : _____)

2 pm	2 hours after lunch, take 1 sachet of Picoprep mixed in 150ml of water
2-8pm	Drink 5 glasses (250ml each) of clear liquids (water, soft drinks, 100 plus, juices without pulp)
8pm	2 hours after dinner, take the 2 nd sachet of Picoprep mixed in 150ml of water
8pm -12 MN	Drink 3 glasses (250ml each) of clear liquids (water, soft drinks, 100 plus, juices without pulp) Do not take any more food after dinner. You may drink plain water up to 2 hours before the procedure.

MEDICATION ALERT !!

X **STOP** Diabetic medications or injection on the day of your colonoscopy
Blood thinning medications as instructed (To stop from: _____)

✓**CONTINUE** your heart, blood pressure, thyroid or asthma medications with sips of plain water at 6am on the day of your colonoscopy.

- It is advisable NOT TO DRIVE on the day of your colonoscopy as sedation will be given.



If you are feeling unwell after taking the bowel cleansing medication, or if there is no bowel movement 4 hours after the 1st sachet, please contact Dr Richard Sim at the emergency number: 81263325



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Instructions for PM Colonoscopy

Your colonoscopy has been scheduled on _____ at _____.

If your bowel is not adequately cleared, the procedure may have to be rescheduled as the colon cannot be completely visualised and small polyps could be missed.

A) Diet

Avoid high fibre food such as vegetables, fruits, wholemeal bread, brown rice, oats and cereals 3 days before the colonoscopy. No milk products, fried or oily food 1 day before the colonoscopy.

Take light meals the day before (Date : _____)	For breakfast – plain bread, plain coffee, tea or clear soup For lunch/dinner – fish or chicken porridge, plain mee sua or kway teow
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B) Bowel cleansing

To be taken on the day before colonoscopy (Date : _____)

9 pm	2 hours after dinner, take 1 sachet of Picoprep mixed in 150ml of water
9pm – 12 MN	Drink 5 glasses (250ml each) of clear liquids (water, soft drinks, 100 plus, juices without pulp)

To be taken on the day of colonoscopy (Date : _____)

7am Take the 2nd sachet of Picoprep mixed in 150ml of water

7am - 9am Drink 3 glasses (250ml each) of clear liquids (water, soft drinks, 100 plus, juices without pulp)

Do not take any more food after dinner. You may drink plain water up to 2 hours before the procedure.

MEDICATION ALERT !!

✗ **STOP** Diabetic medications or injection on the day of your colonoscopy
Blood thinning medications as instructed (To stop from: _____)

✓ **CONTINUE** your heart, blood pressure, thyroid or asthma medications with sips of plain water at 6am on the day of your colonoscopy.

- It is advisable NOT TO DRIVE on the day of your colonoscopy as sedation will be given.

If you are feeling unwell after taking the bowel cleansing medication, or if there is no bowel movement 4 hours after the 1st sachet, please contact Dr Richard Sim at the emergency number: 81263325