



# Preparing For Your Colonoscopy

## What is a Colonoscopy?

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Colonoscopy is an endoscopic examination of the entire large intestine or colon. This is a day procedure and you will be sedated during the procedure. Colonoscopy allows any pre-cancerous colon polyps to be removed immediately for the tissue examination.

## What happens during Colonoscopy?

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A mild sedative and painkillers are usually given through an injection to relax you and put you into light sleep. A doctor will insert the endoscope through the anus to perform the examination.

You will be under close monitoring throughout the procedure.

## Are any specimens taken?

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A tissue biopsy may be taken using a flexible biopsy forcep through the scope for a better evaluation of any abnormal areas.

## What is expected after Colonoscopy?

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You will be transferred to the recovery area for observation until you are certified fit for discharge.

## Are there any possible complications?

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Colonoscopy is a safe procedure and complications rarely occur during the procedure. Possible risks include respiratory depression and cardio-respiratory arrest due to sedation (0.1%), perforation (0.1 - 0.3%) and bleeding (0.1 - 2%).

## What is the duration of the procedure?

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Colonoscopy takes an average of 15 - 30 minutes to complete.

## Are there any pre-procedure preparations required?

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- Yes, you should have your bowel preparation done before procedure
- Fasting is required once bowel preparation has started
- Please refer to the following pages on Preparing For Colonoscopy Procedure for more information

## Discharge Advice

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### Post Sedation:

- You may feel dizzy, tired, nauseous and may even vomit or experience slight amnesia (unable to remember events that occurred during the procedure)
- You may experience temporary effects of sedation. The effect(s) should wear off after one (1) day
- There is a short period of time where your judgment and reactions may be affected. It is **important** that you:
  - **Have someone to accompany you home after the procedure**
  - **Do not drive or operate any machinery**
  - **Do not take sleeping tablets and alcohol for the next 24 hours**
  - **Do not sign any legal document or make important decisions**

### Temporary side effects which may occur:

- Abdominal cramps and feeling bloated which normally wears off one (1) day
- Loose stools due to the after effects of bowel preparation for one (1) or two (2) days; minor incontinence of stool may occasionally occur
- Soft diet is recommended after the scope. If well tolerated, you can resume your normal diet

## When to seek medical help?

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Consult a doctor (family doctor or specialist) if you experience any of these symptoms:

- Difficulty in breathing
- Excessive bleeding or passing of black stool
- Severe abdominal pain and bloatedness
- Severe chest pain
- Severe vomiting/ nausea
- Swollen and inflamed injection site

**Please proceed to the nearest Emergency Department after office hours.**

## Other instructions

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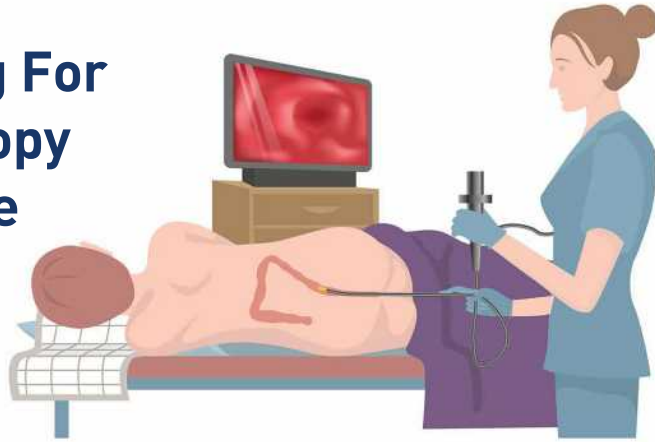
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# Preparing For Colonoscopy Procedure



## Inform the doctor

- If you have heart valve disease/ pacemaker
- If you have any medical history or drug allergy

## Bowel Preparation

A clean bowel is essential for colonoscopy and will:

- Increase the accuracy and safety of the test
- Shorten the time needed for the examination

A poor or inadequate preparation may result in the need for a repeat colonoscopy.

Watch a video on preparing for your colonoscopy!



## Guide chart for Bowel Preparation for Colonoscopy

| Type | Stool/ Bowel Output | Expected Colonoscopy View | Condition | Action  |
|------|---------------------|---------------------------|-----------|---|
| 1    |                     |                           | ✗         | <ul style="list-style-type: none"> <li>• Please inform the Nurse/ Doctor as a repeat in bowel preparation may be necessary</li> </ul>                       |
| 2    |                     |                           | ✗         | <ul style="list-style-type: none"> <li>• The procedure will be rescheduled</li> <li>• Ward Nurse to inform Endoscopy Centre (for Inpatient only)</li> </ul> |
| 3    |                     |                           | ✓         | <ul style="list-style-type: none"> <li>• Satisfactory</li> <li>• To proceed as planned</li> </ul>   |
| 4    |                     |                           | ✓         | <ul style="list-style-type: none"> <li>• Satisfactory</li> <li>• To proceed as planned</li> </ul>   |

**Diet restriction to start three (3) days before procedure, from \_\_\_\_\_ (Start Date) onwards.**

**FOOD TO AVOID**

- Fruits, Fruit Juicies
- Vegetables
- Red Meat (e.g. duck, beef, mutton)
- Grain (e.g. nuts, beans)
- Seeds (e.g. chia seeds, chilli seeds)
- Cereals (e.g. oats, wheats, barley)
- Milk & Milk Products
- Jelly and Agar Agar

**FOOD TO EAT**

- White Rice
- White Bread
- Noodles (e.g. bee hoon, pasta)
- Seafood
- Egg
- Chicken
- Fish
- Coffee/ tea (without milk)

**Clear liquid diet to start on \_\_\_\_\_ (Start Date) from \_\_\_\_\_ (Time) onwards. You can only drink:**

- Water
- Isotonic Drinks
- Honey
- Glucose Drink
- Soft Drinks
- Clear Soups (e.g. chicken broth)
- Coffee (no milk)
- Tea (no milk)



**Begin bowel preparation from \_\_\_\_\_ (Date)**

1<sup>st</sup> packet: \_\_\_\_\_ 2<sup>nd</sup> packet: \_\_\_\_\_  
3<sup>rd</sup> packet: \_\_\_\_\_ 4<sup>th</sup> packet: \_\_\_\_\_

- Mix each packet of powdered medication with one (1) litre of water
- Drink one cup (250ml) every 15 minutes
- All four (4) packets must be consumed

**FASTING is required (NO water)**

From \_\_\_\_\_ (Time) on \_\_\_\_\_ (Date)

**Other Instructions:**

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## Medication Advice

**High Blood Pressure** - Continue medication as prescribed, take sips of water. \_\_\_\_\_ (Date & Time)

**Iron Tablet** - Stop \_\_\_\_\_ days before procedure, from \_\_\_\_\_ (Date) onwards.

**Blood Thinning Medication** - \_\_\_\_\_ (Drug Name)  
Stop \_\_\_\_\_ days before procedure, from \_\_\_\_\_ (Date) onwards.

**Diabetic Medication** - Stop diabetic medication when you start your bowel preparation until procedure is done.

### Other Instructions:

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## Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_ am/pm

(Please arrive at the clinic one (1) hour before the appointment time for registration)

**Endoscopy Centre**  
Kent Ridge Wing, Level 4  
Zone C, C04-03  
Tel: 6772 6388

**Colorectal Centre**  
**NUH Medical Centre**  
Level 16, Zone B  
Tel: 6772 2230

**14b Digestive Centre**  
**NUH Medical Centre**  
Level 14, Zone B  
Tel: 6772 8239

**University Digestive Centre**  
Kent Ridge Wing, Level 4  
Zone C, C04-01  
Tel: 6772 2507

## On the Day of Procedure

### Please bring along:

- Appointment letter
- NRIC/ Passport/ Work Permit/ Employment Pass
- Civil Service Card or other medical benefits card
- Medisave form signed by account holder, together with his/ her NRIC or photocopy of NRIC (front and back)
- Letter of guarantee from company/ insurance if applicable
- Lens casing and solution if using contact lenses

### Do not:

- Wear make up, nail varnishes or jewelry
- Bring any valuables
- Drive to hospital

## Our Patient Care Institutions

National University Hospital  
Ng Teng Fong General Hospital &  
Jurong Community Hospital  
Alexandra Hospital  
National University Polyclinics  
Jurong Medical Centre  
National University Cancer Institute, Singapore  
National University Heart Centre, Singapore  
National University Centre for Oral Health, Singapore  
NUHS Diagnostics  
NUHS Pharmacy



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**OneNUHS Hotline: (65) 6908 2222**

**OneNUHS General Enquiries: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)**

**OneNUHS Appointments: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)**

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