



National University
Hospital



Preparing For Your Colonoscopy

What is a Colonoscopy?

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 tissue examination.

What happens during Colonoscopy?

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?

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

What is expected after Colonoscopy?

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

Are there any possible complications?

Colonoscopy is generally safe, and serious complications arising from the procedure are rare. As with any medical intervention, there are some risks to be aware of, including 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?

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

Are there any pre-procedure preparations required?

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

Discharge Advice

Post Sedation:

- After the procedure, you may feel dizzy, tired, nauseous and may even vomit or experience slight amnesia (difficulty remembering events that occurred during the procedure).
- You may experience temporary effects of sedation. They should wear off after one day.
- Your judgement and reactions may be affected for a short period of time. It is important that you:
 - **Arrange for someone accompany you home after the procedure.**
 - **Do not drive or operate machinery.**
 - **Do not take sleeping tablets and alcohol for the next 24 hours.**
 - **Do not sign legal documents or make important decisions.**

Temporary side effects which may occur:

- Abdominal cramps and bloating which normally wear off within a day.
- Loose stools for one to two days due to the after-effects of bowel preparation; minor loss of bowel control may occur.
- Soft diet is recommended after the scope. If well tolerated, you can resume your normal diet.

When to seek medical help?

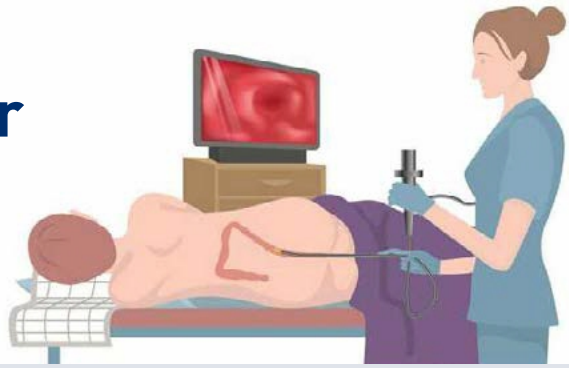
Consult a doctor (family doctor or specialist) if you experience any of these symptoms:

- 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

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:




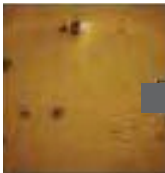
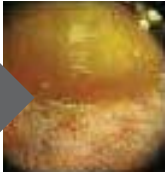




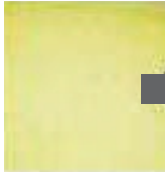


- Increase the accuracy and safety of the test
- Shorten the time needed for the examination

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"> Please inform the Nurse/ Doctor as a repeat in bowel preparation may be necessary
2				<ul style="list-style-type: none"> The procedure will be rescheduled Ward Nurse to inform Endoscopy Centre (for Inpatient only)
3				<ul style="list-style-type: none"> Satisfactory To proceed as planned
4				<ul style="list-style-type: none"> Satisfactory To proceed as planned

1. Diet restrictions start three (3) days before the procedure, from _____ (Start Date) onwards.

FOOD TO AVOID

- Fruits
- Vegetables
- Red Meat (e.g. duck, beef, mutton, pork)
- Grain (e.g. nuts, beans)
- Seeds (e.g. chia seeds, chilli seeds)
- Cereals (e.g. oats, wheat, barley)
- Milk & Milk Products
- Chin Chow/Herbal Jelly

FOOD TO EAT

- White Rice/Porridge
- White Bread
- Noodles (e.g. bee hoon, pasta)
- Egg
- Potato
- Seafood
- Chicken
- Fish
- Coffee (no milk)
- Tea (no milk)
- Fruit Juices (without pulp/residue)
- Clear Jelly

2. Stop solid food intake two (2) hours before consuming the first packet of PEG (Fortrans)/PICOPREP®.

Finish last meal by _____ (Time) on _____ (Date).

YOU CAN ONLY DRINK CLEAR LIQUIDS:

- Water
- Isotonic Drink
- Honey
- Glucose Drink
- Soft Drink
- Clear Soup (e.g. chicken broth)
- Coffee (no milk)
- Tea (no milk)
- Fruit Juice (without pulp/residue)

3. Bowel Preparation

□ Medication: PEG (Fortrans)

Begin bowel preparation from:	
1st packet:	2nd packet:
3rd packet:	4th packet:
Preparation Method: 1. Mix each packet of powdered medication with one (1) litre of water. 2. Drink one cup (250ml) every 15 minutes. 3. Continue to drink the 4th packet of PEG if your bowel output is still Type 1-2 (refer to Page 7), by the time you finish three (3) packets of PEG.	

□ Medication: PICOPREP®

The day before procedure:

Take the 1st sachet of PICOPREP® Date: _____ Time: _____ (am/pm)	Take the 2nd sachet of PICOPREP® Date: _____ Time: _____ (am/pm)
STEP 1: MIX 1 sachet with 150ml of water STIR for 2-3 min until powder is completely dissolved DRINK it ALL	STEP 1: MIX 1 sachet with 150ml of water STIR for 2-3 min until powder is completely dissolved DRINK it ALL
STEP 2: <ul style="list-style-type: none"> - Remember to drink plenty of clear liquids to stay hydrated - Drink at least 1.25L – 2L of clear liquids 	STEP 2: <ul style="list-style-type: none"> - Remember to drink plenty of clear liquids to stay hydrated - Drink at least 1.25L – 2L of clear liquids

**4. Fasting is required (NO water) two (2) hours before your scope.
From _____ (Time) on _____ (Date).**

Medication Advice

If you are on medication for the following list of conditions:

High Blood Pressure: Continue medication as prescribed, take sips of water.
_____ (Date & Time)

Cholesterol: Continue medication as prescribed, take sips of water.
_____ (Date & Time)

Diabetes: Stop medication when you start your bowel preparation until the procedure is done.

Iron Tablet: Stop _____ days before the procedure,
from _____ (Date) onwards.

Blood Thinning Medication: _____ (Drug Name)
Stop _____ days before the procedure,
from _____ (Date) onwards.

Antiviral Medication (e.g. Hepatitis A/B/C): Continue medication as prescribed, take sips of water. _____ (Date & Time)

Other Instructions:

Appointment

Date: _____

Time: _____ am/pm

(Please arrive at the clinic one 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

**National University Centre
for Digestive**

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 case and solution if you wear contact lenses

Do not:

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

Our Patient Care Institutions

National University Hospital

Ng Teng Fong General Hospital &
Jurong Community Hospital

Alexandra Hospital

Tengah General and Community Hospital (upcoming)

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



Scan the QR code for
more information on our
patient care institutions.

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

www.nuhs.edu.sg

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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Information is correct at time of printing [Feb 2026] and subject to revision without prior notice.