

|| LIAU KH SPECIALIST CLINIC

Dr Liao Kui Hin

MBBS, M.Med(Surgery), FRCS(Ed), FAMS(Surgery)

Instruction for Morning Colonoscopy (8am to 2pm)

Your colonoscopy has been scheduled on _____

An accurate colonoscopy requires your bowel to be emptied so that your doctor can have a clearer view of your colon. To have a clear view, **please follow this bowel preparation advice closely**. If your bowel is not cleared adequately, the doctor might not be able to visualize the colon completely and small polyps could be missed and this might lead to a repeated scope or other alternative tests.

There are two components for bowel preparation:

1. Diet Instruction:

Avoid high fibre food such as vegetables, fruits, wholemeal, oats, cereals, etc on the day before colonoscopy.

The first two days:

(Date: _____) Cut down at least half portion of high fibre food.

The day before

(Date: _____) Strictly no high fibre food

Avoid dairy products (milk, cheese, yoghurt)

You are allowed to take light meals for breakfast, lunch and dinner (porridge, rice, pasta, lean meat, fish, poultry, egg, clear soup). **Avoid oily food.**

2. Bowel Cleansing Instructions

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

12noon After lunch, take 2 tablets of Bisacodyl (Orange Tablet)

630pm After dinner, take the other 2 tablets of Bisacodyl.

7-10pm

There are a total of 2 sachets of Fortrans powder.

Mix each sachet of Fortrans powder to 1litre of liquid (water, juices without pulp, ribena)

Drink 1 glass of the solution every 20-30mins until you finished the entire solution

You are required to complete 2 litres of the solution in total.

No solid food after you have started the Fortrans solution. You may drink plain water up to 6 hours before the procedure.

No FOOD & DRINKS 6 hours before the colonoscopy except for the purpose of taking your usual medications (see below)

You may gargle on the day of the procedure for comfort purpose.

Medication Alert!!!

- ❖ **STOP** Diabetic Medications or Injection on the day of your colonoscopy
Blood thinning medications (Aspirin, Plavix, Clopidogrel, Warfarin and etc) 7 days before the colonoscopy (To stop from: _____)
- ✓ **CONTINUE** your heart, blood pressure, thyroid or asthma medications with sips of plain water at 7am on the day of your colonoscopy.
 - Not taking any medication as indicated above.

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Mount Elizabeth Novena Specialist Centre

38 Irrawaddy Road, Unit 08-36/37/38/39

Singapore 329563

Tel: +65 6690-6813 | Fax: +65 6690-6828 | Email: drliaukh@gmail.com

Company Registration No: 53373872E, GST Reg No: 201606324R