

## Colonoscopy

### **What Is A Colonoscopy?**

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

### **What Will Happen During The Procedure?**

Mild sedation and painkillers are usually given through an injection to relax 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 Will Happen After The Procedure?**

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

### **What Are The Possible Risks Or Complications Associated With This Procedure?**

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 - 2.0%).

### **What Is The Duration Of The Procedure?**

A colonoscopy takes an average of 15 to 30 minutes to complete.

### **What Do I Need To Do Before The Procedure?**

You should have your bowel preparation done before the procedure. Fasting is required once bowel preparation has started.

## Medication Advice

- Continue taking your high blood pressure medication as prescribed, with sips of water only.
- Stop the intake of **iron tablets** 5 days before the procedure.
- Please confirm with your doctor for specific instructions if you are on **blood-thinning medications**, e.g. Aspirin, Cardipirin, Tridiel, Plavix, or Warfarin.
- For **diabetic medication**,
  - Stop oral diabetic medication when you start your bowel preparation.
  - On the day of the procedure, do not take your oral medication but bring it along.

## Others:

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## Inform The Doctor

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

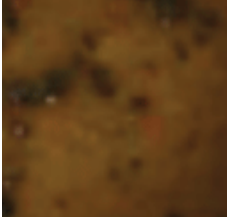
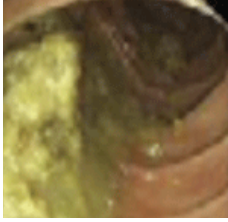
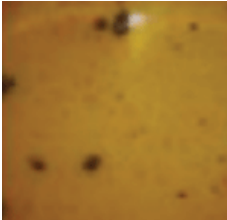
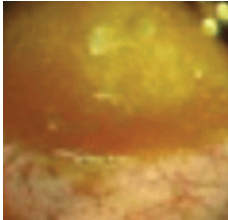

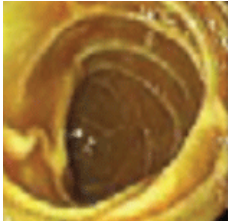
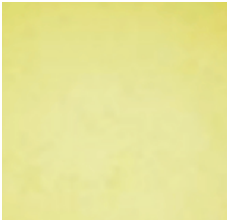

## Why Is Bowel Preparation Necessary?

A clean bowel is essential for the colonoscopy and will:

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

**Poor or inadequate** preparation may result in the need for a repeat colonoscopy.

## How Do I Prepare My Bowels For The Colonoscopy?

Type	Stool / Bowel Output	Expected Colonoscopy View	Condition / Action
1			<b>Unsatisfactory</b> Please inform the doctor / nurse as a repeat in bowel preparation may be necessary.
2			<b>Unsatisfactory</b> The procedure will be rescheduled.  Ward Nurse to inform Endoscopy Centre (for inpatient only).
3			<b>Satisfactory</b> To proceed as planned.
4			<b>Satisfactory</b> To proceed as planned.

**You should adhere to the following 3 days before the procedure, from \_\_\_\_\_ [start date].**

**Avoid:**

- Fruits, fruit juices and vegetables.
- Red meat (e.g. duck, beef or mutton).
- Grain (e.g. nuts or beans).
- Cereals (e.g. oats, wheat or barley).
- Milk or milk products.
- Jelly or agar agar.

**After breakfast / lunch / dinner on \_\_\_\_\_ [start date], do not consume any food.**

**You can only drink clear liquids, e.g.:**

- Water, isotonic drinks.
- Honey, glucose, soft drinks.
- Clear soup.

**Begin bowel preparation from \_\_\_\_\_ am / pm on \_\_\_\_\_ [start date].**

- Mix each packet of the powdered medication with 1 litre of water.
- Stir well.
- Drink one large cup (250 ml) every 15 minutes.
- Repeat the steps above for all 4 packets and ensure that all 4 are consumed.
- Your bowels will begin to clear in the first hour.
- By the third or fourth hour, the output will be clear and watery.
- It is important that you finish this preparation as instructed to ensure a clean bowel before the procedure.

**Other specific instructions:**

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**Fasting is required from \_\_\_\_\_ am / pm on \_\_\_\_\_ [start date].**

## What Do I Need To Do On The Day Of The Procedure

### Please bring along:

- Appointment letter. NRIC / passport / work permit / employment pass.
- Civil Service Card or other medical benefits card with his / her NRIC or photocopy of NRIC (both front and back)
  - this applies if you are not using your own Medisave account.
- Letter of guarantee from your employee/ insurance company.
- Lens casing and solution if you are wearing contact lenses.

### Do not:

- Wear make-up, nail varnishes or jewellery.
- Drive to hospital.

### Appointment

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

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

Please arrive at the **Ambulatory Surgery Centre** 1 hour before your scheduled appointment time for registration and preparation.

### Contact Us

#### **AH Endoscopy Centre**

##### **Contact number:**

+65 6379 4240/4241/4242

**Email :** AH\_Endoscopy@nuhs.edu.sg

**Location :** Zone D, Level 1, D01-06

(the AH Endoscopy Centre is located within the Ambulatory Surgery Centre)

##### **Opening Hours :**

Monday to Friday, 8.30am – 5.30pm

Closed on weekends and public holidays

#### **Main Line**

##### **Contact number:**

+65 6908 2222

## Alexandra Hospital

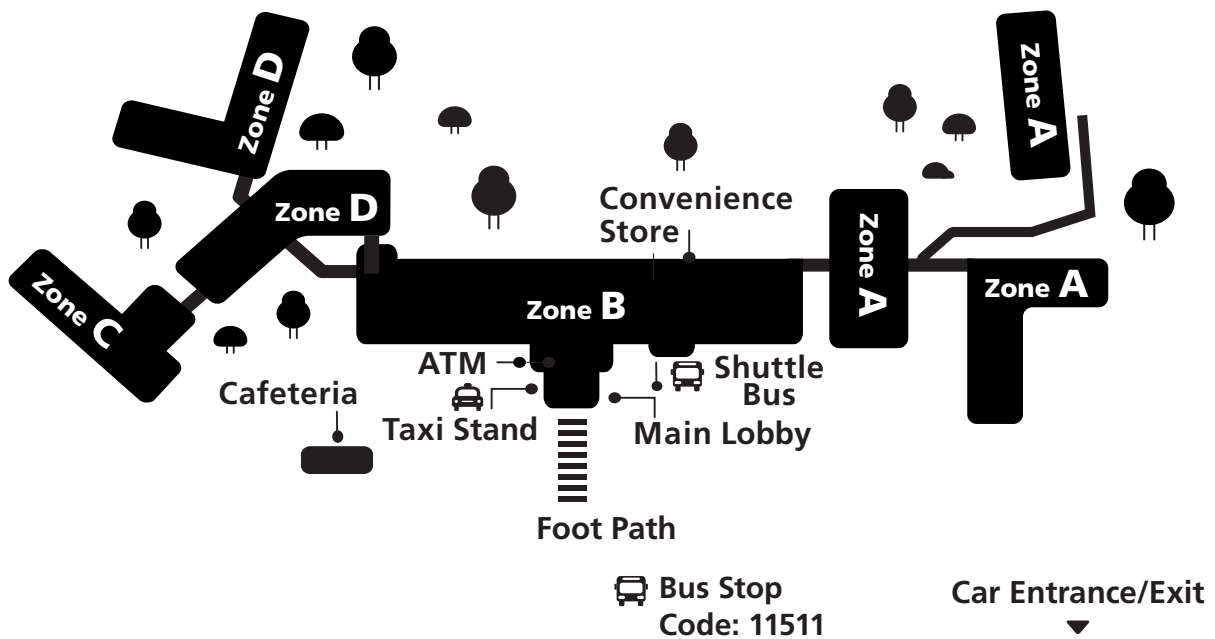
378 Alexandra Road, Singapore 159964

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)

[www.ah.com.sg](http://www.ah.com.sg)



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