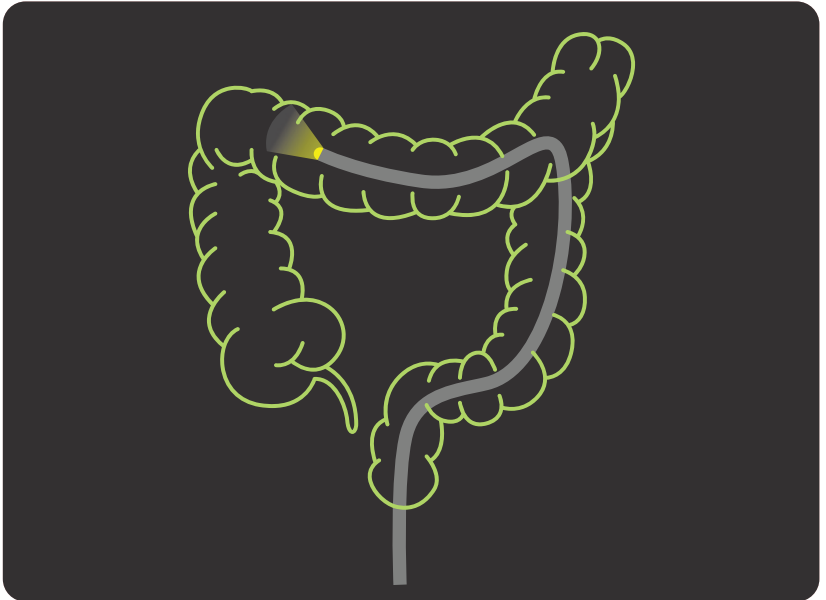


Colonoscopy



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.

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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.

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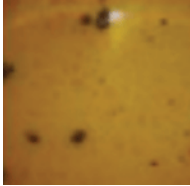
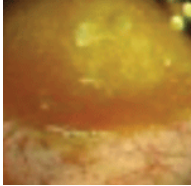

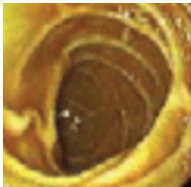
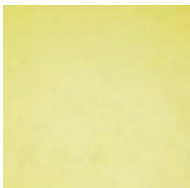

Why Is Bowel Preparation Necessary?

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 | | Condition / Action |
|------|---|---|--|
| 1 |  |  | Unsatisfactory Please inform the doctor / nurse as a repeat in bowel preparation may be necessary. |
| 2 |  |  | Unsatisfactory The procedure will be rescheduled. Ward Nurse to inform Endoscopy Centre (for inpatient only). |
| 3 |  |  | Satisfactory To proceed as planned. |
| 4 |  |  | Satisfactory 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:

Fasting is required from _____ am / pm on _____ [start date].

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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.

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Appointment

Date: _____

Time: _____ am / pm

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

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Contact Us

AH Endoscopy Centre

Contact number:

+65 6379 4240/4241/4242

Email :

AH_Endoscopy@nuhs.edu.sg

Location :

Block 4, Level 1, Ambulatory Surgery Centre

(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

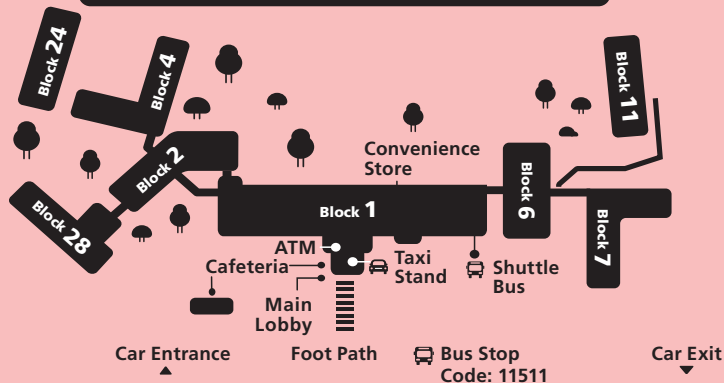
Main Line

+65 6472 2000.

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Notes:

How to Get Around Alexandra Hospital



Block 1

Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

Level 2

- Clinic J, Integrated Care Clinic
 - Gynaecology Clinic
 - Outpatient Infusion Centre (OPIC)
 - Podiatry
- Clinic K, Healthy Ageing Clinic
 - Dietetics
 - General Surgery Clinic
 - Palliative Clinic
 - Physiotherapy
 - Rehabilitation & Restorative Medicine Clinic
 - Staff Clinic
 - Urology Clinic
 - Vascular Clinic

Level 3

- Ward 7

Block 2

Level 1

- Clinic D, Dental Centre
- Clinic E
 - Anaesthesia Outpatient Consultation Clinic
 - Orthopaedic Centre

Level 3

- Day Surgery Operating Theatre (DSOT)

Block 4

Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

Level 2

- Wards 2 and 3

Level 3

- Wards 4 and 5

Block 6

Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

Level 3

- Intensive Care Unit 1 (ICU 1)
- Major Operating Theatres 3 and 4 (MOT 3 & 4)

Block 7

Level 1

- Wards 8 and 9

Level 2

- Wards 10 and 11

Level 3

- Wards 12 and 13

Block 11

Level 1

- Rehabilitation 2

Block 28

Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (July 2021) and subject to revision without prior notice.

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