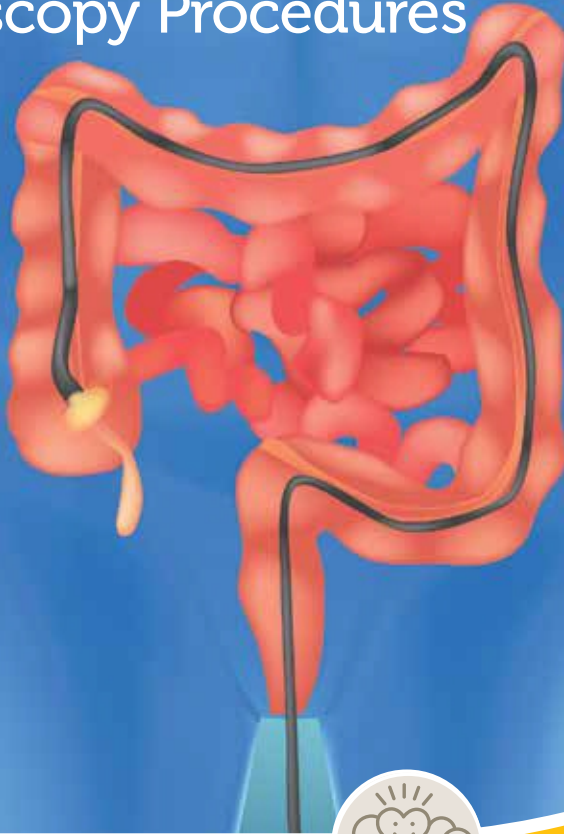
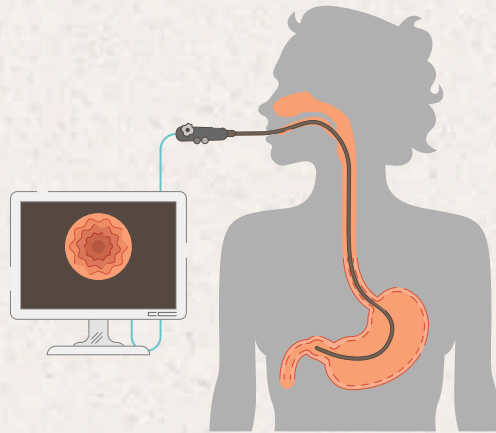


Your Guide to Endoscopy Procedures



Sengkang
General Hospital

SingHealth



- OGD & Colonoscopy with or without Rubber Band Ligation
- Colonoscopy with or without Rubber Band Ligation
- Double Balloon Enteroscopy (Balloon Assisted Enteroscopy)
- Lower Endoscopic Ultrasound (EUS) with or without Fine Needle Aspiration (FNA)

Procedure Date: _____

Reporting Time: AM / PM

An SMS will be sent to you 1 working day (between 1.00PM to 3.00PM) before the day of procedure to inform on the reporting time. If you have not received the SMS by 3.00PM, you may reach us at 6930 6001 (Admissions Enquiries).

What is Endoscopy?

It is a special technique for looking inside a part of an organ. The endoscope is a thin, long and flexible tube with a tiny video camera and light on one end. The image captured from the video camera is then shown on a TV monitor for a detailed view.

Endoscopy is a safe and effective way to examine the lining of organs such as the stomach, small intestine, and colon. Your doctor can pass tiny surgical tools through the scope to remove polyps or to take a sample of tissue.

Preparing for Endoscopy

1. GENERAL ADVICE

- Do not wear any jewellery or bring any valuables.
- Remove all nail polish. Do not wear high-heeled shoes.
- Procedure start time may vary, depending on how complex the previous procedures are before yours. Sometimes, the procedure may be delayed or moved to a later time.
- Hospitalization Leave will be issued to you for the day of your procedure.

2. SEDATION ADVICE

- If you require sedation, the medication will be given to you through intravenous injection.
- A responsible adult is required to accompany you home as you may feel drowsy after the procedure, due to the effects of sedation.
- Do not drive a car or any other vehicle, or ride a bicycle or personal mobility device.
- Avoid signing legal documents, operating machinery, exercising or consuming alcohol for 24 hours after the procedure.

3. DIET ADVICE

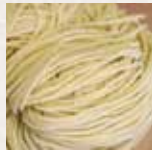
To allow the endoscopist to look at the bowel lining clearly, you will need to follow a low residue diet for **3 days** before the procedure. You may continue to have regular portions at your meal times.

Date of procedure: ____/____/____

Low residue diet from: ____/____/____ till ____/____/____

Rice and Alternatives

- ✓ **Allowed:** White rice / porridge, white bread, plain biscuits, egg noodles, idli, iddiyappam (putu mayam), rice cereal



- ✗ **Avoid:** Brown rice/ porridge, wholemeal/wholegrain bread & biscuits, chapatti, oats

Meat and Alternatives

- ✓ **Allowed:** Fish, chicken, pork, eggs, shellfish e.g. prawns, tofu, taukwa, vegetarian mock meat



- ✗ **Avoid:** Red meat e.g. beef & mutton, tempeh, beans, lentils, nuts & seeds, yoghurt, cheese

Fruits and Vegetables

✗ Avoid: ALL fruits and vegetables

Fluids

✓ Allowed: Water, clear soup, light coloured juice e.g. apple/pear juice, colourless soft drinks e.g. Sprite/7-Up/cream soda



✗ Avoid: Milk, soy milk, yoghurt drinks, cream soup, malted drinks e.g. milo/horlicks, dark coloured liquids e.g. coffee/tea, grape juice, prune juice etc., red coloured liquids e.g. tomato juice

4. MEDICATION ADVICE

- Inform your doctor of all the medications you are taking.

Medications to Continue taking, even on the day of procedure with small amount of plain water

Anti-hypertensive medication

Thyroid medication

Medications to STOP

| Category of Medication | Example of medications | Date to stop | Comments |
|--------------------------------------|--|--|---------------------------------|
| Blood-thinning medication* | Aspirin (Cardiprin), Warfarin (Marevan), Clopidogrel (Placta), Ticlopidine (Ticlid), Dipyridamole (Perazodin), Rivaroxaban (Xarelto), Apixaban (Eliquis) | | To follow doctor's instructions |
| Possibly blood-thinning supplements* | Echinacea, Ephedra, Garlic, Ginkgo (Tanakan), Ginseng, Valerian, Hypericum (St. John's Wort), Kava (Kavain), Traditional Chinese Medicine (TCM), Ayurvedic, Jamu | Stop 1 week before procedure unless otherwise advised | |
| Iron supplements | Ferrous Gluconate (Sangobion), Ironhydroxide polymaltose complex tablet and drops (Maltofer) | Stop 1 week before procedure unless otherwise advised | |
| Diabetes Medication | Refer to Appendix 1A/B (see Pages 16-18) | | |

Note: If you are unsure of which medication to take/stop, please bring along your medication.

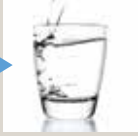

* This list is not exhaustive. If you are unsure, please approach our staff for help.

5. BOWEL PREPARATION





If you are prescribed with Picoprep:

AM procedure (Reporting time before 12PM)

| | | |
|--|---|--|
| <p>(1 day before procedure) Date: __/__/__ Time: 6PM</p> | <ul style="list-style-type: none"> • No more food after 6PM. • Dissolve 1st packet of Picoprep in 150ml of water. • Followed by 5 large cups (250ml each) of clear liquid spread over 1 hour 30 minutes. |  |
| <p>(1 day before procedure) Date: __/__/__ Time: 10.30PM</p> | <ul style="list-style-type: none"> • Dissolve 2nd packet of Picoprep in 150ml of water. • Followed by 3 large cups (250ml each) of clear liquid spread over 1 hour. • No more water/fluids 4 hours before your reporting time. |  |

PM procedure (Reporting time on or after 12PM)

| | | |
|--|---|--|
| <p>(1 day before procedure) Date: __/__/__ Time: 9PM</p> | <ul style="list-style-type: none"> • Dissolve 1st packet of Picoprep in 150ml of water. • Followed by 5 large cups (250ml each) of clear liquid spread over 1 hour 30 minutes. |  |
| <p>(Procedure day) Date: __/__/__ Time: 5AM - 6AM</p> | <ul style="list-style-type: none"> • You may have a small meal (1 slice of bread OR 2 biscuits with 1 cup of plain water). • No more food after 6AM. | |
| <p>(Procedure day) Date: __/__/__ Time: 6AM</p> | <ul style="list-style-type: none"> • Dissolve 2nd packet of Picoprep in 150ml of water. • Followed by 3 large cups (250ml each) of clear liquid spread over 1 hour. • No more water/fluids 4 hours before your reporting time. |  |

If you are prescribed with Fortrans:



Course 1: (2 packets of Fortrans)

AM procedure (Reporting time before 12PM)

(1 day before procedure)

Date: ___/___/___

Time: 6PM

- No more food after 6PM.
- Mix 2 packets of Fortrans to 2L of plain water.
- Drink 2L of solution spread over 2 hours.
- Drink 2ml (or otherwise advised) of simethicone if prescribed.
- No more water/fluids 4 hours before your reporting time.

PM procedure (Reporting time on or after 12PM)

(1 day before procedure)

Date: ___/___/___

Time: 6PM

- Mix 1st packet of Fortrans to 1L of plain water.
- Drink 1L of solution spread over 1 hour.

(Procedure Day)

Date: ___/___/___

Time: 5AM - 6AM

- You may have a small meal (1 slice of bread OR 2 biscuits with 1 cup of plain water).
- No more food after 6AM.

(Procedure Day)

Date: ___/___/___

Time: 6AM

- Mix 2nd packet of Fortrans to 1L of plain water.
- Drink 1L of solution spread over 1 hour.
- Drink 2ml (or otherwise advised) of simethicone if prescribed.
- No more water/fluids 4 hours before your reporting time.



If you are prescribed with Fortrans:

Course 2: (4 packets of Fortrans)

AM procedure (Reporting time before 12PM)

| | |
|---|---|
| <p>(1 day before procedure) Date: ___/___/___ Time: 6PM</p> | <ul style="list-style-type: none">• No more food after 6PM.• Mix 2 packets of Fortrans to 2L of plain water.• Drink 2L of solution spread over 2 hours. |
| <p>(Procedure Day) Date: ___/___/___ Time: 4AM</p> | <ul style="list-style-type: none">• Mix 2 packets of Fortrans to 2L of plain water.• Drink 2L of solution spread over 2 hours.• Drink 2ml (or otherwise advised) of simethicone if prescribed.• Finish all by 6AM.• No more water/fluids after 6am on day of scope, until after scope. |

PM procedure (Reporting time on or after 12PM)

| | |
|---|--|
| <p>(1 day before procedure) Date: ___/___/___ Time: 6PM</p> | <ul style="list-style-type: none">• Mix 2 packets of Fortrans to 2L of plain water.• Drink 2L of solution spread over 2 hours. |
| <p>(Procedure Day) Date: ___/___/___ Time: 5AM - 6AM</p> | <ul style="list-style-type: none">• You may have a small meal (1 slice of bread OR 2 biscuits with 1 cup of plain water).• No more food after 6AM. |
| <p>(Procedure Day) Date: ___/___/___ Time: 6AM</p> | <ul style="list-style-type: none">• Mix 2 packets of Fortrans to 2L of plain water.• Drink 2L of solution spread over 2 hours.• Drink 2ml (or otherwise advised) of simethicone if prescribed.• No more water/fluids 4 hours before your reporting time. |

After taking Picoprep or Fortrans:

- It will make you pass motion often
- Drink plenty of clear liquids to prevent dehydration and to help clean out your colon completely
- If vomiting, cramping and/or pain occur, stop the medication. Consult your family doctor, polyclinic doctor or primary physician. Go to the Emergency department if you are unable to locate any doctor
- You know your colon is cleansed when the stool coming out is yellow, watery and clear like urine

Improper preparation may result in you having to repeat the Endoscopy procedure

Stool Colour



Dark, thick,
has stool
materials

**NOT
READY**



Brown, thick,
has stool
materials

**NOT
READY**



Dark orange,
semi-clear

**NOT
READY**



Light orange,
almost clear

**ALMOST
READY**



Yellow,
light, clear

READY

Disclaimer

Bowel preparation course may be adjusted in view of clinical condition or endoscopist preference.

If you are prescribed with Fleet Enema:

Please follow the instructions below.

1. Wash your hands before and after using this product.
2. Remove the protective cap from the applicator tip.

Position for using an enema:



- **Left-side position:** Lie on left side knee bent, and arms resting comfortably.



- **Knee-chest position:** Kneel, then lower head and chest forward until left side of face is resting on surface with left arm folded comfortably.

3. Separate buttocks with the non-dominant hand and locate anus.
4. Take deep breaths and slowly exhale during insertion.
5. Gently insert the tip into the anus about 5 cm to 7.5 cm into the rectum as far as the nozzle can go.
6. Squeeze the bottle slowly until all the solution is expelled and hold the tip in situ for 1 minute. If resistance is encountered on inserting the applicator tip or administering the solution, discontinue the procedure and inform your doctor.
7. Do not forcefully administer the enema into the rectum as this can cause injury.
8. Withdraw the nozzle slowly while keeping bottle compressed.
9. Retain the solution as long as possible or until the urge to pass motion is strong.
10. This product generally produces bowel movement in 2-5 minutes.
11. Fleet Enema is to be given 1 to 2 hours before you leave your house as you need some time for bowel movement.



On the Day of Procedure

- Please register at the Endoscopy Centre (refer to the map on pages 13-14).
- Your written consent will be obtained before the procedure. If it is not obtained and you are below 21 years old, a parent / legal guardian must be present to give consent.
- The whole procedure takes between 2 to 4 hours. This includes registration, preparation, procedure, recovery and discharge.
- Local anaesthesia (spray, gel) with or without intravenous sedation would be given. If sedation is given, your pulse rate and oxygen level would be monitored with a finger probe throughout. The doctor performing your procedure may or may not be the same doctor whom you met during consultation in the clinic.
- During the procedure, depending on individual patient and their sensitivity to pain, you may experience discomfort, varying in intensity.
- For your safety, movement during procedure is discouraged unless advised by the doctor. Nurses may assist to hold you to maintain your position for the scope procedure.

After the Procedure

- After the procedure, you will be transferred to the Recovery Area to rest and recover from sedation.
- Light refreshments will be provided.
- You may experience mild discomfort such as bloating and throat soreness which should ease within 1 - 2 days.
- Our nurse will contact your next of kin or accompanying adult once you are assessed ready for discharge.
- Before you leave, our nurse will give you a follow-up appointment and discharge instructions.
- Should you experience severe pain, vomiting or excessive bleeding, consult your family doctor, polyclinic doctor or primary physician. Go to the nearest Emergency department if you are unable to contact any doctor.

What To Bring For Admission

- NRIC / Birth Certificate (if you are under 15 years old) / Work Permit / Passport (if you are a foreigner);
- Completed Medical Claims Authorisation Form of the MediSave Account Holder;
- NRIC / Birth Certificate of the MediSave Account Holder, if you are not the MediSave Account Holder;
- Medical Benefits Identification Documents such as Civil Service Card, Medical Benefit Identification Identity Memo, Blood Donor Card;
- Letter of Guarantee
- Deposit: \$ _____
- Others: _____

Download and Access via Health Buddy

You can now access the Health Buddy App to:

- View your estimated bill size and key information about your admission
- Compare costs for different ward types
- Change ward type (for Inpatient only) and pay your deposit online

Step 1

Download the **Health Buddy** app onto your mobile via these QR codes.



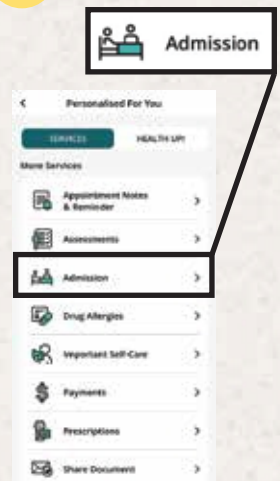
Step 2

Log in with your **SingPass**.

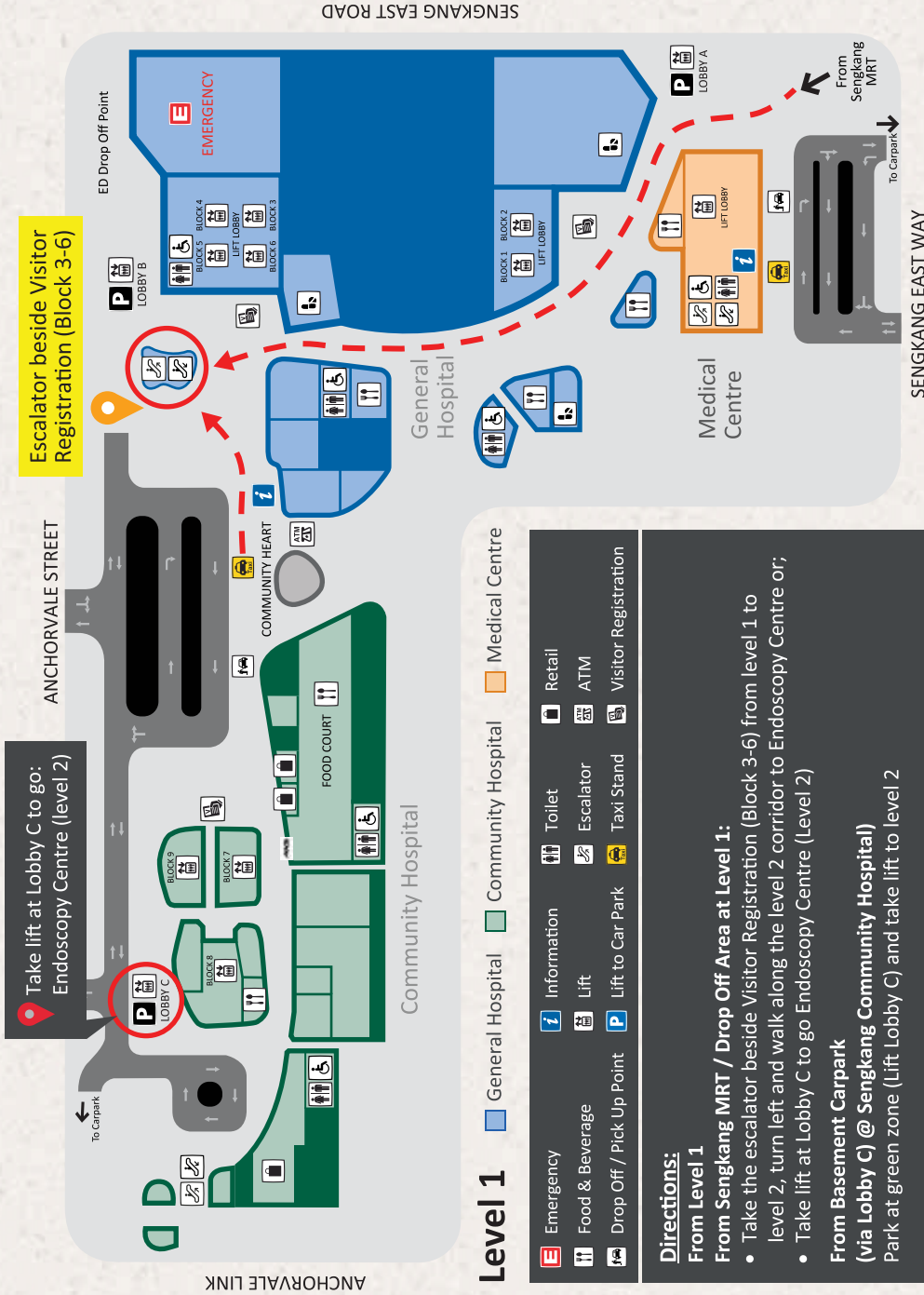


Step 3

Select '**Admission**'.







Escalator beside Visitor Registration (Block 3-6)

Take lift at Lobby C to go: Endoscopy Centre (level 2)

SENGKANG EAST ROAD

SENGKANG EAST WAY

Important Numbers

For enquiries, please contact:

| | |
|---|-----------|
| Admissions Office (For change of procedure date and enquiry on diet preparation) | 6930 6001 |
| Outpatient Pharmacy (For enquiry on medication preparation) | 6930 2262 |
| Medical Records Office (For request of medical reports) Email: medicalreports@skh.com.sg | 6930 6003 |
| General Enquiries Hotline (To check visiting hours and other general enquiries) Operates 24h | 6930 5000 |
| Outpatient Appointments Hotline (To check, make or cancel outpatient clinic appointments) | 6930 6000 |
| Payment Enquiries (For payment and billing enquiries) | 6407 8108 |

Please ask questions when in doubt. The instructions in this leaflet are not intended to be exhaustive. You may receive different or additional instructions from your doctor. Please follow any specific written or oral instructions given to you by your healthcare provider.

Only for Patients with Diabetes

APPENDIX 1A

Morning Procedure (No breakfast on day of procedure)

You should take your diabetes medications and insulin as usual the day before the procedure. You may adjust your diabetes medications as follows. If you are unsure of how to adjust your medications, please check with your usual diabetes doctor.

| | Type of Medication | Medication Instructions Before Procedure | Medication Instructions After Procedure | Notes |
|--------------------------|--|---|--|--------------|
| <input type="checkbox"/> | Dapagliflozin, Empagliflozin, Combination drugs containing dapagliflozin/empagliflozin | Do not take 2 days before and on the day of procedure if going for colonoscopy. | Resume the medication when eating well. | |
| <input type="checkbox"/> | Other Oral diabetes medications | Omit your morning diabetes medications. | Once a day medication can be taken after the procedure, at lunchtime. Take any lunch/evening medications as usual - do not take any extra dose to replace any missed morning dose. | |
| <input type="checkbox"/> | Victoza/ Byetta/ Saxenda | | | |
| <input type="checkbox"/> | Basal insulin <i>Insulatard, Lantus, Toujeo, Levemir, Soliqua</i> | Take 70% of your usual morning dose. Or Take _____ units. | Take any dose due at lunch/ dinner/ bedtime as usual. | |
| <input type="checkbox"/> | Short or rapid acting insulins <i>Actrapid, Novorapid, Apidra, Humalog</i> | Do not take breakfast dose*. | Take lunch insulin as usual. | |
| <input type="checkbox"/> | Pre-mixed insulins <i>Mixtard, Novomix, Humalog Mix, Ryzodeg</i> | Do not take morning dose. | Take ½ your morning dose before lunch and your usual dinner dose. If you usually take insulin at lunchtime, take your usual lunch dose - do not take extra to replace any missed morning dose. | |

| | | | | |
|--------------------------|---------------------|---|----------------------------|--|
| <input type="checkbox"/> | Insulin Pump | Stay on usual basal. Omit breakfast bolus*. | Take lunch bolus as usual. | |
|--------------------------|---------------------|---|----------------------------|--|

*If you have high blood glucose and have a correction factor/scale to follow from your diabetes doctor, take your usual correction dose.

- Treat low blood glucose (< 4 mmol/L) with 15g rapid-acting carbohydrates, such as 3 - 4 glucose tablets, 3 - 4 chewable sweets, even during the time when you are not supposed to take any food. Re-check your blood glucose 15 minutes after treating and repeat treatment until your blood glucose is above 4 mmol/L.

APPENDIX 1B

Afternoon Procedure (Light breakfast on day of procedure)

You should take your diabetes medications and insulin as usual the day before the procedure. You may adjust your diabetes medications as follows. If you are unsure of how to adjust your medications, please check with your usual diabetes doctor.

| | Type of Medication | Medication Instructions Before Procedure | Medication Instructions After Procedure | Notes |
|--------------------------|--|---|--|--------------|
| <input type="checkbox"/> | Dapagliflozin, Empagliflozin, Combination drugs containing dapagliflozin/empagliflozin | Do not take 2 days before and on the day of procedure if going for colonoscopy. | Resume the medication when eating well. | |
| <input type="checkbox"/> | Other Oral diabetes medications | Omit your morning and lunch diabetes medications. | Take any evening medications as usual. Do not take an extra dose to replace any missed morning/lunch dose. | |
| <input type="checkbox"/> | Victoza/Byetta/Saxenda | | | |
| <input type="checkbox"/> | Basal insulin <i>Insulatard, Lantus, Toujeo, Levemir, Soliqua</i> | Take 70% of your usual morning dose. Or Take _____units. | Take any dose due at dinner/bedtime as usual. | |

| | | | | |
|--------------------------|--|---|-------------------------------|--|
| <input type="checkbox"/> | Short or rapid acting insulins <i>Actrapid, Novorapid, Apidra, Humalog</i> | Do not take breakfast and lunch dose*. | Take dinner insulin as usual. | |
| <input type="checkbox"/> | Pre-mixed insulins <i>Mixtard, Novomix, Humalog Mix, Ryzodeg</i> | Take ½ your morning dose. Or Take _____units. | Take your usual dinner dose. | |
| <input type="checkbox"/> | Insulin Pump | Stay on usual basal. Take breakfast bolus according to the amount of carbohydrates you eat. Skip lunch bolus*. | Take your usual dinner bolus. | |

*If you have high blood glucose and have a correction factor/scale to follow from your diabetes doctor, take your usual correction dose.

- Treat low blood glucose (< 4 mmol/L) with 15g rapid-acting carbohydrates, such as 3 - 4 glucose tablets, 3 - 4 chewable sweets, even during the time when you are not supposed to take any food. Re-check your blood glucose 15 minutes after treating and repeat treatment until your blood glucose is above 4 mmol/L.



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General Enquiries: 6930 5000

Outpatient Appointments: 6930 6000



appointments@skh.com.sg



www.skh.com.sg



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Endoscopy Centre
92000-003-1224-R2

Information is correct as at printing (Dec 2024)