

Well Life Gastroenterology Centre

Bowel Preparation For Colonoscopy

A good bowel preparation is essential to enable a thorough examination of the large intestine as the colon is usually full of shit! The preparation should start 2 days prior to the colonoscopy.

Two days before colonoscopy

You should avoid eating food which is difficult to digest.

Avoid : Meat, vegetables and fruits.

Allowed: Low fiber diet, porridge, noodle in clear soup.

One day before colonoscopy

Only liquid is allowed to ensure adequate evacuation of the colon when the laxative is administered.

Drinks allowed:

- Plain water
- Strained fruit juices without pulp / fiber
- Black coffee without milk
- Chinese tea / plain tea without milk
- Carbonated drinks (except red/purple drinks)
- Clear soup (liquid only)

Food disallowed

- Red / purple coloured drinks
- Milk / milk powder / creamer.
- Soymilk
- Vegetables
- Beans and nuts
- Fruits

Medications:

Your doctor must be aware of all your medications as some adjustment may be necessary. For example diabetic medications may need to be omitted the day before and anti-platelets (such as aspirin, ticlopidine and clopidogrel) must be stopped 1 week before)

Two doses (45mls each) of laxative (Fleet phospho-soda) should be taken at 2 pm and 6 pm. Remember to drink lots of water (at least 4 glasses) after each bottle of Fleet solution. Be prepared to purge for the next few hours. Therefore you should be near a toilet! Your stools at the end of the day should consist only of clear fluid and no solids.

Do not eat after midnight.

On the day of colonoscopy examination, you should try to empty your bowel again early in the morning before going to the medical centre.

Sedation is usually given and thus it is imperative that you do not come alone. Driving after the colonoscopy procedure is generally not advised.

* Any further information required can be obtained directly from our staff in the centre. (**Tel : 03-79550650**)



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Bowel Preparation For Gastroscopy (OGDS)

The stomach takes about 6 hours to empty itself normally. Therefore 6 hours of fasting will be adequate for a proper gastroscopy examination. If it is done in the morning then by not eating and drinking after midnight will suffice. If it is done in the afternoon, then early but light breakfast (before 7 am) and skipping lunch will allow gastroscopy to be performed after 2 pm.

Your doctor must be aware of all your medications as some adjustment may be necessary. For example diabetic medications may need to be omitted the day before and anti-platelets (such as aspirin, ticlopidine and clopidogrel) must be stopped 1 week before).

Sedation is usually given and thus it is imperative that you do not come alone. Driving after the gastroscopy procedure is generally not advised.

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