

Colonoscopy Preparation & Daycare Guide

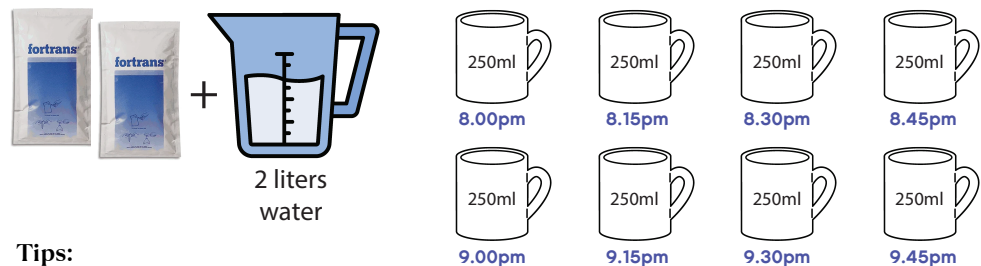
Bowel Preparation (*Fortrans*)

You will take Fortrans solution at home the night before and morning of your colonoscopy.

Instructions:

(1 day before your colonoscopy)

- 7am - Light and no fibre breakfast.
- 12pm - Light and no fibre lunch.
- 7pm-7.30pm - Light and no fibre dinner. ***you can still snack in between*
- **8pm-10pm:**
 - Dissolve **2 sachets** of *Fortrans* into **2 liters** of water.
 - Drink **250 ml (one glass) every 15 minutes**.
 - You should finish the full 2 liters by 10:00 PM.



Tips:

- Chill the solution to improve taste.
- Apply petroleum jelly to reduce irritation from frequent stools.
- Drink plain water **only** to replenish water loss from effects of drinking the solution.

Instructions:

(On the day of your colonoscopy)

- **12 midnight onwards, no solid food allowed.**
- **6.00 am**
 - Dissolve **1 sachet** of Fortrans into **1 liter** of water.
 - Drink **250 ml every 15 minutes**, till the stools are **clear/watery with no/minimal sediments** *Refer Stool number Chart*
 - after **9:00am stop** drinking fluids including plain water



Diet Requirements

- **Day Before Colonoscopy:**
 - Take a **soft diet only** (porridge, soup, eggs, noodles, biscuits).
 - **Absolutely no fruits or high-fibre foods.**
- **After midnight:** No more solid food.



White Bread
(no spread)



Coffee/
Tea



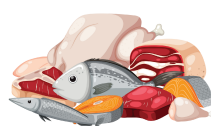
White porridge/
rice



Eggs



MeeSua/Beehun/
KoayTeow



Lean meat
(Fish & Chicken)



Clear Soup



Fried/ oily
Foods



Fruits



Vegetables



Cereals



Whole grains/
Oats

Fasting & Fluids

- **From 12:00 AM to 9:00 AM (day of procedure):** Only **plain water** is allowed (besides the *Fortrans* solution as instructed).
- **After 9:00 AM:** Nothing more by mouth until your procedure is completed. *unless instructed by nurses / doctors*

<i>Expected Routine (On the Day of Procedure)</i>	⚠ Note: The schedule may vary depending on how ready your bowel is. ● 8:30 AM – Arrive at hospital for check-in. ● 9:00am – 1:00 PM – Colonoscopy (and/or gastroscopy if indicated) on the 5th floor (Endoscopy Suite). ● After the procedure, you will be monitored in the recovery area until safe for discharge. ● Discharge is usually by ~3:00 - 4:00 PM. ● You must have a responsible adult accompany you home.
<i>Stool Chart</i>	Stool 1 Dark brownish and solid  Stool 2 Brownish and loose  Stool 3 Light brownish water with particles  Stool 4 Light brownish  Stool 5 Yellowish and watery  Stool 6 Light Yellowish and clear 
<i>Medication Checklist</i>	● Blood thinners (aspirin, warfarin, clopidogrel, Brilinta, Pradaxa, etc) – inform your doctor; may need to stop earlier. ● Diabetes medication – dose adjustments may be required. ● Other medications – take only as advised by your surgeon/anaesthetist.

Contact

For any questions or if you are unsure about recovery:

- WhatsApp (preferred): Dr Chan Siew How's Clinic – 012 280 9778
- For more information on your GI health and recovery tips, visit drchansh.my