

Pre-Operation & Endoscopy Checklist

Admission

Admission	● Check-in as early as possible, preferably before 9:00 PM (the day before) ● This ensures you can start the bowel preparation at 8:00 PM after a light dinner. ● Bring: IC, medication list, and personal items.
Bowel Preparation (Fortrans)	You will be given Fortrans® to clear your bowel before the procedure.
Instructions:	● Night Before (8:00 PM – midnight): Dissolve 2 sachets of Fortrans® into 2 liters of water. Start drinking after your light dinner (around 8:00 PM). Drink one glass every 10–15 minutes until finished. ● Next Morning (6:00 AM onwards): Dissolve 1 sachet of Fortrans® into 1 liter of water. Continue drinking until your bowel movements are clear and watery with no or minimal sediments. <i>Tips: Chill the solution to improve taste. Apply petroleum jelly (eg: Vaseline®) to reduce irritation from frequent stools.</i>
Diet Requirements	● Day Before Colonoscopy: Soft diet only (porridge, soup, eggs, noodles, biscuits). ● Absolutely NO fiber, including fruits (many patients don’t realize fruits = fiber). ● Evening before midnight: Light foods (biscuits, porridge) are allowed. ● After midnight: No more solid food. ● Morning of procedure: Water is allowed, but not more than 2 glasses before 10:00 AM.
Fasting	● No solids after midnight. ● Only small amounts of water (maximum 2 glasses before 10:00 AM).

Day of Procedure

<i>Expected Routine</i>	Note: The schedule may change depending on how ready your bowel is after the preparation regime. ● If you are scheduled for Endoscopy only: ○ 9:00 AM –12:00 PM – Gastroscopy and/or Colonoscopy on the 5th floor. ○ After the procedure, you will be monitored in the recovery area until safe for discharge. ● If you are scheduled for Endoscopy + Surgery: ○ 9:00 AM –12:00 PM - Gastroscopy and/or Colonoscopy on the 5th floor. ○ After the endoscopy, you will remain sedated and be transferred directly to the 3rd floor Operating Theater for Laser Hemorrhoidoplasty. ○ You will only fully wake up in the recovery area after your surgery.
<i>Medication Checklist</i>	● Blood thinners (aspirin, warfarin, clopidogrel, ticagrelor etc) – inform your doctor; may need to stop earlier. ● Diabetes medication – dose adjustment may be required. ● Other medications – follow your surgeon/anaesthetist’s advice.

Important Reminders

- *Arrange for a family member or friend to accompany you.*
- *Do not drive, sign legal documents, or operate machinery for 24 hours after the procedure.*
- *Always follow nurse/doctor instructions during admission.*

Contact

For any questions or if you are unsure about preparation:

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