Why do we need colonoscopy?

Colonoscopy allows identification of different stages of polyp growth, potentially preventing colorectal cancer

Potential diseases diagnosed with colonoscopy

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The definitive examination for your large intestine

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What is Colonoscopy?

Colonoscopy is a procedural test with the aim to visualise the inner surface and lumen of your large intestine. The large intestine is about 80-120 cm in length and a flexible scope will be inserted from your anus (the end of the large intestine) until the caecum (the beginning of the large intestine).

Direct visualisation allows the doctor to see and detect any abnormalities. If there are any abnormalities or lesions, a biopsy will be taken. If a polyp (small protuberance) is encountered, removal termed polypectomy either by biopsy or snare would be performed.

The colonoscopy will take between 20 to 45 minutes to perform.

You may feel some bloating during the procedure itself as the doctor insufflate air to ensure a good visualisation of the bowel walls. The bloating tends to improve about half an hour after the procedure.

Bowel Preparation Instructions

Please follow the instructions carefully to ensure your comfort and to reduce the need for repeated endoscopy.

2 days before colonoscopy
- Do not eat red meat, vegetables or fruits
- You may have white bread, noodles or porridge with fish or chicken

1 day before colonoscopy
- Do not eat red meat, vegetables or fruits
- You may have white bread, plain noodles or plain porridge
- Last meal at 6 pm until the procedure, you may however, drink plain water
- Take 1 sachet of Fortrans or Fleet, mix with 1 litre of water at 7 pm
- Take 1 sachet of Fortrans or Fleet, mix with 1 litre of water at 9 pm

The day of colonoscopy
- Take 1 sachet of Fortrans or Fleet, mix with 1 litre of water at 6 am

Before the procedure

Please have someone to accompany you on the day of the procedure.

If you have high blood pressure or hypertension, please take your morning medication at 6 am.

Prior to the procedure, your pulse rate, blood pressure and temperature will be examined. The procedure will be explained again and proceed once any enquiries were addressed to and consented for the procedure.

After the procedure

Due to the effects of the sedation, you are not allowed to drive, operate machineries, signing legal documents or minding children for 24 hours after the procedure.

The attending doctor will explain your results after recovering from the sedation.

Some of the results such as biopsy samples will take 1-2 weeks to process. You will be given a clinic appointment prior to being