

## About the Khoo Teck Puat – National University Children’s Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents, and are the only public hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit [www.nuh.com.sg/nuhkids](http://www.nuh.com.sg/nuhkids).

### Contact Us

#### 24-hour Children’s Emergency

Location: NUH Main Building, Zone F, Level 1

General Enquiry: +65 6772 2555

#### KTP-NUCMI

Location: NUH Main Building, Zone E, Level 2

(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)

Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)

General Enquiry: +65 6772 5736

Appointment Line: +65 6772 2002

Fax: +65 6776 2102

Email: [ktpnucmi\\_appt@nuhs.edu.sg](mailto:ktpnucmi_appt@nuhs.edu.sg)

#### 9a Viva-University Children’s Cancer Centre

Location: NUH Medical Centre, Zone B, Level 9

Operating Hours: 8.30am – 5.30pm (Mon to Fri)

Appointment Line: +65 6772 5030

Fax: +65 6872 4314

Email: [cbccappt@nuhs.edu.sg](mailto:cbccappt@nuhs.edu.sg)

#### NUH Children’s Urgent Care Clinic @ Bukit Panjang

Location: Junction 10, 1 Woodlands Road, #01-22, Singapore 677899

Operating Hours: 9am – 11pm daily (including public holidays)

General Enquiry: +65 6219 1538

Email: [childrenucc@nuhs.edu.sg](mailto:childrenucc@nuhs.edu.sg)

Website: [www.nuh.com.sg/ucc](http://www.nuh.com.sg/ucc)

#### NUH Child Development Unit @ JMC

Location: Jurong Medical Centre, 60 Jurong West Central 3, Level 2, Singapore 648346

Operating Hours: 8.30am – 5.30pm (Mon to Fri)

Appointment Line: +65 6665 2530/2531

Fax: +65 6665 0158

Email: [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg)

Website: [www.nuh.com.sg/cdu](http://www.nuh.com.sg/cdu)

#### NUH Child Development Unit @ Keat Hong

Location: Keat Hong Community Club, 2 Choa Chu Kang Loop, #03-01, Singapore 689687

Operating Hours: 8.30am – 5.30pm (Mon to Fri)

Appointment Line: +65 6769 4537/4637

Fax: +65 6665 0158

Email: [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg)

Website: [www.nuh.com.sg/cdu](http://www.nuh.com.sg/cdu)

#### National University Hospital

Location: 5 Lower Kent Ridge Road, Singapore 119074

Tel: +65 6779 5555

Email: [NUH\\_enquiries@nuhs.edu.sg](mailto:NUH_enquiries@nuhs.edu.sg)

Website: [www.nuh.com.sg](http://www.nuh.com.sg)



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Information is correct at the time of printing (Apr 2021) and subject to revision without prior notice.

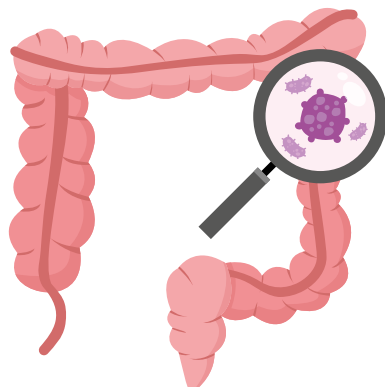
# Colonoscopy



## What is a colonoscopy?

A colonoscopy is a procedure that checks for any changes or abnormalities in the large intestine (colon). During the test, a scope, which is a long and flexible tube, will be inserted into your child's rectum. The tube has a tiny camera and light at the end to allow the doctor to look at the insides of your child's colon.

Your child is scheduled to undergo a colonoscopy in NUH and this booklet contains information to help you prepare your child for his/her scope.



## What is PicoPrep?

PicoPrep is a powder to be dissolved in water and consumed to clean your child's bowel prior to an X-ray examination, endoscopy or surgery. It will cause your child to have watery stools or bowel motion.

PicoPrep should only be consumed with consultation from his/her paediatrician.

## What do I need to take note of?

Your child will need to consume a low residue diet three days prior to his/her procedure. It is recommended to drink a sufficient amount of clear liquids while the effects of PicoPrep persist to avoid dehydration.

Recommended amount of liquids per day: \_\_\_\_\_ ml

Examples of clear liquids are:

- Water
- Clear soup
- Fruit juice without pulp
- Soft drinks
- Tea without milk
- Coffee without milk

Your child must not consume any food and drinks on the day of his/her procedure.

## How do I prepare the PicoPrep solution?

Prepare the solution just before consumption. **Do not prepare the solution in advance.**

1. Mix one sachet of powder in approximately 100ml of water.
2. Stir for 2 to 3 minutes. The solution will become an off-white, cloudy liquid with a faint orange smell.
3. Drink the solution. If the solution is warm, wait until it cools before drinking.

The timing between the first and second dose has to be four to six hours apart.

## When should my child drink PicoPrep?

As the procedure is likely to happen in the morning, your child will need to consume the PicoPrep on the day before the procedure. Ensure your child drinks the right amount of PicoPrep at the stipulated timing according to his/her age (see table below).







Take note of the specific timing that your child should **stop** consuming all types of food and fluids (including water), also known as nil by mouth (NBM).


Age	Day before scope: 3.30pm	Night before scope: 9.30pm	NBM timing *To be filled in by your doctor	Remarks
1 to 2 year old	25ml (1/4 sachet)	25ml (1/4 sachet)		Drink at least <b>300-500ml</b> of clear liquids from start of medication to NBM timing
2 to 4 year old	50ml (1/2 sachet)	50ml (1/2 sachet)		Drink at least <b>500-800ml</b> of clear liquids from start of medication to NBM timing
4 to 9 year old	100ml (1 sachet)	50ml (1/2 sachet)		Drink at least <b>800-1,000ml</b> of clear liquids from start of medication to NBM timing
9 year old and above	100ml (1 sachet)	100ml (1 sachet)		Drink at least <b>1,000-1,500ml</b> of clear liquids from start of medication to NBM timing

## How should PicoPrep be stored?

- Store the sachets in a cool and dry place that is below 30°C.
- Store in the original packaging in order to prevent the powder from coming in contact with moisture.
- Once the sachet has been opened, use immediately and discard any unused powder or solution.

### 3 days before the procedure: Start a low fibre diet

Category	✓ What to consume	✗ What to avoid
<b>Bread/Starch</b>	<ul style="list-style-type: none"> <li>• White bread</li> <li>• White rice, noodles or pasta</li> <li>• Plain white pancakes or waffles (white refined flour)</li> <li>• Plain crackers</li> </ul> 	<ul style="list-style-type: none"> <li>• Whole wheat bread</li> <li>• Brown rice</li> <li>• Barley</li> <li>• Cereals with nuts and seeds</li> <li>• Popcorn</li> </ul> 
<b>Meat and Eggs</b>	<ul style="list-style-type: none"> <li>• Chicken</li> <li>• Turkey</li> <li>• Fish</li> <li>• Eggs</li> <li>• Tofu</li> </ul> 	<ul style="list-style-type: none"> <li>• Tough or fibrous meat</li> <li>• Red meat</li> </ul> 
<b>Vegetables and Fruits</b>	<ul style="list-style-type: none"> <li>• Well-cooked vegetables without skin or seeds</li> <li>• Ripe bananas</li> <li>• Canned fruit without skin or seeds</li> <li>• Papaya or honeydew</li> </ul> 	<ul style="list-style-type: none"> <li>• Raw or partially cooked corn</li> <li>• Raw or dried fruits</li> <li>• Raisins</li> <li>• Berries</li> <li>• Prune or prune juice</li> <li>• Leafy vegetables</li> <li>• Bean sprouts</li> <li>• Beans</li> <li>• Broccoli</li> </ul> 

Category	✓ What to consume	✗ What to avoid
<b>Others</b>	<ul style="list-style-type: none"> <li>• Salad dressing (no seeds)</li> <li>• Apple sauce</li> <li>• Butter or oil</li> </ul>	<ul style="list-style-type: none"> <li>• Nuts and seeds</li> </ul> 

### 1 day before the procedure:

Have a light breakfast and lunch. These light meals should continue to be low in fibre.

After lunch, your child must consume only clear fluids for the rest of the day.

Some examples of clear fluids your child should consume and avoid:

✓ What to consume	✗ What to avoid
<ul style="list-style-type: none"> <li>• Water</li> <li>• Clear juices such as apple juice</li> <li>• Clear, yellow drinks</li> <li>• Isotonic drinks – white, yellow or orange</li> <li>• Popsicles – clear or yellow</li> </ul>	<ul style="list-style-type: none"> <li>• Cider and homemade juices</li> <li>• Gelatine desserts</li> <li>• Artificially dyed red, blue or purple drinks such as Ribena</li> <li>• Soup or broth</li> </ul>

## Colonoscopy

### Points to note

- Your child's bowels are likely to be clear when he/she has passed several loose stools that are clear or yellow (\*refer to stool chart).
- Drink more water to prevent dehydration.
- Movements such as walking around will help the medication work better.

### On the day of procedure

1. Do not consume any food and drinks in the morning. Fasting should start at midnight.
2. Inform the nurses if your child is unable to tolerate Picoprep the night before.
3. Report early to the Endoscopy Centre in Zone C (Kent Ridge Wing), C04-03, to register for your child's procedure.
4. The colonoscopy will take about an hour and another three to four hours for recovery thereafter.

### After the procedure

Your child will have to stay in the hospital for monitoring and recovery until discharge.

### Discharge

Your child will be able to go home if he/she:




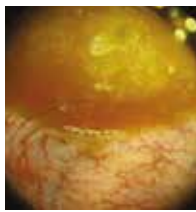



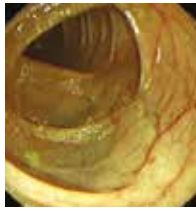
1. Is awake
2. Is able to eat without feeling sick
3. Has no signs of unusual bleeding

The nurses will book an appointment with you to discuss your child's scope findings and biopsy results with your paediatrician in two weeks' time.

## Contact Us

For any enquiries, or to reschedule your appointment, contact us at **Khoo Teck Puat – National University Children's Medical Institute** at +65 6772 4454 (Monday to Friday: 8.30am to 5.30pm, Saturday: 8.30am to 12.30pm) or email us at [ktpnucmi\\_fc@nuhs.edu.sg](mailto:ktpnucmi_fc@nuhs.edu.sg).

## Stool Chart

Type	Stool / Bowel Output	Expected Colonoscopy View	Fit For Procedure	Action
1			✗	Please inform the nurse or doctor as a repeat in bowel preparation may be necessary.  The procedure will need to be rescheduled.
2				
3			✓	The procedure can proceed as planned.
4				

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.