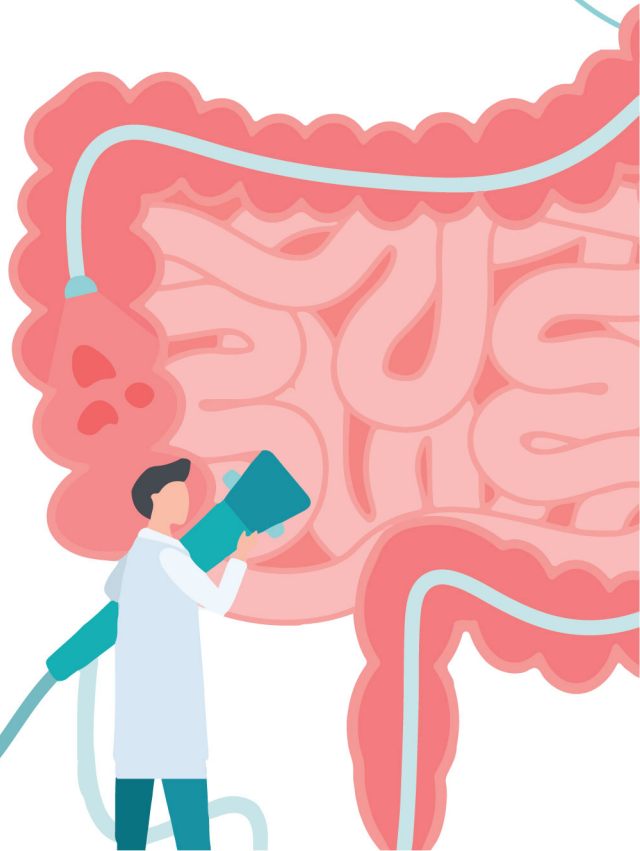


Bowel Preparation at Home the Day Before a Colonoscopy



It is important that your colon is thoroughly cleared before your procedure. This will give doctors a clear view to identify abnormalities, such as polyps, during the procedure, ensuring an accurate diagnosis and avoiding unnecessary repetition of the colonoscopy.


5 TIPS TO PREPARE

1) Restrict Diet Intake



As early as 2 days before the procedure, take only low fibre food and clear fluid as instructed for breakfast, lunch and dinner.

Okay to Take		Do Not Take
-Plain porridge	-Plain water	-Food containing milk products
-White bread	-Black coffee	-Fruits and vegetables
-Steamed fish	-Black tea	-Red meat
-Skinless chicken	-Clear soup	-Seeds and nuts
-Eggs		-Wholegrains/oats/cereals
		-Coffee with milk

2) Follow Instructions Strictly




How to MIX Fortrans®?

1 litre of Fortrans® isotonic solution =  1 sachet of Fortrans® +  1 litre of water

How to DRINK Fortrans®?

- Pour 1 litre of Fortrans® isotonic solution into 4 glasses of 250ml each
- Drink one glass every 15 minutes
- Finish all four glasses within 1 hour



DOSE	TIME	RECOMMENDATION
1st dose	<input type="checkbox"/> 6:00 pm <input type="checkbox"/> 8:00 pm <input type="checkbox"/> Other: _____	<ul style="list-style-type: none">• Drink 1 litre of Fortrans®, isotonic solution within 1 hour• After taking Fortrans®, drink only plain water
2nd dose	<input type="checkbox"/> 8:00 pm <input type="checkbox"/> 10:00 pm <input type="checkbox"/> Other: _____	<ul style="list-style-type: none">• Drink 1 litre of Fortrans® isotonic solution within 1 hour• After taking Fortrans® drink only plain water
PROCEDURE DAY Date: _____		
DOSE	TIME	RECOMMENDATION
3rd dose	<input type="checkbox"/> 6:00 am <input type="checkbox"/> 9:00 am <input type="checkbox"/> Other: _____	<ul style="list-style-type: none">• Drink 1 litre of Fortrans® isotonic solution within 1 hour• After taking Fortrans® drink only plain water• Colonoscopy will be performed when your stool colour is clear

3) Finish All 3 Litres of Fortrans

All 3 litres of Fortrans solution must be consumed to ensure optimal bowel cleansing results.

Helpful Tips on How to Take Fortrans



Flavour It Up

Add a few drops of lime/lemon juice (no pulp) or 100 Plus to Fortrans to give it a flavour

b) Cool It Down

Mix Fortrans with cold water or pre-chill the mixed Fortrans solution before drinking

c) Split It Up

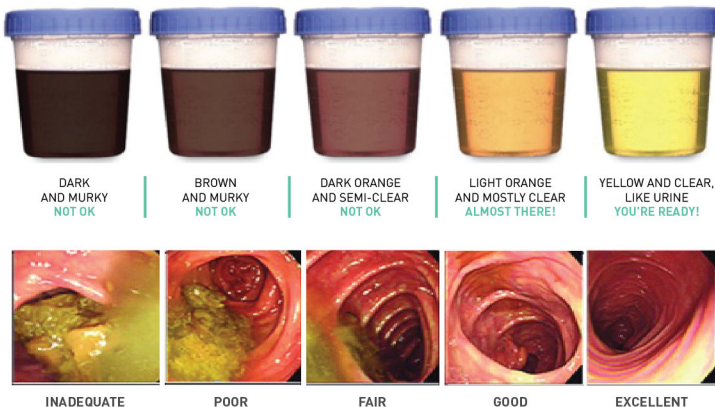
- Split 1 litre of Fortrans into 4 glasses of 250mls each
- Drink 1 glass every 15 mins
- Finish all 4 glasses within 1 hour

4) Keep Drinking Water

Keep drinking water until your stools become CLEAR YELLOW LIQUID, like urine. That means you are READY.

Bowel Preparation Quality

Poor or incomplete visualisation of the colon reduces the yield of screening colonoscopies and may result in procedure repetition, longer procedure times and aborted procedures.



5) Keep Hydrated and Stay Near to The Bathroom

- Drink plenty of water during bowel preparation to help ensure a clean bowel for the examination.
- Stay near to the bathroom until the effects of laxative wear off. Expect frequent bowel movement with purging effect within 1-2 hours after taking laxative.



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