



Colonoscopy Preparation | Persediaan Kolonoskopi

3 days before procedure:

Avoid vegetable, fruits and nuts

3 hari sebelum prosedur:

Elakkan sayur-sayuran, buah-buahan dan kacang

3 days before colonoscopy: Low residue diet



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www.YouAndColonoscopy.com

1 day before procedure:

Take clear liquids or semi liquids like clear apple or orange juice, jelly or clear chicken soup.

1 hari sebelum prosedur:

Ambil cecair jernih atau separa cecair seperti jus epal atau oren jernih, jeli atau sup ayam jernih.

1 day before colonoscopy: Clear liquid diet



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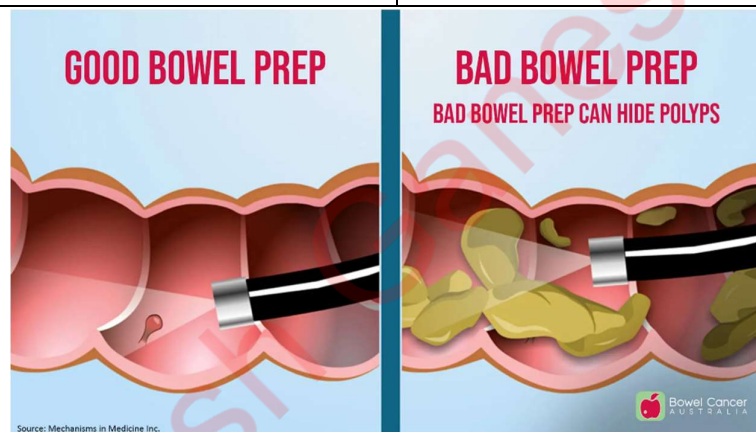
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Note: You can take plain congee (porridge) if you are feeling very hungry.
Nota: Anda boleh makan bubur kosong sekiranya sangat lapar.

Bowel Preparation		Persediaan Usus	
Day before procedure Hari sebelum prosedur		Day of procedure Hari prosedur	
 6 pm	 8 pm	 5 am	 9 am
 1 Litre	 1 Litre	 1 Litre	
Mix 1 sachet Fortrans  in 1 litre of water  Mix 1 sachet Fortrans  dalam 1 litre air 			Colonoscopy Kolonoskopi

Note: FORTRANS is SAFE for patients with Heart Disease and Kidney patients on Dialysis.
Nota: FORTRANS adalah SELAMAT untuk pesakit Jantung dan Buah Pinggang dalam Rawatan Dialisis.

Why is it important? So that we don't miss polyps that can become cancers.	Kenapa Penting? Supaya doktor boleh Nampak polyp yang mungkin boleh jadi kanser.
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How to know if Bowel Preparation is Good?	Bagaimana nak tahu persediaan usus bagus?
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