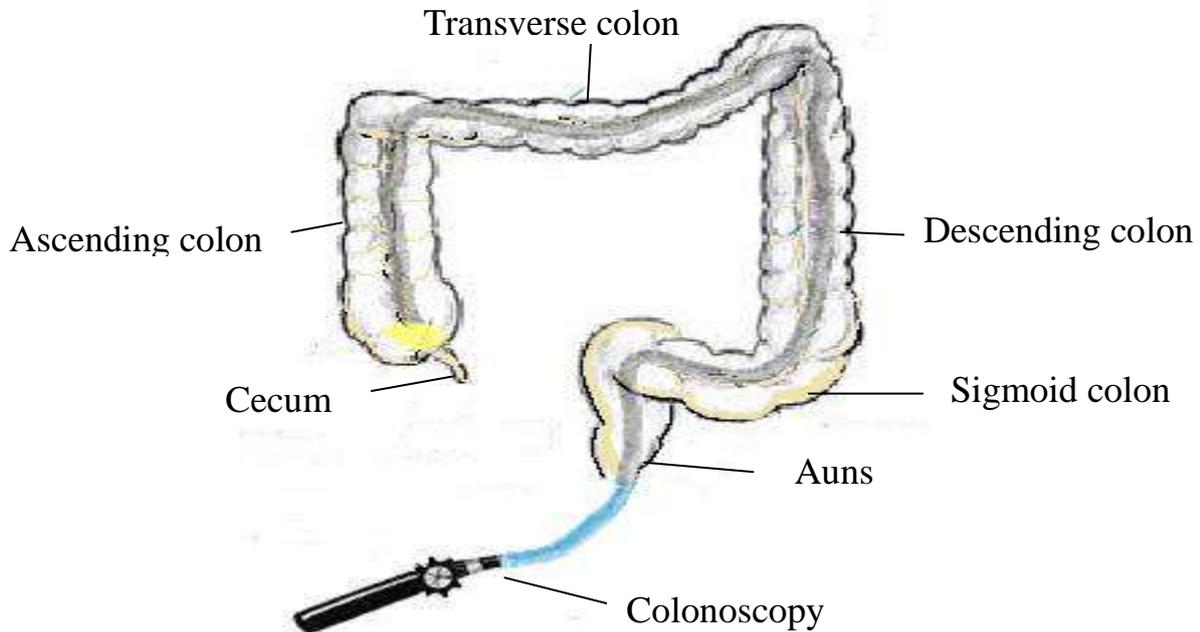




Patient's instruction of colonoscopy examination



I. What is colonoscopy?

Colonoscopy is a diagnostic method for the detection of colorectal lesions.

The colon comprises of the ascending colon, the transverse colon, and the descending colon. The scope may be able to reach the cecum successfully if there is no adhesion in the intestine. If inflammation, polyps, tumors or bleeding are identified on the procedure, removal of polyps, biopsy, electric burn (to stop the bleeding) or other procedures may be carried out.

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All information above has been reviewed by Colorectal Surgery specialists
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II. Before the procedures

- i. Signing the surgery and anesthesia consent.
- ii. Low-residue diet (such as: white toast, bread, porridge, noodles, sponge cake, peeled fish) is necessary two days before the colonoscopy examination. Eggs, milk, beans or other high-fiber foods (such as: vegetables) are not allowed.
- iii. One day before examination, liquid diet (such as: porridge soup, sport drink) is recommended. Do not consume dairy products, and please fast (NO FOOD and WATER) after mid-night.
- iv. Take laxatives medication as instructed by your doctor.

1. Niflec

- If your colonoscopy examination is in the morning: take your medication at __/ __/ ___PM the night before the examination
- If your colonoscopy examination is in the afternoon, take your medication at __/ __/ ___AM on the day of the examination.

✧ Administration:

- a. Dilute the laxative with 2000 mL cold water.
- b. Drink the first 1000 mL (about 200 mL in every 10 minutes) within the first hour.
- c. Finish the rest of the laxative (1000 mL) in the second hour.
- d. Defecation may occur within one hour after intake of the medicine.
- e. Please observe your stool patterns if possible. Clear, yellowish or transparent watery stool indicates the completion of the bowel preparation.

2. Fleet® PHOSPHO-SODA®

- In the evening prior to the examination day: Take the first bottle at ___ / ___ / ___ AM or PM; Then, take another bottle at ___ / ___ / ___ AM or PM.
- a. Renal dialysis patients is not recommended to use this medicine.
 - b. Usage: Dilute the medication with 500 mL of clear fluid (e.g., soda, root beer, pulp-free juice) and drink it within 30 minutes, then consume 1500 mL of clear fluid such as water or sport drink.
 - c. Nausea, vomiting and abdominal distension may occur after taking this medicine, which is a normal response. You may temporarily stop

drinking and wait for symptom(s) to subside. Please continue taking the medication after the symptom(s) subside.

d. Defecation may occur about 30 to 60 minutes after taking the medication. The effectiveness of the medication may last for 2 to 4 hours.

3. If you are taking hypoglycemic drugs, please stop taking this medication on the day of the examination.

III. Information after the procedure

- i. Abdominal distension, abdominal pain, passage of gas (fart or hiccup) may occur, due to pumping air into the intestine during the examination. These symptoms usually subside between 6 hours to 2 days after procedure and can be improved by changing the posture or regular movement.
- ii. You can try to drink water first at ____. If no nausea or vomiting occurs, you can start eating. Please start with small amount of soft diet on the first day and return to your normal diet the next day. Soft diet includes porridge, noodles, bread, steamed eggs, etc. Please avoid hard vegetables and nuts.
- iii. If polyps resection is preformed, gentle and soft diet (avoid species such as pepper or chili, alcohol, hard or sour fruit) is recommended in the first week.



- iv. Because of the effect of anesthesia drug, you may experience dizziness. Please avoid driving or riding a motorcycle by yourself and operating any machinery after the Examination .

IV. Precautions

- i. Please visit our emergency room immediately if severe abdominal pain, passing massive bloody stool or fever occurs.
- ii. If you receive colorectal polyps resection, we have arranged your next OPD follow-up on ___ /room___.

