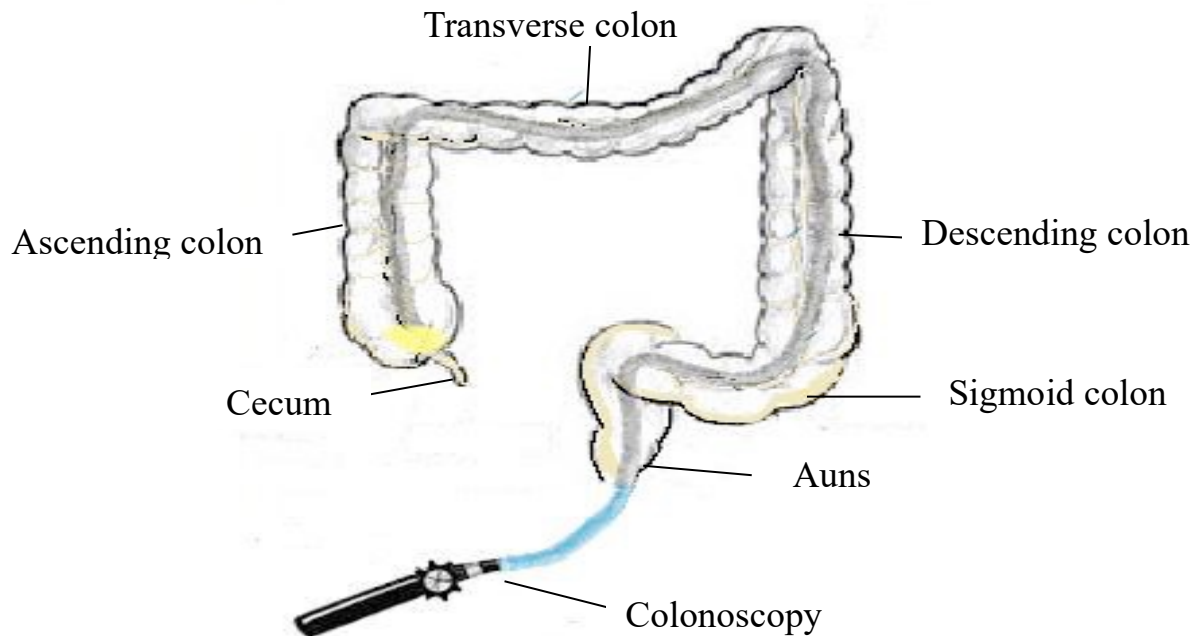




Patient's instruction of colonoscopy examination



I. What is colonoscopy?

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

The colon is composed of for part, 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 intestines. If any inflammation, polyps, tumors, or bleeding is identified during the procedure, removal of polyps, biopsy, electrocoagulation(to stop the bleeding), or other procedures will be carried out.

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

- i. Sign 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. Liquid diet (such as: porridge soup, sport drink) is recommended one day before examination. Do not consume dairy products, and please fast (NO FOOD and WATER) after mid-night.
- iv. Take laxatives medication as instructed by your doctor.

A. 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.

※Direction:

- a. Mix the laxative with 2000mL 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 feces if possible. Clear, yellowish or transparent watery feces means the completion of the bowel preparation.

B. 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. Hemodialysis patients are not recommended to use this medicine.
- b. Usage: Mix 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 are normal responses. You may temporarily stop drinking and wait for symptom(s) to ease. Please continue taking the

medication after the symptom(s) ease.

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

C. If you are taking anti-diabetic drugs, please stop taking these medications on the day of the examination.

III. Information after the examination

- i. Abdominal distension, abdominal pain, the passage of gas(fart or hiccup) may occur, due to pumping air into the bowel lumen during the examination. These symptoms usually with 6 hours to 2 days after examination and can be improved by changing the posture or regular movement.
- ii. You can try to drink water first at . If there were no nausea or vomiting occurs, you can resume oral intake. Please start with small amount of soft diet on the first day and return to your normal diet next day. A Soft diet includes high fiber contained, noodles, bread, steamed eggs, etc. Please avoid hard vegetables and nuts.
- iii. If polypdectomy is performed during the procedure, 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 feel dizziness. Please avoid driving or riding a car/scooter 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 feces or fever occurs.
- ii. If you receive colorectal polyps resection, we have arranged your next OPD follow-up on /room .

Let's take the quiz to make sure you understand

1. Those who undergo painless microscopy are advised not to eat or drink after 12 p.m. .

☐Yes ☐No ☐Don' t know

2. A clear liquid diet (such as honey water, sugar water,Transparent fruit juice, vegetable soup, broth, avoid milk and milk products without fruit pieces).

☐Yes ☐No ☐Don' t know

3. There is no need to remove dentures, contact lenses and nail polish on the day of surgery.

☐Yes ☐No ☐Don' t know

4. After the examination, you may feel dizzy due to the influence of anesthetic drugs.

The weather is not suitable for driving or riding a motorcycle.

☐Yes ☐No ☐Don' t know

5. If a polyp is removed, a mild, soft diet should be adopted within a week.

☐Yes ☐No ☐Don' t know