



TAIWAN ADVENTIST HOSPITAL
Gastrointestinal Center

Health Insurance	Self-Paid

Instruction for Colonoscopy Examination

With Abdominal Echography With Gastroscopy

Examination Date: ____DD____MM____YY

Examination Time: ____:____AM/PM

**Attentions:

- **Examination in the morning:** No food is allowed after midnight before the examination day, only drinking water.
- **Examination in the afternoon:** No food but only drinking water is allowed after midnight before the examination day. However, before taking the drug, 3-5 pieces of plain crackers, or 1-2 pieces of plain toast are allowed if you feel hungry on the morning of examination day.
- Please take light and low fiber food that is easy to digest, such as noodles, lean, fish, congee, plain rice, plain crackers, tofu/bean curd, fiber-filtered juice, etc.
- Please note that vegetables, fruits and coarse grains are full of fiber, which are forbidden to consume two days before the examination.
- The day before the examination (), please drink more than 1,500cc of water or sports drinks.
- Instruction for Fleet-PHOSPHO-SODA Intake:
 - **Standard Dosage:** a total of 2 bottles (45 cc/bottle), one bottle per dose.
 - Patients scheduled for examination in the morning: drink first 45 cc bottle at 7 o'clock at night on ____ MM ____ DD, drink second 45 cc bottle at 6 o'clock in the morning on ____ MM ____ DD;
 - Patients scheduled for examination in the afternoon: drink first 45 cc bottle at 7 o'clock at night on ____ MM ____ DD, drink second 45 cc bottle at 9 o'clock in the morning on ____ MM ____ DD;
 - **Intake Method:** add 1 bottle of Fleet-PHOSPHO-SODA (45 cc) to 120 cc of a cold drink for dilution (sweet drinks without fiber are suggested, such as honey tea). Take an additional 500-1,000 cc of cold water after drinking the dose. To avoid dehydration, it is suggested to continue drinking water during the period after taking the cleansing dose and before the examination.

- Patients undergoing anesthesia must fast for three to four hours before procedure. Please do not take any food, drugs, drinks or water after () o'clock AM/PM.
- Bowel Movements: Frequency of bowel movements shall be more than 5 to 6 times and the movements should be similar to urine — transparent, light yellow, and contain no fecal matter.
- Patients undergoing anesthesia must fast for three to four hours before procedure. Please do not take any food, drugs, drinks or water after ()___o'clock AM/PM.
- Patients currently taking anticoagulants (such as aspirin) or ginkgo, ganoderma or other drugs, should stop taking them a week before the examination. Please inform medical personnel if you have allergic history, heart disease, infectious disease or if you are pregnant.

● **Notice for patients choosing to take anesthesia:**

- Please contact the Gastrointestinal Center 2 days prior to the examination day if you did not arrange for anesthesia at the time of scheduling the examination. Kindly note that same-day requests are not accepted.
- Expense for anesthesia should be settled at cashier counter No. 8 on the 1st floor before reporting to the Gastrointestinal Center.
- Avoid driving or operating a scooter. Please arrange to be transported to and from the exam.

- Please make sure to bring your National Health Insurance card and sign on the informed consent for colonoscopy examination on the examination day; informed consent for anesthesia is also required for patients undergoing anesthesia.
- In case of any cancellation or rescheduling, you are requested to contact the Gastrointestinal Center at 02-2771-8151 ext: 2563 or 2564 before the examination day.
- Please be advised that the duration for the examination differs for each patient, you may have to wait for 10 to 20 minutes after checking in. Thank you for your understanding and cooperation.