



Precautions Regarding Colonoscopy Bowel Preparation and Medication Use (Bowklean Powder)

1. Seven Days Before the Exam:

- A. Stop taking both Western and Chinese medicine (e.g., fish oil, ginkgo, red yeast, ginseng, health products containing lingzhi mushrooms)
- B. If you are taking antiplatelet agents, anticoagulants, or anti-inflammatory pain medications that may affect blood clotting, please follow the recommended discontinuation period (see the table below for details).
If these medications are not discontinued as advised, biopsy or polyp removal cannot be performed on the day of the examination to prevent the risk of bleeding.
- C. Should you be taking GLP-1 receptor agonists (commonly referred to as “weight-loss injections” or medications for blood glucose and weight control), either in injectable or oral form, please withhold one dose prior to your health examination.

2. Five Days Before the Exam:

- A. For those with constipation symptoms, start a low-residue diet based on the usual number of days between bowel movements. For example, if you have a bowel movement once every 5 days, start the low-residue diet 5 days before the exam.
- B. Do not eat fruits with seeds (e.g., watermelon, kiwi, dragon fruit, tomatoes, nuts)

3. Two Days Before the Exam:

Do not eat vegetables, fruits, milk, high-fiber oats, or fried foods that are difficult to digest (meat floss is acceptable). You can eat low-residue foods (e.g., porridge, steamed buns, noodles, egg drop soup, fish, minced meat), boiled white noodles, and white toast (do not eat whole wheat toast).

4. One Day Before the Exam: Dietary Guidelines and Meal Replacement Packages

A. Non-Vegetarian Meal Replacements

- Breakfast:
 - On your own. Breakfast is not provided as part of the meal replacement package.
 - Please use the low-residue diet guidelines.
- Lunch:
 - Low-residue meal replacement package contains potato stew and egg porridge.
- Dinner:
 - Eat dinner before 5:00pm. The low-residue meal replacement package contains chicken and egg porridge.
 - Do not have dinner after 5:00pm.
 - Only consume non-residue drinks such as honey, sugar water, pulp-less fruit juice, sports drinks, or clear soup.
 - You should not drink milk, food with residue, or dark-colored drinks such as grape or carrot juice.



B. Vegetarian Meal Replacements

- Breakfast:
 - On your own. Breakfast is not provided as part of the meal replacement package.
 - Please use low-residue diet guidelines.
- Lunch:
 - Low-residue meal replacement package contains two options
- Dinner:
 - Eat dinner before 5:00pm from the low-residue meal replacement package.
 - Do not have dinner after 5:00pm.
 - Only consume non-residue drinks such as honey, sugar water, pulp-less fruit juice, sports drinks, or clear soup.
 - You should not drink milk, food with residue, or dark-colored drinks such as grape or carrot juice.

C. No Meal Replacement Package Purchased or Meal Replacement Allergies

- Breakfast and Lunch:
 - Eat a low-residue diet before 1:00pm.
 - After 1:00pm, you can only consume non-residue drinks such as honey, sugar water, pulp-less fruit juice, sports drinks, or clear soup.
 - You should not drink milk, food with residue, or dark-colored drinks such as grape or carrot juice.

5. One Day Before the Exam: Medications (Laxatives and Gas-Relief)

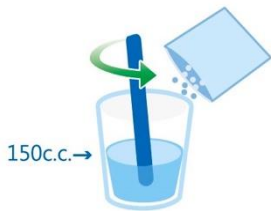
- A. At 5:00pm, take the first package of Bowklean Powder laxatives (see the next page for details)
- B. After finishing the laxative drink, Take two tablets of “Kascoal” at 11pm to prevent bloating, No more food or drinks after 11pm.

6. Exam Day:

- A. At 4:00am, take the second package of laxatives and 2 Kascoal gas-relief pills with cold water. Do not consume sugary beverages or sports drinks.
- B. After 5:00am, do not drink any fluids or consume any food. Do not take any medication that lowers blood sugar or prevents blood from clotting. If you need to take medication for a chronic condition, please do so and drink less than 50cc of plain water.
- C. Should you experience symptoms of hypoglycemia, such as cold sweating, hand tremors, or dizziness, due to prolonged fasting, please take a sugar cube or some granulated sugar orally, and promptly inform the medical staff upon arrival for your examination.



※ Please follow the stated dietary guidelines, medication instructions, and fluid intake recommendations to ensure bowel cleanliness as it can affect the exam.

Bowklean Powder Instructions		
Day Before the Exam at 5:00pm	Step 1 - Do not swallow the powder directly 1. Pour 150cc of room-temperature water into a cup 2. Add one packet of Bowklean laxative powder to the water and stir well for 5 minutes. 3. Immediately drink the whole cup all at once after stirring. 4. If there is any remaining powder in the cup, add a little water and drink it. 	Step 2 1. Wait 1 hour before consuming any liquids. 2. After 1 hour, start drinking 250cc of liquid every 15 minutes. This should be done at least 8 times (approximately 2000cc of liquid). Drinking a sports drink is recommended. You may stop drinking when your stool becomes watery. 3. Please continue drinking more liquids if needed until the stool turns watery and clear. 4. At 11:00 pm take 2 Kascoal gas-relief pills  ☺ Cross (X) out a cup each time you finish a cup of liquid
	Note: - It is normal for the cup to become warm when you stir the laxative mixture - After drinking the first packet, a stroll or abdomen massage is recommended to stimulate bowel movements - Abundant fluid consumption is necessary to clean the bowel. Drink at least 2000cc until the stool becomes clear to ensure satisfactory bowel preparation - Two hours after taking the medication, please prepare to make bowel movements	
Day of the Exam at 4:00am	Step 1 - Do not swallow the powder directly 1. Pour 150cc of room-temperature water into a cup 2. Add the second packet of Bowklean laxative powder to the water and stir well for 5 minutes. 3. Immediately drink the whole cup all at once after stirring. 4. If there is any remaining powder in the cup, add a little water and drink 	Step 2 1. Wait 30 minutes after taking the medication 2. Drink EXACTLY 750cc of water before 5:00am 3. Take 2 Kascoal gas-relief pills 4. If you take chronic disease medications, please take them now using less than 50cc of water  ☺ Cross (X) out a cup each time you finish a cup



- **If you are taking antiplatelet agents, anticoagulants, or anti-inflammatory pain medications that may affect blood clotting, please follow the recommended discontinuation period as shown in the table below.**

Medication	Stopping Meds (days)	Medication	Stopping Meds (days)
Ticlopidine (Licodine/Panaldine)	10 days before the exam	Apixaban (Eliquis)	2 days before the exam
Aspirin(Tapal/Bokey)	7 days before the exam	Dabigatran (Pradaxa)	
Clopidogrel (Plavix)		Endoxaben (Lixian)	
Prasugrel (Effient)	5 days before the exam	Rivaroxaben (Xarelto)	
Warfarin (Coumadin)		Cilostazol(Pletaal/Citazol)	
Naproxen	4 days before the exam	Ibuprofen/Diclofenac Ketoprofen/ketorolac	1 days before the exam
Ticagrelor (Brilinta)	3 days before the exam		
Dipyridamole (Persantin /Sandel)			
● Method for Calculating Days to Stop Taking Meds: Exam day (8/29): Stop taking meds 7 days prior = meds are stopped on 8/22 Exam day (8/29): Stop taking meds 5 days prior = meds are stopped on 8/24			

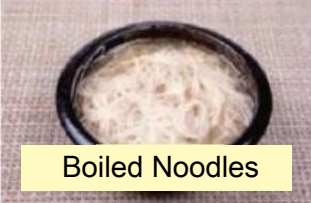
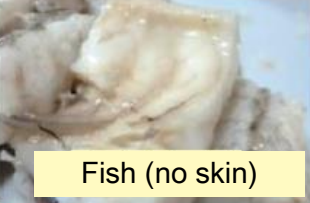
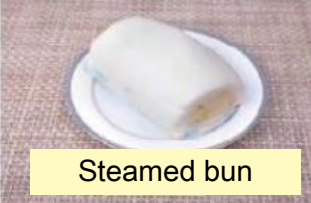
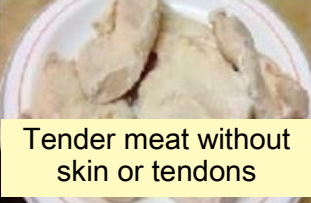
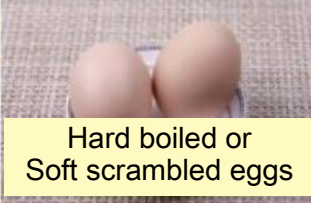
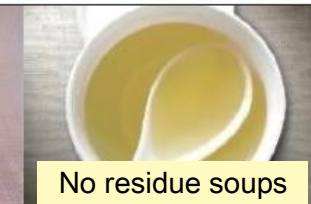
- **Reminder: If you are having a biopsy or polyp removal on the day of the exam, it is recommended that you avoid long-distance travel or flying for one week.**
- **In rare cases, some individuals may develop severe abdominal pain or diarrhea resulting in weakness or collapse after taking laxatives. Should this occur, please seek prompt medical evaluation at the nearest hospital.**
For any inquiries regarding a low-residue diet, meal replacements, medication usage, or discontinuation, please contact our staff during office hours at (02) 2897-0011 ext. 3225-3228.



I. Basic Explanation for Eating a Low-Residue Diet

1. Avoid food that is coarse, fibrous, spicy, or greasy.
2. For those with constipation symptoms, start a low-residue diet based on the usual number of days between bowel movements. For example, if you have a bowel movement once every 5 days, start the low-residue diet 5 days before the exam.
3. Even if you strictly follow the bowel cleansing instructions and implement strict diet control, a small number of patients may not be able to completely cleanse the colon.

II. Dietary Recommendations Before the Exam

Low-Residue Foods	 Porridge	 Sponge Cake	 White Toast	 Boiled Noodles
	 Fish (no skin)	 Steamed bun	 Tender meat without skin or tendons	 Hard boiled or Soft scrambled eggs
No-Residue Liquids	 Sports drinks	 No residue soups	 No residue drinks	 No pulp juices
	 Milk	 Fruits/vegetables	 High fiber soy milk	 Dairy products

- A small number of patients have experienced excessive diarrhea or severe abdominal pain caused by taking laxatives. If you are experiencing these symptoms, please go to the nearest hospital for treatment as soon as possible. For questions about laxatives, low-residue diets, and meal replacements, please call (02)2987-0011 ext. 3205, 3206, 3207, or 3208 during normal business hours (Monday to Friday, 8:30am to 5:00pm).