

Digestive Health Package

with Upper GI Endoscopy & Colonoscopy

Timeline	Checkup Items
08:30	<ul style="list-style-type: none"> ● Registration ● General Check-up – Weight, Height, Waist, Blood Pressure
08:30~09:30	<ul style="list-style-type: none"> ● Physical Examination(PE) ● Laboratory Test – Complete Blood Cell Count – Blood Sugar : Glucose (Fasting), HbA1c – Electrolytes : Potassium, Sodium, Calcium, Chloride – Lipid Profile: Chol, Tri, HDL, LDL – Liver : TP, ALT, AST, ALK-P, T-Bil., D-Bil. – Kidney : Blood Urea Nitrogen(BUN), Creatinine, Uric Acid – Thyroid : TSH, T4 – Hepatitis : HBsAg, Anti-HBs, Anti-HCV – Tumor Markers : PSA, CA199, AFP, CEA, CA 153, CA 125 ● X-Ray – Chest X-ray (AP & lateral) – Abdominal X-ray ● Ultrasound – Whole Abdomen (liver, gallbladder, pancreas, spleen, kidneys) – Heart ● Examinations – Pap Smear
09:30~10:30	<ul style="list-style-type: none"> ● Upper GI Endoscopy & Colonoscopy
10:30~11:00	<ul style="list-style-type: none"> ● Lunch
11:00~12:30	<ul style="list-style-type: none"> ● Consultations – ENT Examination by Otolaryngologist – Eye Examination by Ophthalmologist – Gynecology for Female/ Urology for Male
13:00~	<ul style="list-style-type: none"> ● Brief Summary

PREPARATION BEFORE CHECK-UP

For the most accurate results, preparation is **mandatory** as stated below;

1. Colonoscopy Prep Diet Diet:

2 days before the procedure — **Start eating a low-fiber diet** : no whole grains, nuts, seeds, dried fruit, or raw fruits or vegetables. (Learn more about low fiber diet on page 3).

5 PM on the day before the colonoscopy — **Bowel prep for colonoscopy** : drink “Bowklean” that will trigger bowel-clearing diarrhea. (Learn more on page 4).

2. Precautions:

If you are having anticoagulants or antiplatelets, such as Warfarin, Plavix or Aspirin, or nutrition supplement, such as ginkgo, angelica or ginseng, **please stop** taking them at least **7** days before your appointment. They may increase your risk of bleeding during the

endoscopy examination. However, a consultation to your doctor before stopping the medication is advisable.

3. Blood testing for blood sugar and cholesterol level –

The day before: Please stop eating after 00:00AM (midnight); drinking water is allowed before 04:30AM.

Do avoid alcoholic beverages for 72 hours before the check-up.

4. For Urine analysis & Pap smear –

The sample can be collected at least 3-5 days after the menstrual period. (Collecting the samples during the menstrual period should be avoided).

5. Radiology test –

Please notify our staff in advance if you have any of these conditions

- If you are pregnant or may be pregnant
- If you are allergic to contrast media, or any other medications,
- If you are wearing a pacemaker or any metal device
- If you are asthmatic

4. Ultrasound of upper and lower abdomen –

Please refrain from eating any food for 4-6 hours prior to the inspection. However, drinking water is allowed.

Special Remarks

- **Location:** Health Checkup Center at **B2 Floor**, Shin Kong Hospital
- **Things to bring:**
 - ✓ **Your passport.**
 - ✓ **Your personal medication** so you may take it after the whole process has done.
- Please pay attention to personal belongings. Avoid wearing any valuable items such as rings or necklaces.
- We provide:
 - ✓ Lunch: If you are vegetarian, please let us know as soon as possible.
 - ✓ Sweat shirts, sweat pants, slippers and robes will also be provided.
- **Payment options:**
For additional add-on check-up items, you may pay your bill with cash (NTD only), or credit cards. Shin Kong Hospital accepts the following credit cards: Visa, MasterCard, and American Express.



Low Fiber Diet For Endoscopy Preparation

	Foods Allowed	Foods to Avoid
Dairy Products		All Sorts of Dairy Products: ✗ Milk, cheese, yogurt
Breads & Cereal	<ul style="list-style-type: none"> ○ White bread, toast, roll, plain pancake ○ White rice ○ Pasta, noodles 	<ul style="list-style-type: none"> ✗ Whole grain, corn bread, oatmeal, granola, pie, sweet potato ✗ Whole wheat pasta ✗ Brown rice
Main Meals	<p>Tender, stewed, grounded or well-cooked meats:</p> <ul style="list-style-type: none"> ○ Steamed fish, poultry, pork, shrimp, lamb, ground beef, tofu ○ Eggs - omelet, scrambled, boiled ○ Clear soup 	<p>Tough, fibrous meats with gristle.</p> <ul style="list-style-type: none"> ✗ Steak, sausage, bacon, fried chicken ✗ Heavily flavored soups ✗ Stimulating/spicy dressing & flavoring, greasy
Vegetables & Fruits	<p>Well to soft cooked, non-stringy vegetables, skinless fruits:</p> <ul style="list-style-type: none"> ○ Mashed potato, applesauce, banana Canned fruit ○ Peeled Apple, papaya, peach ○ Clear fruit juice without pulp (apple, white grape) 	<p>Raw vegetables with much fiber:</p> <ul style="list-style-type: none"> ✗ Corn, nuts, broccoli, cucumber, taro, tomato, mushroom, bamboo shoot ✗ Guava, pineapple, orange, coconut, kiwi, grape, strawberry, cherry ✗ Dried fruits ✗ Juice with pulp
Dessert & Drinks	<ul style="list-style-type: none"> ○ Seedless jelly and jam ○ Chocolate without nuts, cherries, chips, pretzels ○ Tea, Coffee, soda, mineral water ○ Diabetic or 'diet' soft drinks 	<p>Alcohol, red or purple colored drinks</p> <ul style="list-style-type: none"> ✗ Baked goods with nuts, raisins, cherries, seeds
Other		<ul style="list-style-type: none"> ✗ Popcorn, peanut butter

Instructions for using **Bowklean** Laxative Powder

Start to take Bowklean Laxative Powder at 5 p.m. on the day (Date: _____) before examination (Be sure to take Bowklean Laxative Powder after collecting stool specimen)

The first packet

At 5 p.m. on the day before examination, start to take Bowklean Laxative Powder. The mild laxative takes some time to function. To achieve satisfactory bowel cleansing preparation, do not change the time of taking laxative.

Step 1

- 1 Add 150 c.c. of plain water at room temperature into a cup.
- 2 Pour a packet of Bowklean Laxative Powder into the cup and **stir it for at least 5 minutes.**
- 3 Drink the whole laxative mixture at one time immediately after stirring it well.
- 4 In case little powder residue left in the cup, rinse it with little water and drink it.



Step 2

After taking the dose, **drink water intermittently for at least a total of 2000 c.c. until the excrement has become yellowish clear liquids.** (Otherwise, drink more water)



☺ Mark a tick ✓ on the above cup each time you finish drinking a cup.

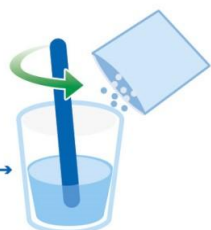
Reminders:

- The laxative mixture will become warm when you stir it.
- To stimulate bowel movements, a stroll or abdomen massage is recommended after taking the dose.
- Water consumption facilitates bowel cleansing. To ensure satisfactory bowel cleansing preparation, **drink intermittently 1500 c.c. ~ 2000 c.c. of water** until excreta becomes yellowish clear liquids with no yellow residual.
- After taking the dose, if there is no bowel movement up to 8:00 p.m., call the toll free medication advice hotline 0800-060-689. If the line is busy during the night, be patient and our nurse will answer your call once available. (If there is no bowel movement up to 8:00 p.m., follow advice of 0800 consultant and use the glycerin laxatives included in the bowel preparation kit)
- For patients of chronic diseases, regular medication for chronic diseases shall be taken 6 hours after taking the laxative. Patients taking medication to treat hypertension shall drink abundant water. Patients on medication of anticoagulants shall suspend taking such medication starting 7 days prior to the examination.
- If severe flatulence or abdominal pain occurs after taking the first dose, wait until such symptoms become reduced before taking the second dose. As long as defecation continues, discomfort will be relieved.
- In the event of dehydration or tremendous discomfort, contact our medical professionals or call the 0800 medication advice hotline.
- Do not take the laxative powder directly. Prepare the dose as directed.

The second packet

At 4 a.m. on the day of examination (Date: _____), take Bowklean Laxative Powder again to ensure satisfactory bowel cleansing.

- 1 Add 150 c.c. of plain water at room temperature into a cup.
- 2 Pour a packet of Bowklean Laxative Powder into the cup and **stir it for at least 5 minutes.**
- 3 Drink the whole laxative mixture at one time immediately after stirring it well.
- 4 In case little powder residue left in the cup, rinse it with little water and drink it.
- 5 Drink **750 c.c. plain water** before **4:30 a.m.**
- 6 **Do not consume any water after 4:30 a.m.**



☺ Mark a tick ✓ on the above cup each time you finish drinking a cup.