



Bowel

Preparation before examination

- ❖ Please bring your previous films and report for reference.
- ❖ It is convenient for you to bring together with the urine and stool specimen on the examination day.
- ❖ Please call our Centre for enquiries on other special investigations.

All Imaging Examinations

- ❖ Please inform our staff with confirmed / suspected Pregnancy.
- ❖ Please bring your previous films and report for reference.
- ❖ Please call our centre for enquiries on other special investigations.



Bowel

Applicable to Colonoscopy, CT Virtual Colonography, Barium Enema, and other Bowel Examinations

- ❖ Please come to our centre to get the colon bowel cleansing prep and instructions of the examination.
 - ❖ Please contact our staff for specific advice on “Low-residue” and “Clear” diets.
 - ❖ Bowel Preparation Guideline
 - Two days before the examination, starting eating low-fat, low-residue meals.
 - On the morning of the day before the examination, you should change to a fluid diet. Continue to take medication prescribed by your physician unless otherwise instructed. (Clear liquid meal includes water, tea, coffee, broth, pulp free fruit juice, squash, carbonated drinks, water, clear soups, etc. Avoid milk and alcohol)
 - In the afternoon of the day before the examination, drink the first dose of Phospho-Soda (Oral Fleet) by mixing 45 ml of the laxative in 200 ~ 240 ml (one glass) of water. You should stop eating after the first dose of laxative. Only plain water, clear liquid drinks and carbohydrate-electrolyte drinks are allowed. You need to drink fluids liberally (at least 8 ~ 10 glasses for the whole day). The second dose of Phospho-Soda (Oral Fleet) should be taken 4 to 8 hours later*, again by mixing 45 ml of the laxative in water.
 - Continue fasting after the second dose of laxative. Keep on drinking plenty of fluids and plain water.
 - Keep fasting on the day of examination. Diabetes drugs should be withheld on the day of examination. Other prescribed medicine can continue to be taken.
- * The interval between the two doses of laxatives is usually 4 ~ 8 hours. In special cases, this can be shortened to 2 hours or extended to 12 hours. Please consult our staff if you have difficulty adhering to this guideline.