

# 香港內科及腸胃中心

## Hong Kong Medical & Gastrointestinal Centre

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### Bowel Preparation Guideline

Appointment date \_\_\_\_\_ Time \_\_\_\_\_ pm.

#### MUST

- Prepare your bowel very clean for the examination.
- Follow special adjustment if you are taking chronic aspirin, diabetic or the blood-thinner medication.
- Continue all other medicine prescribed by your doctor.

#### AVOID

- ⊗ Intake of any iron tablets and Metamucil-like fibre one week before the test.
- ⊗ Foods with small seeds for a few days before the test.

#### PREPARATION

- Starting two days ( ) before examination, drink more fluid and take a low fibre diet (ie. avoid fruits, vegetables and all high fibre food).
- On day ( ) before examination, no solid food is allowed. Only a clear liquid diet should be taken (eg. fat free broth or bouillon). At 7pm, empty the content of one sachet of Klean Prep into 1 litre of water and stir until the powder is completely dissolved. Drink one glassful (250ml) of the Klean Prep solution every 10-15 minutes until all the solution has been consumed by 1 hour.

#### ON EXAMINATION DAY ( )

- No solid food is allowed. Clear liquid diet should be taken in the morning.
- Around 9am, prepare the second sachet of Klean Prep as before and finish the medicine in about 1 hour.
- Arrive at the centre at the appointment time. Avoid tight-fitting garments. Leave your valuables at home.

#### PROCEDURE

- Medication (a mild sedative) is given through the vein to make you sleepy and relaxed.
- Doctor will insert a thin, flexible tube with a light source at the end (colonoscope) into your rectum and slowly guide it through your colon.
- The procedure will take around 30 minutes. You will be kept in an observation area for about one hour, until the medication wears off. You must arrange an adult to take you home afterwards - you are not allowed to drive, ride a bicycle, operate any machinery, or drink any alcoholic beverage within 24 hours of the procedure.

Should you have any queries, please contact us at 2834 2929