

SlipFeel Oral Saline Laxative

Care Sheet for Colonoscopy

Preparation Instructions:

1. Please note that it is important to follow the instructions for an effective bowel cleansing. Should matter (fecal residue) still cling to the intestine, it could hide small lesions like polyps and/or tumors that might eventually compromise your health.
2. Warning regarding the use of the SlipFeel Oral Saline Laxative; abstain from taking the medicine and contact the center for advise should you meet one or more of the following descriptions: pregnant or breast feeding, dialysis patients with renal insufficiency, congestive heart failure, cirrhosis with ascites who restrict the use of sodium-containing diets, congenital megacolon, intestinal motility problems, intestinal obstruction patients.
3. Low residue diet:
 - (1) Please keep to a *low-residue-only diet two days before your exam. Avoid high fiber foods, such as vegetables, fruit, oats, and fried food. (* Refer to the low-residue diet list on the back.)
 - (2) The night before your exam, please consume non-residue foods only, such as tea, honey, sugary water, soft drinks, sports drinks, clear broth, or pulp-free orange juice. **Do not** consume milk, food with residues, or any colored drinks, such as grape, tomato, watermelon or carrot juice.
4. Bowel cleansing preparation instructions:
 - (1) Taken on _____ at 6 PM before the exam day**
Take SlipFeel Oral Saline Laxative and mix it into a glass (360cc.) of cola, soda, or root beer. Mix well and slowly drink up all the content within 30 minutes. Drink additional 1,500c.c of water or clear liquid over the next 4 hours and finish it before 12 PM. You should not take in any food, nor liquid after midnight.
 - (2) Taken on _____ at 4 AM on the exam morning**
Take another SlipFeel Oral Saline Laxative and mix it into a glass (360cc.) of cold water. Drink slowly with a straw within 30 minutes. You should not take in any food, nor liquid.

5. Other

- (1) Start fasting at 12:00 AM the day of the examination. Medication for hypertension, epilepsy, or other heart medication can be taken with small amount of water at 6:00 AM the day of the screening. Abstain from taking diabetic medication for both the evening before and the morning of the scheduled appointment. Please bring your diabetes and/or other to be injected medication to the center on the day of the checkup.
- (2) Suppositories may cause pain and local irritation, to reduce the discomfort and/or lesions after defecation, we recommend washing anus with warm water after defecation or apply a wet paper towel to clean gently. Wipe with toilet paper may cause irritation.
- (3) Diarrhea will start about 30 to 60 minutes after taking the medicine. Although timing may vary, there will be a 2 to 3 hours lull between diarrhea episodes. Should you not yet experience bowel movement 1.5 hour after taking the medicine, try to irritate the anal area by spraying warm water.
- (4) Since the bowel preparation contains phosphorus, it will temporarily affect the phosphorus readings in blood tests. These will return to normal within 24 to 26 hours after taking the medicine.
- (5) In order to eliminate any trace of the medicine in your blood, drink about 1,000 cc of water after the examination.



***List of Low-Residue Diet**

Category	Food Allowed	Food To Avoid
Dairy products	None	All milk or dairy products
Bread and cereals	White bread and bread products; white rice; white pasta and flour, corn flour	Whole grain, whole grain crackers or cereal; whole wheat pasta, buckwheat, millet; high fiber cereals, bran flakes, porridge oats, muesli, fruit and fiber
Meats	Soft fish without skin; chicken, lean meats without skin or tendon	Fried or pan-fried meats, beef tendon, chicken or duck gizzards
Eggs	Boiled, poached or scrambled eggs	Fried or pan-fried eggs
Beans and legumes	None	Soybeans, red beans, mung beans; green beans, garden peas
Vegetables	Well-cooked or canned vegetables without seeds, such as eggplant, carrots	High fiber veggies, such as celery; vegetables with seeds, such as tomato; corn; potato skins
Fruits	Packaged juice without pulp	All fruits; dark-color juice
Oils	Vegetable oils	Seeds, nuts, olives, coconut, crunchy peanut butter
Others	Light pastry	Heavy desserts; strong spices; any made with whole grains, bran, seeds, nuts, coconut, dried fruit, chocolate syrup; candy made with chocolate or nuts

Min-Sheng General Hospital VIP Health Checkup Center

21F, No. 168, Jingguo Road, Taoyuan District, Taoyuan City, 330

TEL: 886-3-3151007 ext. 660, 668