


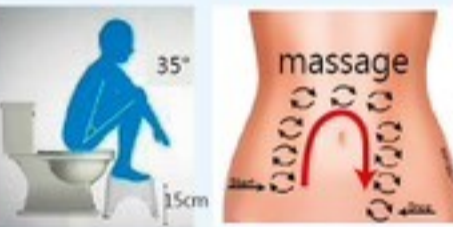



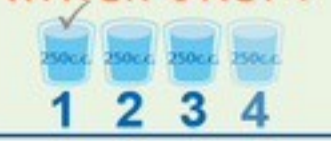


Bowklean Powder Instruction for pre-colonoscopy bowel prep.

Scheduled exam. date: ___/___/___(M/D/Y) time: ___:___ () a.m. () p.m.

1 week before exam.	Sufficient Hydrating	<ul style="list-style-type: none"> If body tissue didn't hydrate enough, bowel cleansing result may be adversely affected. Starting from at least 7 days before exam, take 1500c.c.~2000c.c. water daily is mandatory for adequate body cell hydration based on National Health Bureau recommendation.
1 or 2 days before exam.	Diet Restriction	<ul style="list-style-type: none"> Diet restriction as instructed on the back page is essential prior to medication.

/ 1st dose (the day before exam.)	p.m. 5:00	 Take 1st dose Bowklean	Reconstitution & Usage(mix with water only)  <ul style="list-style-type: none"> Add 150c.c. room temperature water into a cup Add one packet Bowklean powder to the water Stir till complete dissolution (approx.3-5min., the solution temp will increase.) Take all the solution at one time immediately after dissolution
	p.m. 6:00 - 10:00	Replenish water 1250~2000c.c.	cross(✓) out a cup each time finishing the water taking  <ul style="list-style-type: none"> One hour after taking Bowklean, start to replenish water 1250~2000c.c. divided in 5-8 times (Every 30 mins.take one cup(250c.c.) and finish the replenishment in about 3-4 hrs) Besides of plain water, sports drink and plain soup are also acceptable
	p.m. 6:00 - 10:00	Defaecation (approx. 3 hrs after medication)	 <ul style="list-style-type: none"> Try most to stimulate bowel movement Go to toilet and stay with lifting and bending leg for 35° Continuous stroll and abdomen massage will be helpful Defaecation may occur several times during the period
/ 2nd dose (the exam. day)	a.m. 00:00 - 09:00	 Take 2nd dose Bowklean	Reconstitution & Usage(mix with water only)  <ul style="list-style-type: none"> Same as that for the 1st dose
	Before water ban	Replenish water 750c.c. Defaecation (approx. 1 hr after 2nd dose)  light yellowish liquid	WATER ONLY !  <ul style="list-style-type: none"> 30 mins. after taking Bowklean, start to replenish water, 250c.c. each for 3 times Sports drink is not recommended Same as the prior instruction for stimulating bowel movement Final result from ideal bowel cleansing will be similar to that of the left picture
water ban	___ : ___	Water ban	<ul style="list-style-type: none"> In general case, no water taking is allowed within two hours before exam. In case of painless colonoscopy, water ban will be requested 4 hrs. before exam.

Diet Restriction Requirement for Colonoscopy

In case of having constipation history or any special health condition, more prudential diet management is necessary. Consulting healthcare professionals in advance will be helpful for successful bowel cleansing.

Complying with doctor's advice to take low residue diet or residueless diet before the exam. to decrease the fecal volume is mandatory for ensuing successful bowel cleansing & diagnosis.

Diet restriction by self control and management. Starting from 2 days before exam., conduction of LRD for meal is necessary

• Adopt following diet ONLY !!



• RESIDUELESS LIQUID ONLY !!



PRECAUTIONS:

Medicine Adjustment

- Anti-constipation drug do not need to stop, just keep regular dose as usual.
- D.M. therapeutics & anti-coagulant should be temporarily withdrawn based on physician's instruction.
- Please don't take any other medication from 2hrs before till 6hrs after each of the Bowklean dosing.

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