

## Guidelines for Health Screening

- Please avoid overexertion and alcohol consumption for 2-3 days before the screening.
- For the dinner before the screening, please eat only a light meal with low-fat foods before 8 PM, and avoid eating anything afterward. (Refrain from consuming water, smoking, and chewing gum as these may cause gastric gas and stomach fluids, which could affect the accuracy of the examination.)
- ▶ For those undergoing a colonoscopy, please follow the fasting and preparation instructions provided in the Colonoscopy Guidelines.
- On the morning of the screening, do not take any medications. However, if you are taking medications for blood pressure, epilepsy, angina, or heart attacks, please take them with a small amount of water around 6 AM on the day of the screening and inform the medical staff before the endoscopy.
- If you have diabetes, please refrain from taking your medication (including insulin injections) on the morning of the screening. Bring your medication with you, and take it after completing the screening.
- If you are scheduled for an upper gastrointestinal endoscopy, please stop taking blood thinners and anticoagulants (such as aspirin, warfarin, and Plavix) 7 days before the screening.
- Please inform the medical staff about all medications you are currently taking, especially blood thinners, aspirin, heart medications, diabetes medications, and blood pressure medications, before the endoscopy.
- Please complete and bring your medical questionnaire on the day of the screening.
- If you wear contact lenses, please wear glasses on the day of the screening.
- If you are undergoing sedation endoscopy, it is recommended to bring a companion, and please avoid driving afterward. Use public transportation instead for safety.
- A urine test will be conducted at the start of the screening. Please refrain from urinating upon arrival at the hospital.
- If you are pregnant, menstruating, or breastfeeding, certain screening tests may not be performed.
- If you are of childbearing age, please check your menstrual cycle and ensure you are not pregnant, as the screening may include radiological exams. If there is a possibility of pregnancy, consultation with a healthcare provider before the screening is essential, and you may need to avoid certain tests involving radiation.
- For the cervical cancer screening (Pap smear), please avoid sexual intercourse, vaginal suppositories, and creams for 24 hours prior. Only basic hygiene is recommended (avoid douching). The test can be scheduled 4-5 days after the end of your menstrual period.
- Individuals meeting any of the following conditions are advised to avoid sedation endoscopy:
  - Uncontrolled blood pressure (systolic blood pressure over 150 / diastolic over 95)
  - Liver disease or current medication for liver conditions
  - Severe asthma, chronic snoring, or sleep apnea
  - Liver or kidney issues, or being a hepatitis carrier
  - Known food allergies (e.g., eggs, soy, tofu, or other proteins)
  - Symptoms of a cold, sore throat, headache, severe cough, fever, diarrhea, or dizziness on the day of the screening
  - Those who must drive, operate machinery, or perform precision tasks within 6 hours after sedation endoscopy
  - History of heart conditions
  - Pregnancy or breastfeeding
  - Age 65 and above
- ★ For those undergoing a colonoscopy, please refer to the attached "Colonoscopy Guidelines." < Fasting instructions provided in the "Colonoscopy Guidelines" take precedence over the information on this page.>
- ★ If you need to reschedule, please inform us at least 3 days in advance of your appointment.
- ★ For a smooth screening experience, additional tests may be conducted after sedation endoscopy.