

# Colonoscopy Preparation Guidelines

From 4 days before the examination, please avoid consuming foods that are hard to digest, such as fruits with seeds (watermelon, melon, grapes, strawberries, kiwi, tomatoes, etc.), black rice, brown rice, seaweed, kelp, bean sprouts, beans, and mixed grains.



- If you take medication for hypertension or antiepileptic drugs, please take them with a small amount of water on the morning of the health checkup.
- If you are taking blood thinners and anticoagulants (such as aspirin, warfarin, Plavix), stop taking them 7 days prior to the examination as tissue biopsy may be restricted.  
\*However, if you are taking these medications due to heart or cerebrovascular disease, please consult your physician and inform the hospital in advance.
- If you have diabetes, do not take diabetes medications or insulin injections from the evening before the examination.
- For women, please schedule the examination outside of your menstrual period. If menstruation begins, please reschedule the examination.
- If you may be pregnant, are currently pregnant, or have had abdominal surgery, please inform us in advance as the examination may not be possible.
- If any abnormal findings or suspected conditions are discovered during the endoscopy, a biopsy or polypectomy may be performed to ensure accurate diagnosis, and additional costs may apply. If a polyp is large or located in a challenging area, we may refer you to a hospital with inpatient facilities (same-day referrals possible).
- If a polypectomy is performed, avoid saunas, strenuous exercise, and tasks requiring intense focus or machinery operation for about a week. Avoid overseas travel for a week to prevent complications.
- Refrain from consuming colored beverages (red, purple, coffee) from the day before the examination.
- Prepare and dilute the cleansing solution (Kricool) with water only, and do not use any solution that has been prepared for more than 24 hours.
- If bowel cleansing is insufficient before the examination, the colonoscopy cannot proceed. For individuals with severe constipation, please ensure adequate water intake.

## Sedation (Conscious Sedation) Endoscopy Information

Sedation endoscopy helps reduce discomfort by putting the patient in a relaxed state during the examination. It is not performed under full anesthesia; rather, it is done in a sedated state that allows the patient to cooperate. However, depending on your condition or physical constitution, the sedation effect may vary, and you may experience complications such as respiratory difficulty, hypoxia, cardiovascular issues (such as an irregular heartbeat), or accidental falls. If you have a history of respiratory disease, kidney, or heart disease, please inform us before the sedation endoscopy. After the sedation endoscopy, it is essential to rest adequately for recovery. **For your safety, do not drive on the day of the examination** and consider using public transportation. Be cautious of any personal belongings. Avoid any important appointments or work responsibilities on the day of the examination.



General Information · Appointments : (02) 750-0000  
Outpatient Care · Inquiries : (02) 750-0114

## Kricool Solution Preparation and Dosage Instructions (Total Water Intake: 4L)



### Preparation of A+B Solution (1L)

- ① Mix one packet each of Solution A and Solution B in a prepared 1L container. Fill with clean water up to the 1L mark, close the lid, and mix thoroughly to prepare the solution.
- ② Drink the prepared 1L of Kricool solution in four 250mL doses at intervals of 15-20 minutes.
- ③ Drink an additional 1L of water. Drinking plenty of water ensures complete bowel cleansing.
- ④ Repeat steps 1-3 one more time.
- ⑤ Make sure to drink all the solution and water as instructed for thorough bowel cleansing and accurate examination results.
- ⑥ For easier consumption, you may refrigerate the solution after preparation. Consume within 24 hours if refrigerated.

### If Your Examination is in the Morning

- Eat a light porridge for lunch the day before the examination and begin fasting from 3 PM (only water allowed).
- Take one yellow pill (Dulcolax) at 8 PM on the night before the examination.
- At 9 PM on the night before, drink the first dose of Kricool solution (refer to Kricool Preparation and Dosage Instructions).
- Take the second dose of Kricool solution at midnight (refer to Kricool Preparation and Dosage Instructions).
- Before departing for the hospital, drink two packets of Pharmathymethicone solution (after all doses of Kricool solution and water).

### If Your Examination is in the Afternoon

- Eat a light porridge for dinner the night before, and fast (only water allowed) on the morning and afternoon of the examination day.
- Take one yellow pill (Dulcolax) at 8 PM the night before the examination.
- Drink the first dose of Kricool solution at 6 AM on the day of the examination (refer to Kricool Preparation and Dosage Instructions).
- Take the second dose of Kricool solution at 10 AM on the day of the examination (refer to Kricool Preparation and Dosage Instructions).
- Before departing for the hospital, drink two packets of Pharmathymethicone solution (after all doses of Kricool solution and water).

