

VIP Health Promotion Center
**Comprehensive Health
Screening Guidelines**

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Guidelines for Health Screening

D-7

Customers taking medication



- ◆ Customers taking herbal medicine should stop taking 7 days before the health screening.
- ◆ Customers taking anticoagulant or antithrombotic need to consult your doctor 7 days before the screening since there is a risk of bleeding when taking a biopsy or removing polyps during endoscopy procedure.
 - * Especially please check if aspirin-related drugs are contained in your medication for the blood pressure.
 - * Anticoagulant : Coumadin, Warfarin, etc.
 - * Antithrombotic : Aspirin, Astrix, Plavix, Pletaal, etc.

Reserved customer for colonoscopy



- ◆ For precise examination, you need to evacuate the bowels. Please follow the instructions on the page 5.
- ◆ 7-day precautions before the test regarding food and instructions for taking Freeprep

D - 3



- ◆ Avoid alcohol, overwork, and excessive exercise

Filling out questionnaire



- ◆ A questionnaire is an important source of information to not only evaluate the result of medical examination also check precise health condition and verify risk factors.
- ◆ Please have the questionnaire with you on the day of health screening for smooth screening process.

Guidelines for Health Screening

D-1

A meal before the screening



- ◆ Have a light meal around 6 PM a day before the screening (Avoid alcohol, meat, and fatty foods)
- ◆ Fast after 9 PM (water, gum, smoking, medicine, Eundan, etc) Particularly, medicine for diabetes (insulin or oral medicine)
: Do not take those medicine to prevent hypoglycemia.

Stool collection



- ◆ Take a feces sample a day before or on the day of the screening and store it in a cool place. However, a person who gets a colonoscopy needs to take feces sample before taking Freeprep.
- ◆ Take a bean-sized feces sample by using a spoon of the lid.

D-Day

Customers taking medication



- ◆ If you are taking medication for the blood pressure, heart medicine, or anticonvulsant medication, take those with minimum amount of water around 5 AM on the day of the screening.
- ◆ If you are talking medication for diabetes, Avoid from insulin injection or medication for diabetes on the day of the screening.
- ◆ In case of CT with contrast medium, stop taking diabetes medication impregnated with a metformin 48 hours before and after the screening.
* Diabex, Glucophage, etc

Fast and preparation



- ◆ Fast includes meals, water, gum, candy, cigarettes
- ◆ Preparations : questionnaire, feces case (if you take fecal examination)
- ◆ ID cards

Precautions before health screening

For women



- ◆ Need to check whether you are pregnant or not
(Radiation exposure is extremely dangerous to a fetus)
 - ◆ If you nurse a baby, please notify medical staffs in advance at the time of an appointment.
 - ◆ If you have a period, you need to consult a doctor before the screening.
 - * Tests you can not take on the day of screening can be conducted after 5 days of menstruation.
 - ◆ Avoid from having coitus and using vaginal tablet or creams, etc. 24 hours before cervical cancer screening.
- Retain your urine on the morning of pelvic ultrasound test.
- ◆ Retain your urine on the morning of pelvic ultrasound test.

Others



- ◆ Refrain from bringing valuables and accompanying children.
- ◆ If you need to change the date for the health screening, please call 3 working days ahead.
- ◆ The average time taken for the screening is around 3-4 hours and it differs with the types of screening.
- ◆ A parking ticket will be provided when going back home after the health screening.
- ◆ Please be on time

Evaluation of health screening

By visiting



- ◆ You can visit and see a specialist for the result 7 days after the health screening by appointment.

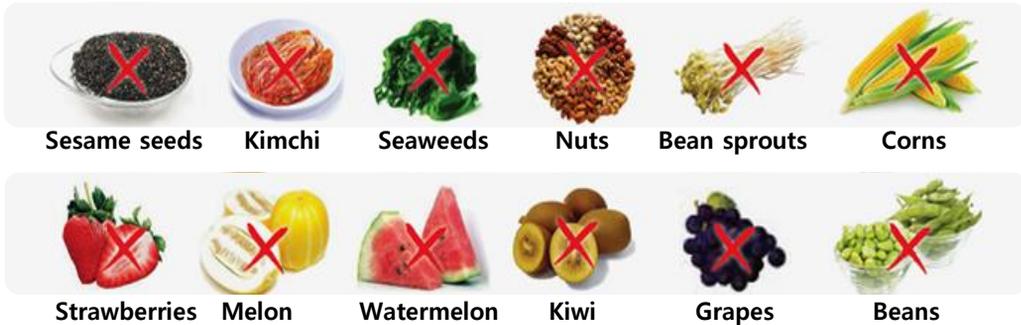
By telephone



- ◆ If you can not visit, you can talk with a specialist for the result and the result sheet will be sent by post.
 - ◆ You can also contact us if you have any further questions on results.
- ☎ 032-290-3346 / 3347 (Working day 8AM~17PM, Saturday 8AM~12PM)

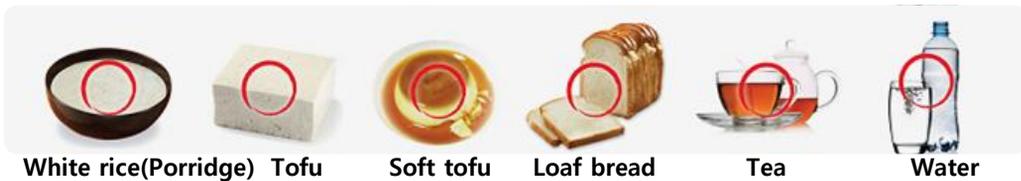
Guidelines for Colonoscopy

D-7



- ◆ Do not eat beans, minor cereals, seaweed, vegetables(kimchi), fruits with seeds
- ◆ On the day of test, it might be difficult to precisely screen due to food scraps remained in intestine, and therefore lesions might not be precisely detected.

D-1



- ◆ Have a rice gruel for your breakfast and lunch(soy sauce+salt) or foods with no residual, such as sponge cake, milk, etc.
- ◆ Finish your lunch before 2PM and Drink enough water or tea only after 2PM

Precautions for Freeprep

- ◆ If you are taking medicine for the **blood pressure, heart disease, or anticonvulsant**, take it with minimum amount of water around 5 AM on the day of the screening. (in case of high blood pressure on the day of gastroscopy, test might be cancelled)
- ◆ Customers taking **aspirin, anticoagulant(Coumadin, Warfarin) or antithrombotic** need to stop taking those medicine **7 days before** the screening after consultation with your doctor since there is a risk of bleeding when taking a biopsy.

- * Please check if aspirin-related drugs are contained in your medication for blood pressure.
- * Antithrombotic : Aspirin, Astrix, Plavix, Pletaal, etc.

- ◆ **Diabetic medicine** or **insulin injection** is prohibited on the morning of the screening.
- ◆ Patient who receive conscious sedation endoscopy, guardian needs to be accompanied.
Driving is prohibited after the test for 12 hours.

Instructions for Colonoscopy

How to use Freeprep

FreePrep Solution

- ① You will need Huons FreePrep A, B Scissors, 500ml container, Water(3L)



- ② Cut FreePrep A, B with scissors. Put FreePrep A into a 500ml container and then put FreePrep B



- ③ Pour water up to 500ml line and shake the container for dissolution.



How to take FreePrep

Method 1 : Split dosages

- ① 15분마다 250mL 1컵씩 복용



- ②



- ① A day before colonoscopy, take 1L of dispensing solution(solution 500ml x 2) for an hour(250ml in every 15 mins) and drink 500ml of water.

- ② On the morning of screening, take 1L of dispensing solution(solution 500ml x 2) for an hour(250ml in every 15 mins) and drink 500ml of water. You need to complete this process at least an hour before colonoscopy.

Method 2 : Non-split dosages(in the evening)

- ① 15분마다 250mL 1컵씩 복용



- ②



- ① A day before colonoscopy, around 6PM, take 1L of dispensing solution(solution 500ml x 2) for an hour(250ml in every 15 mins).

- ② After an hour and a half, take 1L of dispensing solution(solution 500ml x 2) for an hour(250ml in every 15 mins) and drink 1L of water.

- ◆ There is no effect if you take this medicine slowly, take as quickly as possible.
- ◆ While taking medicine, abdominal massage and walking exercise will be helpful to empty your bowels.
- ◆ Defecate more than 10-15 times.

Cautions after removing colon polyp

On the day of polypectomy

- ◆ If you do excessive exercise (including walking) after the procedure, it might be difficult to stop bleeding.
- ◆ You need to fast until evening since food and liquid stimulate intestinal mucosa, which causes bleeding.
- ◆ However, if you are asked to fast until next day after removing colon, you can not eat anything, including water, until instructed to do so.
- ◆ If there is no stomach pain or bleeding, you can start with drinking water or clear liquid after 1-2 hours of relaxation. If the hunger is severe, you can have ion drinks or dairy products without solid ingredients.
- ◆ You might feel discomfort in your stomach if there are some gases remained in intestine after procedure. However, the symptom will be reduced or gone if you lie on your right side.
- ◆ After removing colon polyp, there is a possibility of bloody excrement. Therefore, do not be surprised if you notice blood in your stool.
- ◆ Driving on the day of procedure is strictly prohibited.(high accident risks due to medication that put you to sleep.
- ◆ You need to immediately go to emergency room if there is a bleeding and perforation.
 - : Hard abdomen with acute pain, severe bloody stool or extreme diarrhea
 - : Nausea with pain, vomiting, paleness, and cold sweating
- ◆ In the event that biopsy is done due to polyps during colonoscopy, there will be an additional cost.

The day after polypectomy

- ◆ Have rice gruel for breakfast, porridge for lunch, and cooked rice for dinner.
- ◆ If you have a bloody stool with stomachache after having some food, you need to visit hospital.
- ◆ Avoid alcohol and excessive exercise for 3-4 days after removing the polyp. (possibility of bleeding or perforation)
- ◆ Do not eat fatty foods, overeating, and raw vegetables for a week following the procedure. Eat soft foods.
- ◆ Avoid foods which cause constipation after 7 days and eat lots of foods filled with fiber.



상추



미나리



현미



보리



대추



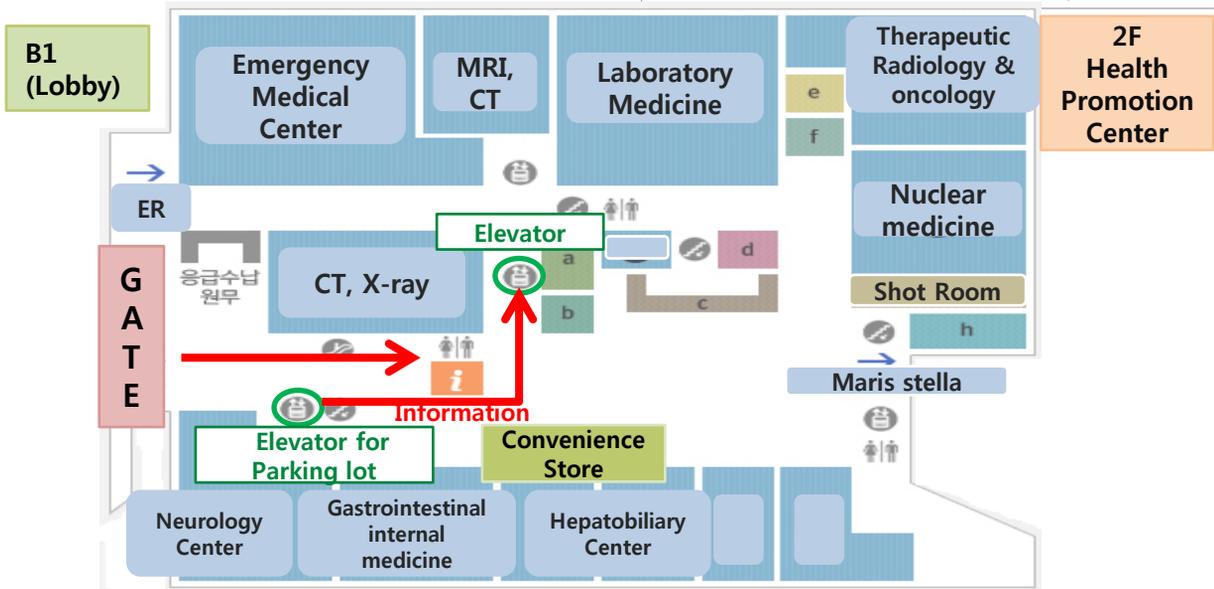
사과

- ◆ If you have received polypectomy, you are at high risk of recurrence. Please do checkup every 1~2 years.

오시는 길



<p>Subway</p>	<p>Gyeongin National Univ. of Education (Exit2) Bus No. 1 → Int'l St. Mary's Hospital Station Jakjeon Sta. (Exit7) Bus No.770 → Int'l St. Mary's Hospital Station Gyesan Sta.(Exit5)/Gimpo int'l Airport(Exit1) Bus No.66 → Incheon Simgok Elementary School Station Geomam Sta. (Exit1) Bus No. 28&66 → Incheon Simgok Elementary School Station Dongam Sta. (Exit2) Bus No.592→ Incheon Simgok Elementary School Station</p>
<p>Bus</p>	<p>No.1 & 770 → Int'l St. Mary's Hospital Station No.28 & 66 / No. 591, 592 → Incheon Simgok Elementary School Station No. 7, 13, 17, 42-2, 70, 700, 700-1번 / No. 903 (Express) → Seoincheon Nonghyup</p>
<p>자가용</p>	<p>Navigation: Int'l St. Mary's Hospital, Incheon Simgok Elementary School Address : 25, 100 Beon-gil, Simgok-Ro, Seo-Gu, Incheon Metropolitan City,</p>



Directions to VIP Health Promotion Center

- ◆ Take the elevator on B1(Lobby) or at 1st Floor entrance → 2F Health Promotion Center
- ◆ Elevator for parking lot → B1 → Take the elevator on B1 → 2F Health Promotion Center



Health Promotion

