



Notes after the Health Exam

Congratulations on completing the health exam. The report will be sent to you electronically in approximately 14-21 business days. If any of the following boxes are checked, please pay close attention to the instructions when returning home:

Instructions after a Gastroscopy Exam:

1. After the exam, please do not eat for one hour. If a biopsy was performed, please do not eat for two hours. If a polyp removal or mucosal resection was performed, please do not eat for four hours.
2. After the examination, experiencing thirst, abdominal bloating, or mild abdominal pain is normal. You may drink water or sports drinks but avoid consuming gas-producing foods such as milk and soy milk. Refrain from rough, irritating, greasy, or excessively large meals until the next day, when you can resume your regular diet.
3. If you had a polyp removal, it is normal to have slightly bloody or black stools after the exam. Please follow the instructions below for one week:
 - Do not eat spicy foods or foods with coarse grains (e.g., corn, purple rice, sorghum, oats, buckwheat, soybeans)
 - Do not engage in intense exercise
 - Avoid activities that require abdominal muscle strength (e.g., running, playing ball, lifting heavy objects, singing loudly, using exercise equipment, soaking in hot springs, flying in an airplane)

If you are taking anticoagulants to reduce the risk of postoperative bleeding and infection, please follow the instructions below to resume medication:

Medication Name	Time to resume use after a polyp removal (days)
Ticlopidine(Licodine/Panaldine)	1
Aspirin (Tapal / Bokey)	No bleeding - can use immediately
Clopidogrel (Plavix)	1
Prasugrel (Effient)	3
Warfarin (Coumadin)	No bleeding - can use in the afternoon that day
Ticagrelor (Brilinta)	3
Dipyridamole (Persantin /Sandel)	No bleeding - can use immediately
Apixaban (Eliquis)	No bleeding - can use immediately
Rivaroxaben (Xarelto)	No bleeding - can use immediately
Endoxaben (Lixian)	No bleeding - can use immediately
Dabigatran (Pradaxa)	No bleeding - can use immediately
Cilostazol(Pletaal/Citazol)	No bleeding - can use immediately



4. After a gastroscopy exam with anesthesia, some people may experience mild dizziness, impaired judgment, or temporary amnesia because of the medication. Resting for a while can help you recover, but it is still recommended to rest as much as possible and reduce activities that day. To avoid the residual effects of anesthesia such as poor concentration, avoid signing important documents, driving, operating machinery, or doing other dangerous work.
5. During the gastroscopy exam, medications will be used to slow down the movement of the stomach and intestines for examination. If you have eye pain, eye inflammation, headache, nausea, vomiting, or blurred vision within 24 hours after the exam, please contact the hospital or go to the nearest emergency room or ophthalmology department for treatment. If you have any of the following symptoms after leaving the hospital, please go to the emergency department as soon as possible: severe abdominal pain and an increased amount of discharged blood, the blood becomes progressively brighter red in color, vomiting blood, black colored stool, abdominal enlargement, vomiting, fever $>38^{\circ}\text{C}$, severe sore throat, etc.
6. If you need a diagnosis certificate for a polyp removal surgery, please inform the staff.

Instructions after a Coronary CT Angiography Exam or an Abdominal CT Scan:

1. If you are taking a blood sugar lowering medication containing Metformin, you need to stop using it for 2 days after the exam.
2. After the examination, Please drink adequate water to help your kidneys remove the contrast material from your body if there is no fluid restriction. If you are breastfeeding, we would advise you not to breastfeed for 24 hours.
3. If you notice any discomfort such as itching, rash, dizziness, or vomiting after the examination, this could indicate an allergic reaction. Please return to our emergency department for further evaluation and treatment.

Post-Pap Smear Instructions:

1. After the examination, there may be some spotting or light bleeding for 2 to 3 days, which is normal. Please do not worry. If the bleeding becomes more severe, it is recommended that you return for a follow-up examination.

Instructions after a Brain 、 Breast or Abdominal Magnetic Resonance Imaging (MRI):

1. After the examination, Please drink adequate water to help your kidneys remove the contrast material from your body if there is no fluid restriction. If you are breastfeeding, we would advise you not to breastfeed for 24 hours.
2. If you notice any discomfort such as itching, rash, dizziness, or vomiting after the examination, this could indicate an allergic reaction. Please return to our emergency



department for further evaluation and treatment.

Unfinished items:

1. Unfinished items : Urine Gynecology (including smear) exam
date: _____

2. Unfinished items : Deadline for Supplementary Examination _____

Chemical method stool test or immunoassay method stool test (Please personally deliver or mail to the 3rd floor Health Promotion Center within 5 days of collection.)

Helicobacter pylori stool antigen rapid test or typhoid bacterial culture stool test (Please refrigerate the sample at 2-8°C after collection and personally deliver to the 3rd floor Health Promotion Center within 48 hours.)

(※ To safeguard your rights and ensure the integrity and timeliness of the health examination report, please complete any necessary follow-up procedures within 14 days from the day of the health check. Failure to do so will be regarded as a waiver of the respective examination.)

3. Unfinished items item: _____ date: _____

item: _____ date: _____

- The supplementary examination hours : Monday to Friday, 8:30 AM to 4:30 PM
- Address for supplementary examination or specimen delivery : No. 125 Lide Road, Beitou District, Taipei City, Taiwan(3rd floor Health Promotion Center)
台北市北投區立德路125號(3樓大健康中心)
- If you experience need to reschedule after the examination or if any test items are incomplete, please call the 3rd floor Health Promotion Center during office hours (Monday to Friday, 8:30 AM to 5:00 PM) at (02) 2897-0011, extension 3205-3208.

【Reminder】 After the procedure, please follow post-exam instructions. If you notice unrelieved pain, severe abdominal pain, persisting tarry or bloody stools, or fever above 38°C, please call our inquiry hotline at (02) 28971133(Monday - Friday 8:30-17:00), For other times, return to our hospital's emergency department or call (02) 2897-0011, Ext. 2801, to speak with emergency service personnel.