

Instruction for Use GI Klean® Powder

■ What is in GI Klean® and what does GI Klean® do?

GI Klean® is a bowel cleansing agent. It flushes everything out of your intestines (gut) through a laxative action, so that they are completely empty and clean for examination.

■ Pre-colonoscopy bowel preparation

Your examination date : _____, _____ A.M./P.M.

A. Diet restriction

Starting on _____, please follow a low-residue diet to decrease the fecal volume for ensuring successful bowel cleansing. Low-residue diet are food with less debris, such as plain congee, plain noodle, white bread, white steamed buns, steamed eggs in bowl (no other ingredients added), fish (steamed with skin removed), clear soup. Do **NOT** eat or drink vegetables, fruits, milk and dairy products, stir fried or fried food.

B. How to use GI Klean®

☐ Morning exam: drink ☐ 1 ☐ 2 packets at 6 p.m. the night before your exam, and drink 1 packet at 5 a.m. on the exam day.

☐ Afternoon exam: drink ☐ 1 ☐ 2 packets at 6 p.m. the night before your exam, and drink 1 packet at 7 a.m. on the exam day.

1. Each packet of GI Klean® must be mixed with 1 liter of water, i.e. 2 packets will need to be mixed with 2 liters of water. Stir until the powder is completely dissolved.
2. Drink 1 glassful (about 250 c.c.) of GI Klean® about every 10-15 minutes until finish.
3. About 60-90 minutes after you have drunk all the solution, you should be starting to have some bowel movements, and the effect would last about 3-4 hours.
4. Continue replenish sufficient amount of water to help bowel movement and prevent dehydration until you observe clear, liquid-like stool.

This sheet is for your information; please follow your doctor's directions



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■ Precaution

1. **No food intake by mouth as soon as you start drinking GI Klean®.** If you encounter symptoms of low blood sugar (sweating, dizziness, trembling, and etc), please drink only colorless, residueless sugary fluid and sports drink.
2. No water intake is allowed **2 hours before the examination** for those who undergo **painless colonoscopy**.
3. If you are taking other medicines:
 - Medication for heart and high blood pressure: can be taken with your GI Klean® in the morning on the exam day.
 - Medication for high blood sugar: **stop taking any diabetes medication the day before exam and on the day of exam.**
 - Medication to prevent blood clot: please **discuss with your doctor** on whether or when to stop taking anticoagulants.
 - Other medications: in general, stop the morning medication on the exam day and resume after the exam. If you wish to continue taking your medications, take them at least 2 hour before taking GI Klean® or 6 hour afterwards, because they may be flushed through your digestive system and not work so well.

References:

Package insert

- Contact number : (02) 2737-2181 EXT. 8130
- Last updated by the Department of Pharmacy on 2023.02
- PFS-7200-EN8017

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