

Niflec powder Medication Guidance



• Examination time: _____ / _____ / _____ :

1. Have **low residue diet** (noodles, toast, porridge, etc.) three days before the examination, high protein and high fiber diet (vegetables, fruits, meat, juice, etc.) should be avoided.
2. Start a **clear liquid diet from 5 P.M.** a day before the examination day.

• When to take Niflec powder







Examination in the **Morning**

| | | |
|-------------|--|--|
| First dose | 5 P.M. a day before the examination day (/) | Take 1000ml Niflec solution, divided into 3-4 times |
| | After taking Niflec solution | Drink at least 1000ml water |
| Second dose | 4 A.M. on the examination day (/) | Take the rest of 1000 ml Niflec solution, divided into 3-4 times |

Examination in the **Afternoon**

| | | |
|-------------|--|--|
| First dose | 5 P.M. a day before the examination day (/) | Take 1000ml Niflec solution, divided into 3-4 times |
| | After taking Niflec solution | Drink at least 1000ml water |
| Second dose | 7 A.M. on the examination day (/) | Take the rest of 1000 ml Niflec solution, divided into 3-4 times |

• How to prepare Niflec solution


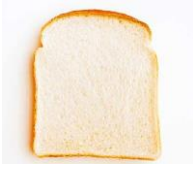






| | | |
|--|--|---|
| Add a pack of Niflec powder into 2000 ml of water, and make sure it dissolved completely. | Take 1000 ml Niflec solution as the first dose. Please divided the solution into 4 times (250 ml/15 mins). | After taking 1000 ml Niflec solution, please replenish additional water. (at least 1000 ml) |
|  <p>Niflec powder ← 2000 ml</p> |  <p>Niflec solution 250 ml*4 time</p> |  <p>1000 ml of water</p> |
| Take the rest of 1000 ml Niflec solution as the second dose. Please divided the solution into 4 times (250 ml/15 mins). | Defaecation may occur after an hour from taking the Niflec solution. | The colon preparation is done after 3-5 times of defaecation with colorless or light yellowish excretion. |
|  <p>Niflec solution 250 ml*4 time</p> |  |  |



• Notice

1. Please dissolve Niflec powder in 2000 ml of water, and should take all the Niflec solution to make sure the examination quality.
2. If vomiting, chills, headache, or other discomforts occurs after a lot of liquid intakes, please stop taking the Niflec solution and told the doctor about the situation before the examination start.
3. For patients still with turbid excretion, please take 1000-2000 ml more water or sports drinks.
4. Keep fasting since 12 o'clock midnight a day before the examination day (About your medication, please follow your doctor's instructions).




• Have **low residue diet** three days before the examination / ~ /

| | | | |
|---|--|---|--|
| Plain porridge | Plain toast | Plain steam bun | Plain noodle |
|  |  |  |  |
| Clear soup | Sponge cake (without any dressing) | Steamed fish (without skin) | Steamed egg |
|  |  |  |  |

• Have a **clear liquid diet** since: /

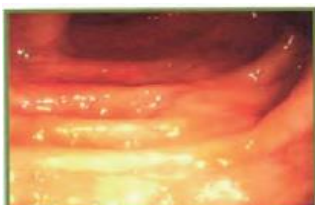
• **Avoid** these food since: /

Avoid milk, soybean milk, cereal, oatmeal, vegetables, fruits, high-fiber, high-fat food

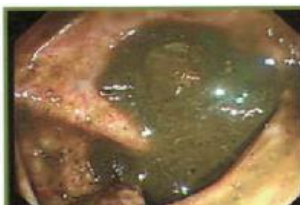
| Liquid without fiber and milk | | |
|--|---|---|
| Clear soup | Clear liquid | Sports drinks |
|  |  |  1:1 dilution with water |

| Milk | Cheese | Vegetable |
|---|--|---|
|  |  |  |

• Colon preparation effectiveness comparison



Good diet control



Bad diet control

Turbid excretion
Please take more water
(at least 1000 ml)



Colorless or light yellowish excretion, the colon preparation is done

