

1 Bowel Preparation Instruction

Bowel Preparation Instruction for Group 1

Bed number:_____, **Name:**_____, **Hospitalization number:**_____

Bowel preparation regimen:

- 1 . Fasting on the morning of Month A, Day B; 30 mL of lactulose solution in the morning; and a low-residue diet for breakfast, lunch, and dinner.
- 2 . At 7:00 a.m. on Month C, Day D, 2000 mL of water mixed with two bags of polyethylene glycol electrolyte powder (1000 mL within 30 min and 200 mL every 20 min thereafter) , with walking until the occurrence of clear, thin stool (no color or residue).
- 3 . Fasting for breakfast and lunch on Month C, Day D. Continued water intake after laxative administration until 11:00 a.m.
4. No water intake after 11:00 a.m. on Month C, Day D.

Bowel Preparation Instruction for Group 2

Bed number:_____, **Name:**_____, **Hospitalization number:**_____

Bowel preparation regimen:

1. At 4 p.m. on Month A, Day B, 2000 mL of water mixed with two bags of polyethylene glycol electrolyte powder (1000 mL within 30 min and 200 mL every 20 min thereafter), with walking.
2. On Month A, Day B, fasting/enteral nutritional emulsion (TP)/a low-residue diet for dinner.
3. At 7:00 a.m. on Month C, Day D, 2000 mL of water mixed with two bags of polyethylene glycol electrolyte powder (1000 mL within 30 min and 200 mL every 20 min thereafter), with walking until the occurrence of clear, thin stool (no color or residue).
4. Fasting for breakfast and lunch on Month C, Day D. Continued water intake after laxative administration until 11:00 a.m.
5. No water intake after 11:00 a.m. on Month C, Day D.

2 Comfort Questionnaire

Bed number:_____, **Name:**_____, **Hospitalization number:**_____

During bowel preparation:

1. Comfort rating (1– 10 points): 1 = extremely uncomfortable, 10 = very comfortable. Your score: () points.
2. Sleep quality on the day before colonoscopy: sleep duration: () hours, number of awakenings: () times.
3. Incontinence: ☐Yes ☐No. If yes, () times.

3 Boston bowel preparation scale (BBPS)

According to the BBPS, the colon is divided into three segments, the right colon, transverse colon, and left colon (descending and rectosigmoid colon). Each segment is scored from 0 to 3, and the sum of the three segment scores yields the total BBPS score. Each point describes the bowel preparation quality as follows: 0 = unprepared colon segment with mucosa that was not visible because the solid stool was not cleared; 1 = portion of the mucosa of the colon segment was visible, but the other areas of the colon segment were not clearly visible because of staining, residual stool, and/or opaque liquid; 2 = small amount of residual staining, small fragments of stool, and/or opaque liquid, but the mucosa of the colon segment was clearly visible; and 3 = entire mucosa of the colon segment was clearly visible without residual staining, small fragments of stool, and/or opaque liquid. Adequate bowel preparation was defined as a BBPS score of ≥ 6 , with a score of ≥ 2 for each segment.