

# Digestive Endoscopy Service Manual

Endoscopy Center

Consultation hotline: 40001-95522, Extension 6



## Digestive Disease Diagnosis and Treatment Center



The Digestive Disease Center at Shenzhen Qianhai Taikang Hospital is a strategic key discipline under Taikang Healthcare. The center is led by Dr. Chen Minhu, a nationally renowned gastroenterologist and Chairman of the 11th Digestive Disease Branch of the Chinese Medical Association. The core team includes distinguished experts such as Professor Chen Qikui (Gastroenterology), Professor Li Chujun (Digestive Endoscopy), Professor Zhou Jie (Hepatobiliary Surgery), and Professor Jiao Yufei (Digestive Pathology), forming a multidisciplinary, highly specialized center that integrates clinical care, research, and education.

Focusing on the diagnosis and management of common and complex digestive disorders, the center works collaboratively across departments to offer advanced services such as:

- Full-course management of inflammatory bowel disease (IBD)
- Endoscopic diagnosis and minimally invasive treatment of gastrointestinal diseases
- Comprehensive care for hepatobiliary and pancreatic conditions
- Early screening and intervention for gastrointestinal cancers
- Minimally invasive therapies for GI tumors
- Gut microbiota analysis and fecal microbiota transplantation (FMT)



Shenzhen Qianhai Taikang Hospital

# Digestive endoscopy



We specialize in the professional diagnosis and treatment of digestive diseases through advanced endoscopic techniques. Committed to delivering high-quality, patient-centered care, our center is equipped with state-of-the-art equipment, including the Olympus 290 series, Fujifilm 6000 system, and single-use gastroscopes. We offer a wide range of endoscopic procedures such as painless gastroscopy and colonoscopy, endoscopic ultrasonography (EUS), and enteroscopy to ensure comprehensive diagnostic and therapeutic services.

Our mission is to combine medical precision with compassionate care, ensuring a safe and comfortable experience for every client.



## Experience Comfort and Care Throughout Your Journey

we offer a full range of painless endoscopic procedures, ensuring comfort through the expert care of our dedicated anesthesiologists. Every detail—from the serene, thoughtfully designed waiting area to our attentive, personalized services—is crafted to protect your privacy and enhance your overall experience. We are committed to making your visit smooth, safe, and reassuring every step of the way.

## Why choose us?

- ✓ Advanced endoscopic equipment
- ✓ Convenient and efficient appointment
- ✓ Comfortable and patient-centered clinical environment
- ✓ International-standard disinfection and infection control protocols
- ✓ Experienced multidisciplinary team in gastroenterology, anesthesia, and pathology



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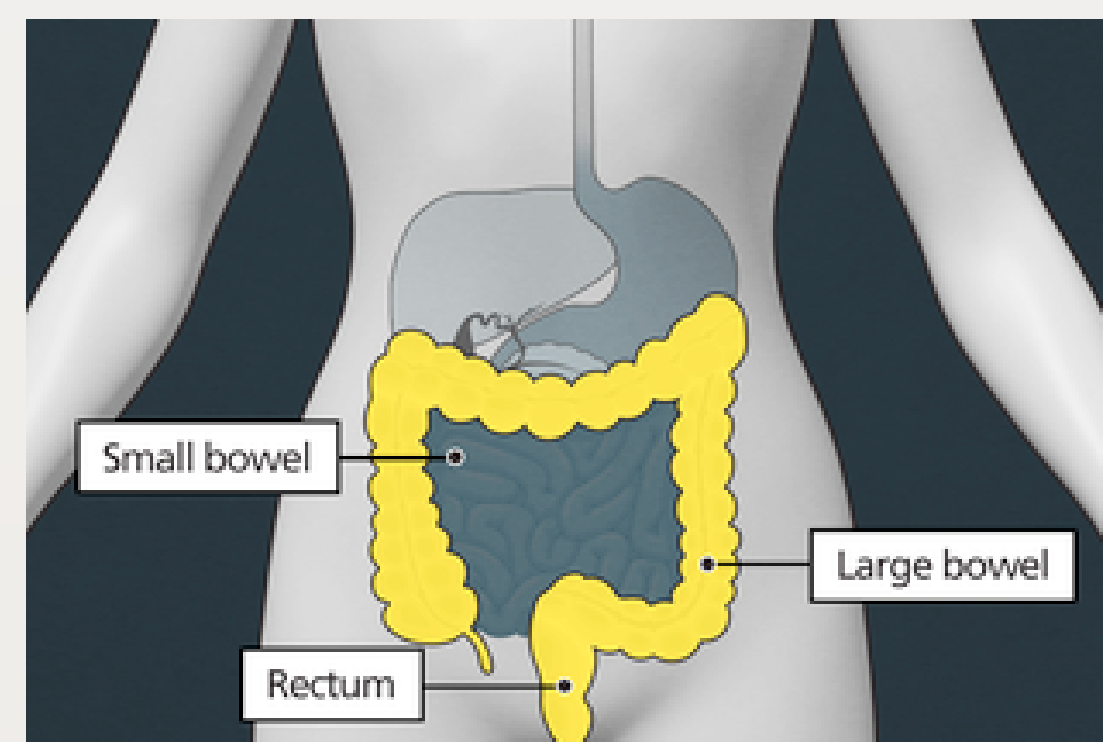
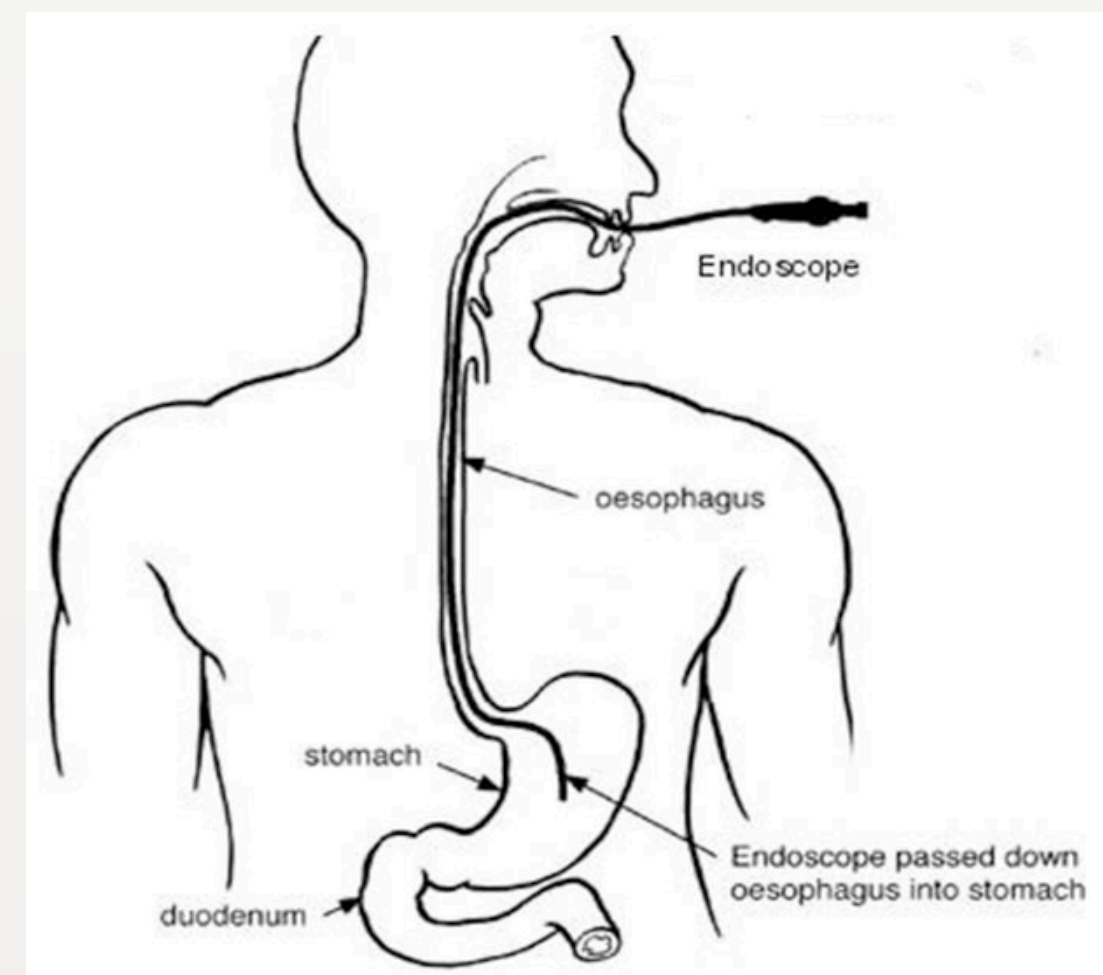
# Understanding Gastrosocopy and Colonoscopy

## Gastrosocopy:

Gastrosocopy (also known as ‘OGD’ and upper endoscopy) is a visual examination of the lining of the esophagus (gullet), stomach, and duodenum (small intestine). An endoscope (a long, flexible tube) is passed through your mouth and down your throat into the esophagus. Using the light on the end of the endoscope, the endoscopist can look for any abnormalities. If necessary, biopsies (small samples of tissue) may be taken during the examination and sent to the laboratory for further investigation.

## Colonoscopy:

Colonoscopy is an examination of the lining of the large bowel (also known as the colon). The colonoscope is a thin, flexible tube which is passed through the bottom (anus) and then around the large bowel. There is a light and tiny video camera on the end of it. The colonoscope blows air into the bowel to allow thorough examination. We look for any abnormalities inside the colon. If required, biopsies may be taken during the examination.



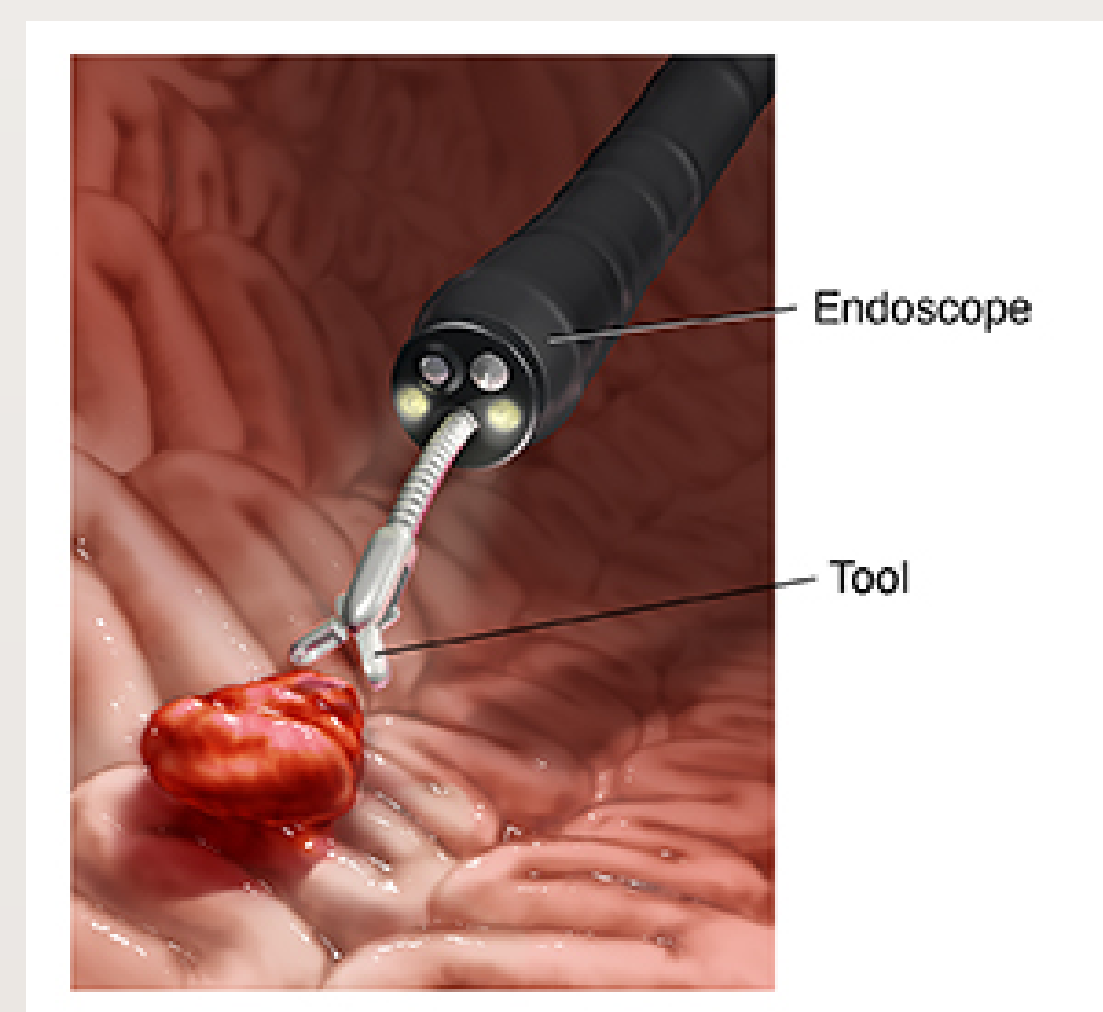
## Benefits:

Your doctor is concerned that you may have a problem in your digestive system. They may have recommended a gastrosocopy and colonoscopy because you have been experiencing symptoms such as stomach pain, difficulty swallowing, bloating, diarrhoea and/or unexplained weight loss. Another reason might be that you do not have symptoms, but you are anaemic. This procedure is a good way of diagnosing most problems with your digestive system.

If the endoscopist (the person doing the procedures) finds a problem, they can perform biopsies (removing small pieces of tissue) to help make the diagnosis.

Sometimes a polyp (small growth) is the cause of the problem and the endoscopist may be able to remove it during the procedure.

Any polyps (growths in the lining of the bowel) can be removed. Most polyps are not cancer. However, most bowel cancers begin in a polyp so removing them is an important way of preventing bowel cancer in the future. Your doctor should have discussed the individual reasons for your test.





# Meet Your Endoscopy Specialists



Li Chujun, MD  
Director&Expert  
Endoscopy

**Appointment time: Tuesday afternoon (expert clinic), Wednesday afternoon (IMC clinic)**

Dr. Li has over 20 years of experience in digestive endoscopy and the clinical management of digestive system diseases, including conditions of the esophagus, stomach, intestines, liver, gallbladder, and pancreas. He previously served as the founding Director of the Departments of Digestive Endoscopy, Gastroenterology, and Diagnosis & Treatment at the Sixth Affiliated Hospital of Sun Yat-sen University.

Trained in advanced therapeutic endoscopy at The Chinese University of Hong Kong, Dr. Li is highly skilled in diagnostic and interventional endoscopic techniques. He is proficient in various types of endoscopy, including gastroscopy, colonoscopy, enteroscopy, duodenoscopy, endoscopic ultrasonography (EUS), and capsule endoscopy.

He specializes in minimally invasive treatments for a wide range of digestive diseases, helping patients avoid open surgery whenever possible. These include:

- Gastrointestinal polyps and submucosal tumors
- Early-stage gastrointestinal cancers
- Gastrointestinal bleeding and internal hemorrhoids
- Gastrointestinal and pancreatobiliary strictures or obstructions
- Achalasia and cardia disorders
- Common bile duct stones and pancreatic pseudocysts
- Appendicitis and appendiceal stones
- Placement of digestive and biliary/pancreatic stents
- EUS-guided biopsy and drainage

Dr. Li is committed to providing precise, effective care while minimizing patient discomfort and recovery time.



Wang Chen, MM  
Endoscopy,  
Gastroenterology

**Appointment time: Monday afternoon (expert clinic), Thursday afternoon (specialist clinic)**

Dr. Wang Chen holds a master’ s degree in gastroenterology from Inner Mongolia Medical University and has 17 years of clinical experience in the diagnosis and treatment of digestive disorders. She has pursued advanced training in gastroenterology and endoscopic techniques at leading medical institutions both in China and abroad.

Dr. Wang has a strong academic background, having participated in six provincial-level research projects, co-authored nine SCI-indexed publications and one academic monograph, and received the Third Prize of the Municipal Science and Technology Progress Award. She has also completed general practitioner training as well as additional training in psychiatry and psychology, allowing her to take a more holistic, patient-centered approach to digestive care.

Her clinical expertise includes:

- Management of functional gastrointestinal disorders such as constipation, diarrhea, and irritable bowel syndrome (IBS)
- Treatment of gut microbiota-related immune and metabolic disorders
- Early cancer screening using endoscopic ultrasonography (EUS) and gastrointestinal endoscopy
- Minimally invasive removal of gastrointestinal polyps under endoscopy
- Integrative diagnostic and therapeutic approaches based on the gut-brain-immune axis

Dr. Wang is particularly focused on the role of diet, lifestyle, and gut microbiota in digestive and allergic diseases. She advocates for multidisciplinary care strategies to provide personalized, comprehensive solutions for her patients.



Sun Tingji, MD  
Endoscopy,  
Gastroenterology

**Appointment time: Wednesday afternoon (specialist clinic)**

Dr. Sun Tingji has extensive experience in the diagnosis, treatment, and research of digestive diseases using advanced endoscopic techniques. He is proficient in a wide range of endoscopic procedures, including the resection of early-stage gastrointestinal tumors, removal of polyps, management of acute gastrointestinal bleeding, foreign body extraction, and endoscopic ultrasound (EUS).

Dr. Sun received specialized training in therapeutic endoscopy at Shanghai Changhai Hospital and the First Affiliated Hospital of Sun Yat-sen University, where he further honed his clinical and technical expertise.

His areas of specialization include:

- Diagnosis and management of chronic gastritis
- Endoscopic resection of gastrointestinal polyps and early gastrointestinal cancers
- Emergency endoscopic treatment of acute GI bleeding (both variceal and non-variceal)
- Removal of gastrointestinal foreign bodies
- Diagnosis and treatment of biliary and pancreatic diseases

Dr. Sun is committed to delivering precise, minimally invasive treatments with a strong focus on patient safety and recovery



# HOW TO SCHEDULE YOUR ENDOSCOPY APPOINTMENT

## (OUTPATIENT)

### 1. Make an appointment with Gastroenterology Clinic

 0755-32899199, transfer to 9671  
0755-32899199, transfer to 9701

2nd floor



### 2. Make an appointment with Anesthesia Assessment Clinic

\*If you want to make an appointment for a non-anesthesia gastrointestinal endoscopy, please go directly to the endoscopy center

4th floor



### 3. Payment

\*There are two expenses in total: gastrointestinal endoscopy related expenses and anesthesia related expenses.



### 4. Preparation Instructions

\*Provide gastrointestinal endoscopy health education and appointment consultation.

4th floor

Endoscopy Center





# Before Your Visit: What You Need to Know

If you have the following situations, please inform the doctor

- There is a pacemaker
- There is an implantable heart defibrillator.
- take any medicine to help prevent clots, such as warfarin, rivaroxaban (Xarelto), apixaban (Eliquis), edoxaban (Lixiana) or dabigatran (Pradaxa)
- Long term constipation
- There is an stoma
- Pregnant or possibly pregnant

1. We do not accept designated examination doctors. If you need to designate a doctor, please communicate with the doctor when registering for the clinic.
2. If you make an appointment for abdominal ultrasound and imaging examination at the same time, please complete the examination before undergoing gastroscopy. If barium meal imaging is scheduled at the same time, the gastroscopy examination needs to be postponed for 3 days.
3. To ensure the safety of the examination, it is strongly recommended that the patient personally come and complete the anesthesia assessment. Although online anesthesia pre-assessment services are currently available, doctors are unable to make complete judgments through remote face-to-face consultations, auscultation, and partial auxiliary. Whether the final conditions for painless endoscopic examination are met still depends on on-site anesthesia assessment.
4. If the anesthesia assessment fails, anesthesia examination cannot be arranged, and the endoscopy may change to an awake endoscopic examination, or cancelled, or rescheduled according to the specific situation. Please understand and cooperate.



5. If there is any commercial insurance or other insurance involved in reimbursement, please inform the required information in advance and explain it to the doctor when seeking medical treatment.

6. Our hospital only provides medical records, lists, and invoices. If there are any additional information related to the policy, please confirm the required information with the insurance company first and explain it during the visit

7. Estimated Cost. The cost of a gastroscopy or colonoscopy is approximately RMB 800–1,000. Anesthesia fees range from RMB 500–1,000. If additional procedures such as biopsy or polyp removal are required during the examination, the total cost may vary depending on the treatment, typically ranging from RMB 2,000–5,000. These fees are based on Shenzhen's medical insurance pricing standards and are for reference only. Fees for biopsy or polyp treatment are charged after the procedure, based on the actual treatment performed.

## 8. Complications & Risks

The healthcare team are trained to reduce the risk of complications.

All medical procedures carry certain risks. Digestive endoscopy is an invasive diagnostic and therapeutic procedure that may cause some degree of physical injury during the process. Similarly, anesthesia also involves potential risks, particularly for elderly patients or those with underlying health conditions.

The following information outlines the potential risks associated with digestive endoscopy and anesthesia for reference. You will be asked to sign an informed consent form before the procedure.

- Pain during and after the procedure
- Sore or dry throat
- Bleeding from your bottom
- Procedure not completed
- It may not be possible to complete the procedure as planned
- Complications of sedation (allergic, nausea and vomiting etc.)
- Damage to teeth, lips or gums
- Vomiting blood
- Missed abnormalities
- Tear in the stomach, bowel or oesophagus
- Significant bleeding



# Plan Your Gastrosocopy or Colonoscopy

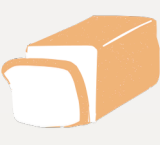
## 1. Diet

📢 One day before your appointment



### Low fiber Diet

White bread, white rice, pasta; chicken, turkey, lean beef, fish; Eggs





### High fiber Diet

Whole grains, raw fruits and vegetables, nuts, and seeds; Fried foods, fatty meats, and foods high in fat



📢 Final Meal Before the Procedure

We recommend a clear liquid diet, such as:

- Pulp-free fruit and vegetable juices (e.g., lemon, pear, or apple juice, coffee without milk or creamer)
- Clear nonfat broth (e.g., chicken, fish) or filtered vegetable soup

## 2. Fasting Guidelines

Please follow the fasting instructions carefully:

- No food for at least 6 hours before the procedure
- No drinks for at least 2 hours before the procedure

If you have medical conditions that affect gastric emptying, longer fasting may be required based on your doctor’s advice.

## 3. Medications

- Stop taking blood thinning medication (such as anti-platelet agents and anti-coagulation medication) and iron tablets, as advised by your doctor.
- Do not take any diabetes medication on the day of your colonoscopy.
- Do continue taking your medication for heart disease and high blood pressure.

## 4. Bowel preparation

Our hospital currently uses two types of bowel preparation medications (as shown below). You will receive specific instructions based on the medication prescribed by your doctor. Please follow the instructions provided by your healthcare team carefully.



Polyethylene Glycol Electrolyte (PEG)



Sodium Sulfate; Potassium Sulfate; Magnesium Sulfate Oral Solution



Polyethylene Glycol Electrolyte (PEG)

**6 hours before procedure**

Prepare the PEG solution by mixing 1 sachet of PEG powder with 1 litre water.  
Drink the solution and finish it in one hour.

**5 hours before procedure**

Same method with the first sachet

**4 hours before procedure**

Same method with the first sachet



**Simethicone Suspension (Drops)**

Mix 30ml Simethicone Suspension (Drops) with 50 ml water.  
Drink the solution after last PEG solution.



Sodium Sulfate; Potassium Sulfate; Magnesium Sulfate Oral Solution

**At 8:00 PM on the evening before your colonoscopy**

1. Pour one bottle of the solution into the provided cup.
2. Add water up to the 500 mL line, and mix well.
3. Drink the entire mixture right away.
4. Then, within the next hour, drink an additional 1 liter (1000 mL) of water or clear, colorless liquid.

**4 hours before your colonoscopy**

Same method with the first bottle



**Simethicone Suspension (Drops)**

Mix 30ml Simethicone Suspension (Drops) with 50 ml water.  
Drink the solution after the last solution.



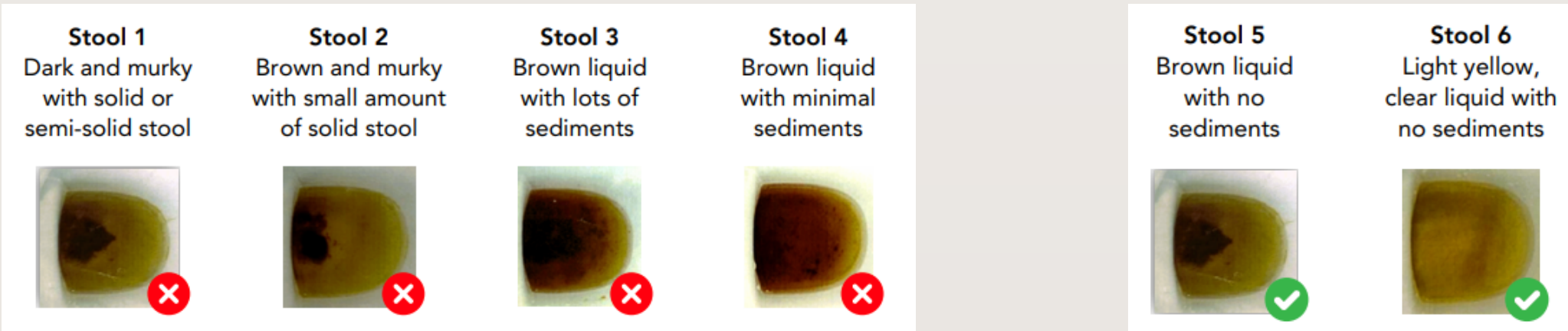
The solution can taste bad and may make you feel sick to your stomach. But it is important to drink all of it or the doctor may not be able to do the test and you will have to do the prep and test again. Here are some tips:

- After you drink a dose of the solution, drink some water or clear fluids to help get rid of the salty taste.
- You may find it easier to drink the solution if you chill it in the refrigerator first.
- Suck on lemon wedges after you take a drink.
- Stay home the evening before the test. You will need to use the washroom often.
- Do not eat any solid foods after you start the bowel prep.

Severe reactions to the bowel preparation can happen, but it is rare. Call 120 or seek immediate medical attention if you:

- Have vomiting that will not stop.
- Feel like fainting.
- Have swelling or hives (itchy red patches in your skin).
- Have very bad pain in your abdomen (belly).

If your stool looks like Stool 1 to 4 shown in the pictures below, please report to the Endoscopy Centre 2 hours before your procedure. Your doctor may give you additional medication for bowel preparation.





## 5. Documents to bring

Please bring your photo ID, health insurance card and a form of payment. We accept personal Visa, MasterCard, Alipay, Wepay.

If you've had a GI endoscopy elsewhere, please bring your past reports and hand them to the endoscopy team for reference

## 6. Personal Care

For your safety, please completely remove these items before arriving for your procedure:

- Contact lenses
- Make up
- Jewellery
- Nail varnish

We also ask that you do not bring too much cash or personal belongings as the lockers provided are small.

If you wear glasses, dentures, or a hearing aid, bring along a case to put them in during your procedure.

## 7. Discharge Care

Please arrange for an adult to accompany you home if possible.

Do not drive or operate any vehicle upon discharge.

## 8. For Woman

Avoid scheduling during your menstrual period.

On the day of the procedure, comfortable clothing and flat-soled shoes are recommended.

## 9. About Potential Interventions During the Procedure

During your procedure, your doctor may detect and remove small growths called polyps. Since most colorectal cancers begin as polyps, early removal is an important preventive measure.

If any findings require treatment beyond what can be performed during this outpatient procedure, the doctor will communicate with your accompanying family members on-site to discuss further treatment options.

If you do not consent to any therapeutic intervention (such as polyp removal or biopsy) during the procedure, please inform the staff when signing the endoscopy consent form.

## 10. Reschedule or cancel

Please keep to your scheduled appointment. If you are unwell (i.e. fever, cough or flu) or wish to postpone or cancel the procedure, please contact us by 4:00 PM the day before procedure.



# Your Endoscopy Journey: What to Expect

*\*The combined procedures may take between 15 and 60 minutes to complete but you should expect to be in the department for two to three hours to allow time for waiting, preparation and recovery.*

1

## Check in

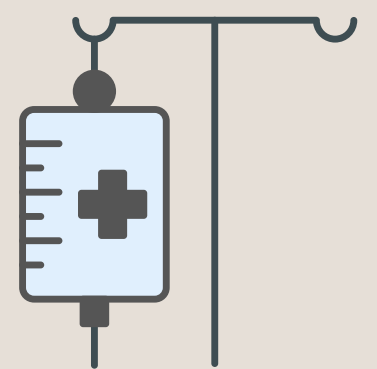
Please present your ID at the front desk to confirm your information and appointment. You will receive a wristband, complete a brief assessment, and sign the consent form.



2

## Preparation

After checking in, you change into a hospital gown or colonoscopy shorts. An IV (intravenous) line is put in your arm with a needle, but then the needle is removed, leaving a thin, flexible tube. Our team will ask you questions about your health and help answer your questions. Once we are ready, we take you to an exam room and ask you to lay on your left side.



3

## Procedure

In the exam room anesthesiologists give you medicine through your IV to help you relax and feel comfortable during your exams. Endoscopy doctor starts with the upper endoscopy and then colonoscopy.



4

## Recover

Once your procedure is complete, our staff will monitor you in the recovery area until you are ready for discharge. You will then be guided to change clothes and proceed to the front desk to review your exam results.



5

## Discharge

Our staff will discuss your exam results with you and review your discharge papers. Your procedure report will be sent to your mobile phone. If you would like a paper copy, you may request one at the front desk. If a biopsy, treatment, or medication was provided during the procedure, additional charges may apply. The pathology report will be available within 3–5 working days.





# Discharge Care & Instructions

## 1.Payment

*If a biopsy, treatment, or medication was provided during the procedure, additional charges may apply.*

- Payment can be made via self-service kiosks, the applet of WeChat, or at the 1st floor cashier.
- If you need printed medical records, invoices, or payment details, please visit the 1st floor cashier window.

## 2.Medication After the Procedure

Based on your condition, the doctor may prescribe medication after the procedure. Our staff will inform you if medication is needed. Please collect your medication at the pharmacy on the 1st floor after payment.

## 3.Discharge care

- Do not eat or drink for at least 2 hours after the procedure. Once you are able to swallow properly, you will be given a drink.
- You may experience a feeling of pressure, bloating or cramping due to the air that is introduced. This will disappear quickly once you have passed wind. It is normal to want to pass wind so please do not feel embarrassed.
- It is normal to experience bloating and mild abdominal discomfort for a few days.
- It is normal to experience small amounts of bleeding from your bottom or mild abdominal discomfort for up to two weeks after having a colonoscopy.
- Please do not worry if you have watery motions (stools). This is normal and will pass.
- Sore Throat or Hoarseness is normal. This may be caused by the endoscope passing through the throat and is usually self-limiting, resolving within 2–3 days. You may use lozenges or mint tablets to relieve the discomfort.

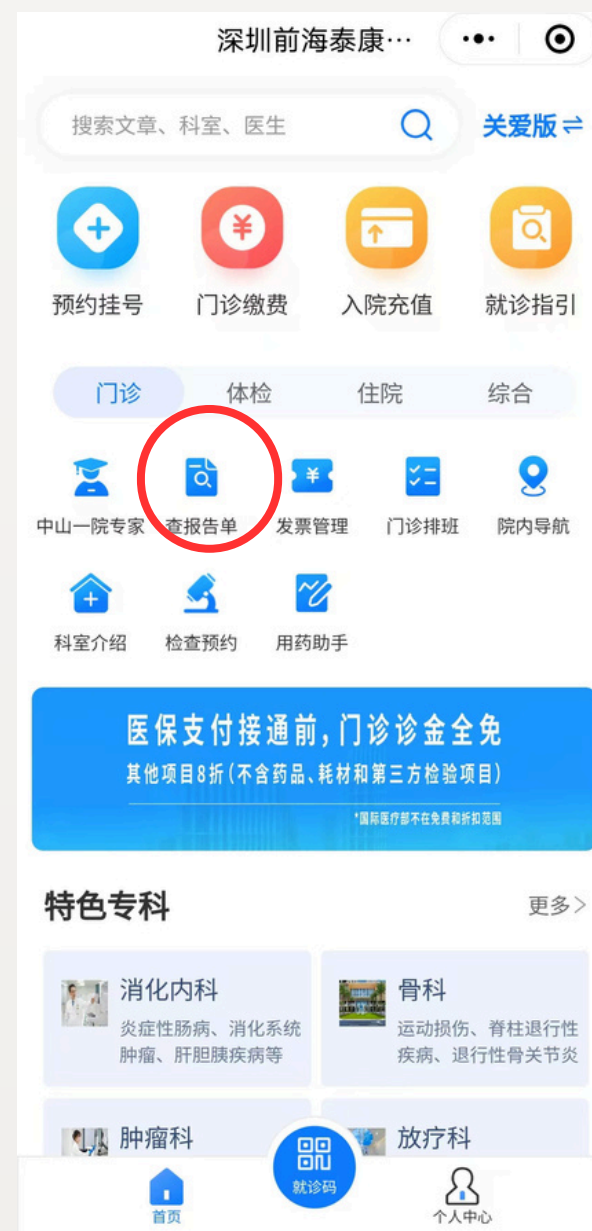
## 4. If you had sedation

The medicine we give you to relax makes you feel sleepy and forgetful, so:

- If you go home the same day, a responsible adult should take you home in a car or taxi. They should stay with you for at least 24 hours.
- be near a telephone in case of an emergency
- do not drive, operate machinery, or do any potentially dangerous activities (this includes cooking) for at least 24 hours and not until you have fully recovered feeling, movement, and coordination.
- do not sign legal documents or drink alcohol for at least 24 hours.

## 5. When will I get the pathology report and how?

- The pathology report will be available within 3–5 working days.
- Open the Qianhai Taikang Hospital applet of WeChat (as shown below), go to the Home Page, and tap “Check Reports” .



- Details of the results and any necessary treatment should be discussed with your gastroenterologist at your next appointment.

## 6. Severe reactions can happen, but it is rare. Call 120 or seek immediate medical attention if you:

- Have vomiting that will not stop.
- Feel like fainting.
- Have swelling or hives (itchy red patches in your skin).
- Have very bad pain in your abdomen (belly).
- Black stools (melena) or significant rectal bleeding



## Contact Information

☎ Tel: 40001-95522 ext. 6  
(Available 24/7, Monday to Sunday)

📍 Address: Outpatient Clinic, 4th Floor, Qianhai Taikang Hospital, Intersection of Qianwan 3rd Road and Menghai Avenue, Shenzhen

🚇 By Metro: Line 5, Qianwan Park Station, Exit A

🚗 By Car Navigation:

- "Qianhai Taikang Hospital Outpatient (South Gate)"
- "Qianhai Taikang Hospital Emergency (North Gate)"

📱 WeChat Contact: Endoscopy Assistant (as shown)

🕒 Service Hours:

Monday to Friday: 08:00–12:00, 13:00–17:00

Weekends: 08:00–12:00, 13:00–17:00

*(On weekends, only consultation, appointment booking, and medication pickup services are available. Endoscopic procedures are not performed.)*



hospital wechat official accounts



Endoscopy Assistant



## Respect life · Caring for life · Praise life

Consultation hotline: 40001-95522, Extension 6

Address: 3099, Menghai Avenue, Nanshan Street, Qianhai Shenzhen-Hong Kong Modern Service Industry Cooperation Zone

Public transportation: Metro Line5- Qianwan Park Station Exit A.



Scan to make an appointment  
register, and get more information