Supplementary table 1. Preliminary data (n = 60)

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| --- | --- | --- | --- |
| Characteristics | Educated ward  (n = 30) | Control ward  (n = 30) | *P* |
| Age, mean ± SD, y | 63.27 ± 11.91 | 60.73 ± 14.37 | 0.460 |
| Male gender, no. (%) | 15 (50.0) | 13 (43.3) | 0.605 |
| BMI, mean ± SD, kg/m2 | 24.23 ± 3.15 | 22.78 ± 2.73 | 0.061 |
| Education < High school graduate, no. (%) | 16 (53.3) | 16 (53.3) | 1.000 |
| ASA score, mean ± SD | 1.80 ± 0.71 | 1.70 ± 0.79 | 0.610 |
| Ottawa Bowel Preparation Scale, mean ± SD |  |  |  |
| Left colon | 1.40 ± 0.62 | 1.63 ± 0.99 | 0.283 |
| Mid colon | 1.47 ± 0.63 | 1.70 ± 0.84 | 0.227 |
| Right colon | 1.70 ± 0.70 | 1.67 ± 0.92 | 0.875 |
| Overall colonic fluid | 1.37 ± 0.67 | 1.10 ± 0.66 | 0.126 |
| Total | 5.97 ± 1.81 | 6.10 ± 2.76 | 0.826 |
| Inadequate bowel preparation (Ottawa score ≥ 6), no (%) | 15 (50.0) | 15 (50.0) | 1.000 |
| Cecal intubation rates, no. (%) | 29 (96.7) | 29 (96.7) | 1.000 |
| Cecal intubation time, mean ± SD, min | 9.70 ± 9.29 | 9.67 ± 8.43 | 0.977 |
| Withdrawal time, mean ± SD, min | 17.27 ± 10.21 | 19.13 ± 11.12 | 0.501 |
| Sleep quality, no (%) |  |  | 0.559 |
| Same | 21 (70.0) | 23 (76.7) |  |
| Worse than usual | 9 (30.0) | 7 (23.3) |  |
| Symptoms during bowel preparation, no (%) |  |  |  |
| Abdominal pain | 1 (3.3) | 5 (16.7) | 0.195 |
| Abdominal discomfort/bloating | 6 (20.0) | 5 (16.7) | 0.739 |
| Nausea | 8 (26.7) | 8 (26.7) | 1.000 |
| Vomiting | 4 (13.3) | 3 (10.0) | 1.000 |
| Patient’s anxiety, no (%) |  |  | 1.000 |
| Very low | 10 (33.3) | 9 (30.0) |  |
| Low | 12 (40.0) | 12 (40.0) |  |
| Moderate | 7 (23.3) | 8 (26.7) |  |
| High | 1 (3.3) | 1 (3.3) |  |
| Very high | 0 | 0 |  |
| Patient’s satisfaction, no (%) |  |  | 0.906 |
| Very low | 1 (3.3) | 1 (3.3) |  |
| Low | 9 (30.0) | 8 (26.7) |  |
| Moderate | 13 (43.3) | 12 (40.0) |  |
| High | 6 (20.0) | 6 (20.0) |  |
| Very high | 1 (3.3) | 3 (10.0) |  |
| Willingness to repeat same preparation, no (%) | 25 (83.3) | 20 (66.7) | 0.136 |
| ≥ 80% of purgative ingested, no (%) | 25 (83.3) | 26 (86.7) | 1.000 |
| Compliance with preparation instructions, no (%) |  |  | 0.776 |
| High | 26 (86.7) | 24 (80.0) |  |
| Low | 4 (13.3) | 3(20.0) |  |
| Compliance with dietary instructions, no (%) |  |  | 0.222 |
| High | 15 (50.0) | 21 (70.0) |  |
| Low | 15 (50.0) | 9 (30.0) |  |
| Additional water ingestion\* no (%) |  |  | 0.799 |
| Yes | 11 (36.7) | 9 (30.0) |  |
| No | 19(63.3) | 21 (70.0) |  |

*BMI*, Body mass index; *ASA*, American Society of Anesthesiologists comorbidity

\*If any brown effluent was noted after all pulgative ingestion, patients were instructed to drink additional water until stool coming out transparently.