

Supplementary Table 1. Mapping Table of Patient-Specific Assessment to Tailored Intervention Strategies

Assessment categories	Clinical/individual variables	Customized intervention content and clinical rationale	Delivery modality
Demographics	Geriatric status (age \geq 65 years)	Provision of geriatric-friendly visual aids with enlarged fonts; emphasized education on fall prevention during frequent nocturnal evacuation.	SMS, counseling
Bowel habits	Chronic constipation	Intensified hydration protocols (minimal \geq 2 L/day) and guidance on bowel motility enhancement (e.g., ambulation, abdominal massage) to facilitate cleansing.	SMS, video, counseling
Clinical history	Comorbidities (e.g., DM, HTN)	Clinical guidance on the titration or temporary suspension of hypoglycemic or antihypertensive agents; instructions for blood glucose monitoring during fasting.	SMS, counseling
Pharmacotherapy	Antithrombotics/anticoagulants	Strict adherence to physician-guided drug cessation protocols to mitigate peri-procedural bleeding risks; emphasis on clinical safety over standardized intervals.	SMS, counseling
Physical status	Mobility impairment/limited ambulation	Assessment of home environment for toilet accessibility; instructions for caregiver-assisted bowel preparation to ensure patient safety and adherence.	Counseling
Prior experience	History of suboptimal bowel preparation	Categorization as a high-risk group; intensified reinforcement of the 3-day low-residue diet; motivational feedback to alleviate procedural anxiety.	SMS, counseling
Procedural information	Procedure schedule (a.m. vs. p.m.)	Algorithmic selection of the bowel preparation regimen (split-dose vs. single-dose) and precise administration timing tailored to the scheduled procedure hour.	Video, SMS

DM = diabetes mellitus; HTN = hypertension; SMS = short message service.