

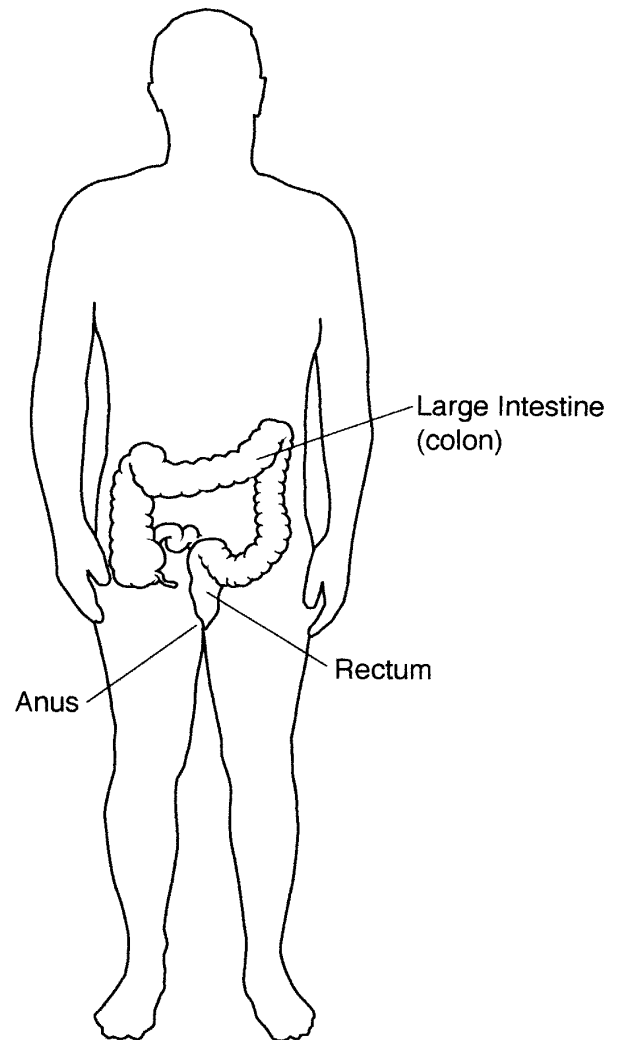
Sigmoidoscopy

Sigmoidoscopy is a test of the rectum and lower part of the large intestine called the sigmoid colon. Your doctor will use a tube to look at the inside of your rectum and colon. You will need to empty your colon before the test.

Arrive on time for your test. Plan on being here for about 1 hour. The test takes about 15 minutes.

To Prepare

- Ask your doctor if you should take your medicine the morning of the test.
- Before the test, tell the staff:
 - About any medicines you are taking. Include all prescription and over-the-counter medicines, vitamins and herbs you use.
 - If you have any allergies.
 - About your health history and any surgeries you have had.
 - If you may be pregnant.
- Buy two Fleets enemas at your local pharmacy.



Three hours before your test

- **Do not** eat solid foods or drink milk products. Drink clear liquids until after the test.
- Clear liquids to drink:

乙狀結腸鏡檢查

乙狀結腸鏡檢查是對直腸和稱爲乙狀結腸的大腸部分的一個測試。您的醫生將用導管查看您的直腸和結腸內部。您需要在檢查之前排空結腸。

做檢查請准時到達。

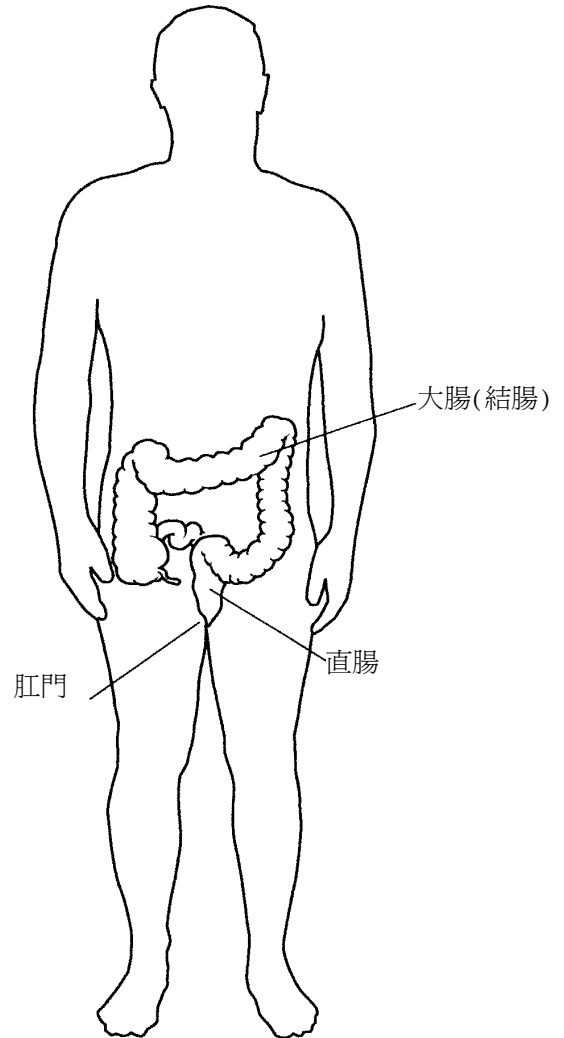
您預計要在此呆大約 1 小時。
檢查約需 15 分鐘。

準備工作

- 詢問您的醫生在檢查日的早晨您是否應服藥。
- 在檢查之前，請告知醫療人員：
 - 您正在服用的任何藥物。
包括您服用的所有處方藥和非處方藥、維生素類和草藥類。
 - 您是否有任何過敏反應。
 - 您的健康史和曾做過的任何手術。
 - 您是否可能已懷孕。
- 在您當地的藥店買兩支 Fleets 牌灌腸劑。

在您檢查之前三個小時

- 不要吃固態食物或飲乳製品。請飲清狀液體，直至檢查之後。
- 可飲的清狀液體：



- Water
- Clear broth or bouillon
- Clear fruit juices without pulp such as apple, white grape, and lemonade
- Clear drinks such as lemon-lime soda, Kool-aid or sport drinks.
- Coffee or tea without milk or nondairy creamer
- Jello or popsicles
- **Start the first enema.**
 1. Shake the bottle.
 2. Remove the orange plastic cover on the tip of the bottle.
 3. Lie on your left side with your right knee bent and your arms relaxed.
 4. Gently put the bottle tip into your rectum. Push as if you are having a bowel movement. This will relax the muscles so the tip goes in easier.
 5. Stop pushing and take slow, deep breaths.
 6. Squeeze the bottle until most of the liquid is in your rectum.
 7. Remove the tip from your rectum. Lie on your left side and squeeze your buttocks to hold the liquid in your rectum.
 8. You will have a strong urge to have a bowel movement in about 5 minutes. Hold the liquid in as long as you can.
 9. Use the toilet.
 10. Wash your hands with soap and water.
- **Do the second enema 1 hour later.**

During the Test

- You will wear a hospital gown and lie on your left side.
- You may be asked to pull your knees up towards your chest.
- The tube is slowly put into your rectum and into your colon. You may feel an urge to move your bowels.

—水

—清肉湯或牛肉湯

—無果肉的清果汁，如蘋果汁、白葡萄汁和檸檬汁

—清狀飲料，如檸檬-酸橙蘇打水、Kool-aid 或運動飲料。

—不加牛奶或不加非乳制奶油的咖啡或茶

—果膠或冰棍

● 開始用第一支灌腸劑。

1. 搖動瓶子。
2. 除去瓶子頂端上的橙色塑膠封口。
3. 靠左側臥，右膝屈起，雙臂放鬆。
4. 輕輕地把瓶端放入您的直腸。請用勁，好似您正在大便一樣。
這將使肌肉放鬆，易於頂端進入。
5. 停止推進，慢慢地深呼吸。
6. 擠壓瓶子，直到大部份液體進入您的直腸為止。
7. 將瓶端從您的直腸移除。靠左側臥，擠壓臀部以保持直腸中的液體。
8. 大約 5 分鐘之後，您將有強烈的要大便的衝動。儘可能長時間地留住液體。
9. 去大便。
10. 用肥皂和水洗手。

● 1 小時之後做第二次灌腸。

測試期間

- 您將穿醫院的袍子，靠左側臥。
- 可能會要求您將雙膝向胸部屈起。
- 導管慢慢進入您的直腸和大腸內。您可能感到要大便的衝動。

Sigmoidoscopy. Traditional Chinese.

- Breathe deeply and slowly through your mouth to help you relax.
- When the tube is in place, air may be put into the colon through the tube.
- The colon is checked and then the tube is removed.

After the Test

- You can return to your normal diet and activities.
- It is normal to see a few spots of blood on toilet paper.
- You may pass some gas from the air put in your colon during the test.
- Call your doctor if the bloating continues longer than 1-2 days.
- Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any questions or concerns.

- 慢慢地用嘴深呼吸以幫助自己放鬆。
- 當導管進入適當部位時，空氣可能會通過導管進入結腸。
- 檢查結腸，然後除去導管。

檢查之後

- 您能恢復正常飲食和活動。
- 手紙上有一些血點是正常的。
- 由於檢查時空氣進入結腸，您可能會放屁。
- 如果腹脹持續超過 1-2 天，請給您的醫生打電話。
- 檢查結果會送給您的醫生。您的醫生將告知您結果。

如果您有任何疑問或關注事項，請告知您的醫生或護士。

Sigmoidoscopy. Traditional Chinese.

7/2005. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.com.