

Colonoscopy with Bowel Prep

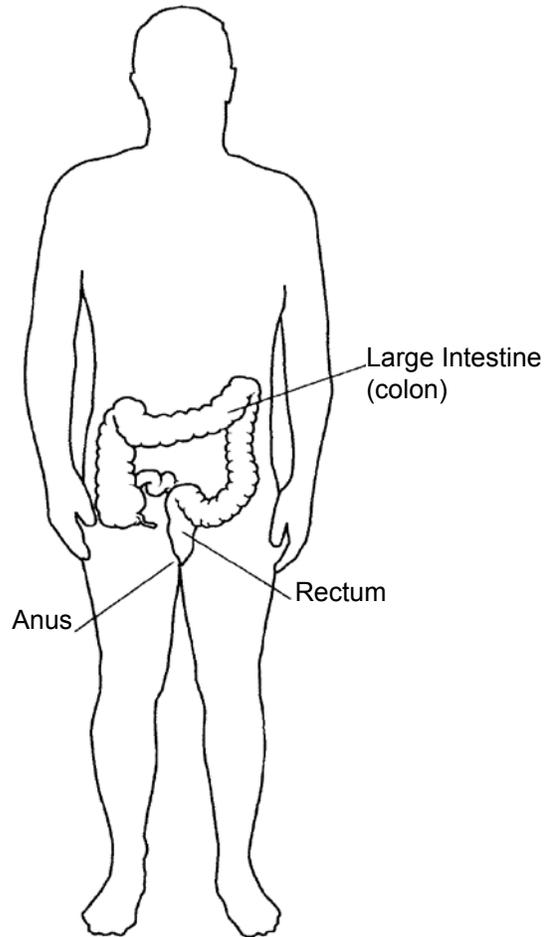
Go-Lytely, Colyte, Trilyte, Nu-Lytely and Others

Colonoscopy is a test used to check the large intestine, also called the colon. A flexible tube called a scope is gently placed into your rectum and guided into your colon. This allows the doctor to see the inside of your colon. During the test, your doctor may also:

- Remove a small tissue sample called a biopsy
- Remove growths called polyps

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or leave alone.

Arrive on time for your test. Plan a stay of 2 to 3 hours to allow time to get you ready for the test and time to recover after the test. The test itself takes about 30 to 45 minutes.



To Prepare

- You will need to buy these items from a pharmacy to clear your colon of stool for this test:
 - Fill your prescription for the bowel prep that was ordered by your doctor.
 - Fleet enema. Use only if your doctor told you to use an enema. You do not need a prescription for this. There may be a store brand of this product that costs less. Ask the pharmacist to help you.

结肠镜检查灌肠准备

用Go-Lytely、Colyte、Trilyte、Nu-Lytely 及其他灌肠准备剂

结肠镜检查是为了检查大肠疾病（又称为结肠）。一根被称为检查镜的软管将轻轻地从肛门导入您的结肠。这样，您的医生能看见您的结肠内部。在检查过程中，您的医生也可能：

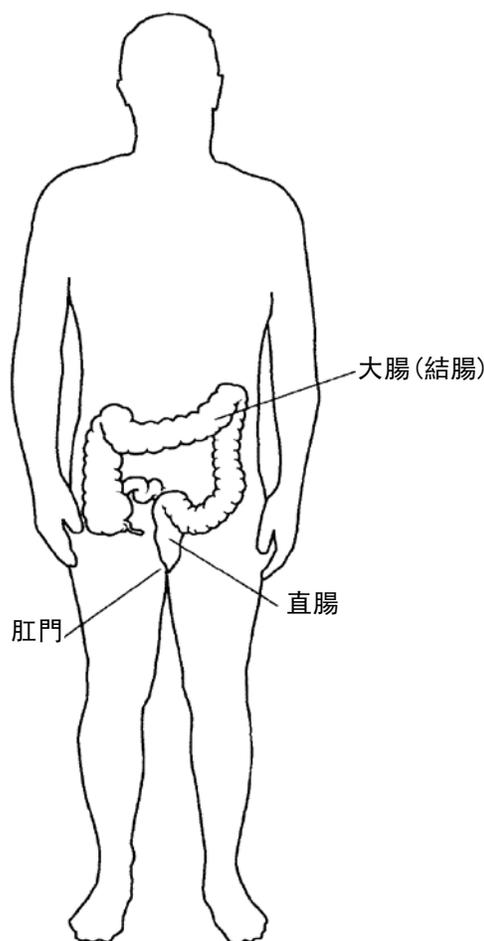
- 取下一个小的组织样品以用于活检
- 除去称为息肉的生长物

您需要一位成年家庭成员或朋友陪同您前来，并在检查之后陪您回家。独自驾车或离开不安全。

做检查请准时到达。请预计在此呆 2 至 3 个小时，以有足够的时间在检查前做好准备并且在检查后得以恢复。检查约需时 30 到 45 分钟。

准备工作

- 您将需要从药店购买这些用品来清除结肠内的大便以准备检查：
 - 按医生的处方购买灌肠准备剂。
 - Fleet 牌灌肠剂：仅在有医嘱时才使用该灌肠剂。购买该灌肠剂不需要处方。可能有一种药店的品牌会比较便宜一些。请向药剂师询问。



- Tell your doctor if you:
 - ▶ Have diabetes
 - ▶ Take anti-inflammatory drugs (NSAIDs) such as aspirin, ibuprofen (Advil, Motrin), naproxyn (Aleve), celecoxib (Celebrex); blood thinners such as warfarin (Coumadin) or clopidogrel (Plavix); or iron tablets.

You may be given special instructions to follow.

- Five days before the test, limit the fiber in your diet. Do not eat nuts, seeds, popcorn and corn until your test is done. Also, stop taking any fiber supplements such as Metamucil, Citrucel, or Fiberall.
- Ask your doctor if you should take your medicines the morning of the test. If so, take with sips of water only.

The Day before Your Test

- **Do not** eat solid food or drink milk products.
- **Do not** drink red or purple liquids. Drink clear liquids only, such as:
 - ▶ 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.
 - ▶ Decaffeinated coffee or tea without milk or nondairy creamer
 - ▶ Jello or popsicles
- At 12:00 noon, mix the bowel prep powder with water.
 - ▶ Add room temperature water to the fill mark, 4 liters, on the bottle. Add the flavor packet that came with the prescription, but **do not** add any other ingredients or flavors to the mixture.
 - ▶ Twist the cap on the bottle. Shake to mix the powder and water.
 - ▶ You may chill the liquid. This makes it easier to drink. **Do not** put ice in the liquid.

- 如果发生以下情形，请告知您的医生：
 - ▶ 患有糖尿病
 - ▶ 服用抗炎药（NSAID），如阿司匹林、布洛芬（Advil, Motrin）、萘普生（Aleve）、塞来昔布（Celebrex）；服用血液稀释剂，如华法林（Coumadin）或者氯吡格雷（Plavix）；或者服用铁片。

您可能获得需要遵守的特殊说明。

- 检查前五天，控制您膳食中的纤维量。请勿食用坚果、种子、爆米花和玉米，直至您的检查完成。同样的，请停止服用任何纤维补充品，如 Metamucil、Citrucel 或 Fiberall。
- 询问您的医生在检查日的早晨您是否应服药。如需服药，请只小口饮水服药。

检查前一天

- **不要吃**固态食物或饮乳制品。
- **不要**饮任何红色或紫色液体。请只饮清状液体，例如：
 - ▶ 水
 - ▶ 清肉汤或牛肉汤
 - ▶ 无果肉的清果汁，如苹果汁、白葡萄汁和柠檬汁
 - ▶ 清状饮料，如柠檬-酸橙苏打水、Kool-aid 或运动饮料
 - ▶ 不加牛奶或不加非乳制奶精的无咖啡因咖啡或茶
 - ▶ 果胶或冰棍
- 在下午12点，将灌肠准备剂和水混合。
 - ▶ 将室温水加到瓶上标示的 4 公升处。加入随处方开具的药粉包，但**不要**加任何其它成份或香料。
 - ▶ 拧上瓶盖，摇动混合药粉和水。
 - ▶ 您可将液体冷藏。这可使该液体稍微好喝一点。**不要**在溶液中加入冰。

- At 4:00 in the afternoon, start drinking the liquid. It is best to have an empty stomach before you start drinking the liquid. Drink one cup, which equals 8 ounces or 240 milliliters, every 15 minutes. Continue drinking until the bottle is empty. This medicine does not taste good to many people. You may chew gum or suck on mints or hard candy between the glasses of liquid to help you tolerate the taste. You will need to drink all of the liquid to be ready for the test.
- You may need to get to the toilet right away. You will have a loose watery bowel movement in about 1 hour. You will have bowel movements throughout the day. They will become watery. Your bowels are clean when there is only pale yellow fluid without stool.
- When you finish all of the liquid, keep drinking **clear** liquids again until midnight.
- At 10 PM, if ordered by your doctor, use the Fleet enema. To use the 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.
- After 12 midnight, **do not** eat or drink anything, including water, and **do not** smoke.

- 在下午 4 点开始喝该液体。喝前您最好空腹。每 15 分钟喝一杯，每杯份量相当于 8 盎司或 240 毫升，一直喝到瓶空为止。该药物对大多数人来说味道并不好。在服用两杯液体之间，您可能需要咀嚼口香糖或含服薄荷糖或硬糖来帮助您忍受不好的味道。您需要喝完全部液体才可作检查。
- 您可能立刻需用厕所。大约 1 小时后您将会排一次很稀的大便。您一整天都会排便。大便会变得很稀。当排泄物只有淡黄色液体而没有大便时您的肠子就清干净了。
- 喝完该液体时，您又可以接著饮清饮料，直到午夜。
- 在晚间 10 点，如有医嘱，请使用 Fleet 牌灌肠剂。用灌肠剂时：
 1. 摇动瓶子。
 2. 除去瓶子顶端上的橙色塑胶封口。
 3. 靠左侧卧，右膝屈起，双臂放松。
 4. 轻轻地把瓶顶端放入直肠。请使劲，好似正在大便一样。这将使肌肉放松，易于将瓶顶端推入。
 5. 停止推进，慢慢地深呼吸。
 6. 挤压瓶子，直到大部份液体进入直肠为止。
 7. 将瓶顶端从直肠移除。靠左侧卧，臀部用力加紧以使直肠中的液体不外流。
 8. 大约5分钟之后，您将有强烈的大便感。尽可能长时间地将液体留在体内。
 9. 去大便。
 - 10.用肥皂和水洗手。
- 午夜 12 时之后，请勿吃喝任何东西，包括水，也不要吸烟。

On the Day of the Test

- **Do not** take your morning medicines unless told to do so by your doctor.

During the Test

- The staff will ask you about:
 - ▶ Your medicines including prescription and over the counter medicines, herbals, vitamins and other supplements
 - ▶ Allergies to medicines, foods or latex
 - ▶ Other health conditions and past surgeries
- If you are pregnant, or think you may be pregnant, tell the staff.
- You will wear a hospital gown.
- An IV (intravenous) tube is put in a vein in your arm. Medicine to make you relaxed and sleepy is put into the IV.
- You will lie on your left side. You may be asked to pull your knees up toward your chest.
- The scope is slowly put into your rectum and into your colon. You may feel an urge to move your bowels.
- Breathe deeply and slowly through your mouth to help you relax.
- Small amounts of air may be put into the colon through the scope. You may feel some cramping or discomfort during parts of the test.
- After your doctor has checked your colon, the scope is gently removed along with some of the air from the test.

After the Test

- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home. It is not safe for you to leave alone or to drive after your test.
- You stay in the test area until most of the effects of the medicine wears off.

检查当天

- 早晨**不要**服药，有医嘱则除外。

检查期间

- 医疗人员将会向您了解：
 - ▶ 您正在服用的任何药物，其中包括处方和非处方药物、草药、维生素和其他补充物
 - ▶ 是否对药物、食物或者橡胶过敏
 - ▶ 其他健康方面的问题以及过去进行的手术如
- 果您已经怀孕，或者认为自己怀孕，请告知医疗人员。
- 您将穿医院的袍子。
- 将在您的上臂放置静脉注射（IV）导管。通过静脉注入使您放松的药物和催眠药。
- 您将靠左侧卧。可能会要求您将双膝向胸部屈起。
- 检查镜将慢慢地被放入肛门，然后结肠内。您可能感到要大便。
- 慢慢地用嘴深呼吸，帮助自己放松。
- 可能会有少量空气通过检查镜进入结肠。检查中您会感到有一点痛或者不适。
- 您的医生检查完您的结肠后，将轻轻取出检查镜，同时带出部分检查中进入的空气。

检查之后

- 检验时所用的药物会使您困乏。您将需要一位成年家庭成员或朋友带您回家。独自驾车或离开不安全。
- 您留在检查区直到大部份药效消退。

- You may have gas after the test because of the air put in your colon.
- Do not drive, make major decisions or sign any legal forms for 24 hours after the test.
- You can return to your normal diet after the test. If a polyp is removed, your doctor may limit your diet for short time.
- You may have a small amount of blood from the rectum. This is normal.
- Test results are sent to your doctor. Your doctor will share the results with you.

Call your doctor right away if you have:

- Severe pain
- A fever over 100.5 degrees F or 38 degrees C
- A lot of bleeding from the rectum
- An abdomen which feels larger or hard

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

- 由于检查时空气进入结肠，您可能会有气。
- 检查后 24 小时内请勿驾驶、做出重大决定或签署任何法律表格。
- 检验之后您可恢复正常饮食。如果除掉息肉，您的医生可能短时间内要限制您的饮食。
- 可能会从直肠流出少量血，这是正常的。
- 检查结果会送给您的医生。您的医生将告知您结果。

如果出现以下情形，立即致电您的医生：

- 剧烈疼痛
- 发烧，超过 100.5 华氏度或 38 摄氏度
- 直肠大量出血
- 腹部感觉肿胀或变硬

如果您有任何疑问或关注事宜，请告知您的医生或护士。

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Colonoscopy with Bowel Prep. Simplified Chinese.