

# Colonoscopy with Bowel Prep

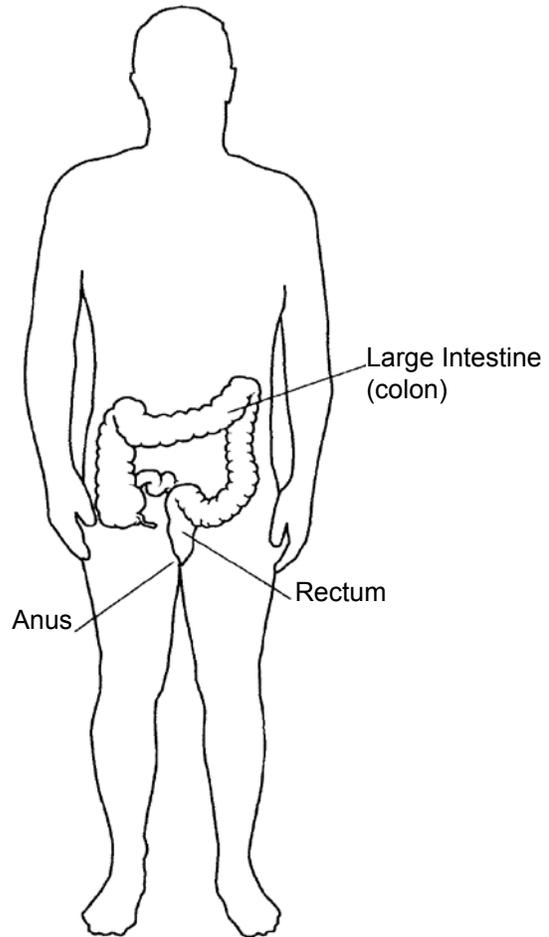
## Go-Lytely, Colyte, Trilyte, Nu-Lytely and Others

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.

# 結腸鏡檢查的灌腸準備

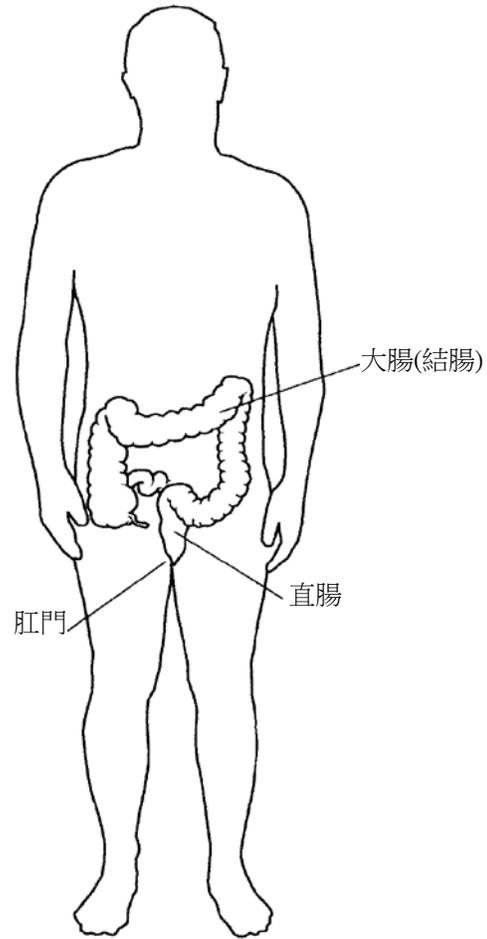
## 用Go-Lytely、Colyte、Trilyte、Nu-Lytely 及其他灌腸準備劑

結腸鏡檢查是為了檢查大腸（又稱為結腸）疾病。將一根被稱為檢查鏡的軟管輕輕地從肛門導入您的結腸。這樣，您的醫生能看見您的結腸內部。在檢查過程中，您的醫生也可能：

- 取下一個小的組織樣本以用於活檢
- 除去稱為息肉的生長物

您需要一位成年家庭成員或朋友陪同您去做檢查，並在檢查之後陪您回家。您獨自駕車或離開不安全。

**做檢查請準時到達。**請留出2至3個小時，以有足夠的時間在檢查前做好準備並且在檢查後得以恢復。檢查約需時 30 到 45 分鐘。



### 準備工作

- 您需要從藥店購買這些用品來清除結腸內的大便以準備檢查：
  - 按醫生開具的處方購買灌腸準備劑。
  - Fleet 牌灌腸劑：僅在有醫囑時才使用該灌腸劑。購買該灌腸劑不需要處方。此產品可能有比較便宜的藥店品牌。請向藥劑師詢問。

- 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.

- 如果有以下情形，請告訴您的醫生：
  - ▶ 患有糖尿病
  - ▶ 服用抗炎藥 (NSAIDs)，如阿斯匹靈、布洛芬 (Advil, Motrin)、萘普生 (Aleve)、塞來昔布 (Celebrex)；服用血液稀釋藥物，如華法林 (Coumadin) 或者氯吡格雷 (Plavix)；或者服用含鐵的藥品。

您可能獲得需要遵守的特殊說明。

- 檢查前五天，控制膳食中的纖維量。請勿食用堅果、種子、爆米花和玉米，直至您的檢查完成。同時，請停止服用任何纖維補充品，如 Metamucil、Citrucel 或 Fiberall。
- 詢問您的醫生在檢查日的早晨是否應服藥。如應服藥，請在服藥時僅小口飲水。

### 檢查前一天

- 不要吃固態食物或飲乳製品。
- 不要飲任何紅色或紫色液體。請只飲清狀液體，例如：
  - ▶ 水
  - ▶ 清湯
  - ▶ 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製奶精的無咖啡因咖啡或茶
  - ▶ 果凍或冰棍
- 在下午12點，將灌腸準備劑和水混合。
  - ▶ 將室溫水加到瓶上標示的4公升處。加入處方藥粉，但不要在混合物中加任何其他成份或香料。
  - ▶ 擰上瓶蓋。搖動以混合藥粉和水。
  - ▶ 您可將液體冷藏。這可容易喝一點。不要在液體中加冰。

- 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 點開始喝該液體。喝前最好空腹。每 15 分鐘喝一杯，每杯份量相當於 8 盎司或 240 毫升，一直喝到瓶空為止。該藥物對多數人來說味道並不好。在服用兩杯液體之間，您可能需要嚼口香糖或含薄荷糖或硬糖來幫助您忍受不好的味道。需要喝完全部液體才可作檢查。
- 您可能立刻需用廁所。大約1小時後您將會有一次很稀的大便。您一整天都會大便。大便會變得很稀。當只有淡黃色液體而沒有大便時，腸子就清乾淨了。
- 喝完該液體時，飲清飲料直到午夜。
- 在晚間 10 點，**如有醫囑**，請使用 Fleet 牌灌腸劑。用灌腸劑時：
  1. 搖動瓶子。
  2. 除去瓶子頂端的橙色塑膠蓋。
  3. 靠左側臥，右膝屈起，雙臂放鬆。
  4. 輕輕地把瓶頂端放入您直腸。請用勁，好似您正在大便一樣。這將使肌肉放鬆，使頂端易於進入。
  5. 停止用勁，並慢慢地深呼吸。
  6. 擠壓瓶子，直到大部份液體進入直腸為止。
  7. 將瓶頂端從直腸移除。靠左側臥，收緊臀部以保持直腸中的液體不外流。
  8. 大約5分鐘後，您將有強烈的大便欲。儘可能長時間地留住液體。
  9. 去大便。
  - 10.用肥皂和水洗手。
- 午夜 12 時後，**請勿**吃喝任何東西，包括水，也**不要**吸煙。

## **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.

## 檢查當天

- 早晨不要服藥，有醫囑則除外。

## 檢查期間

- 醫療人員會向您詢問：
  - ▶ 您正在服用的任何藥物，其中包括處方和非處方藥物、草藥、維生素和其他補充物
  - ▶ 是否對藥物、食物或者橡膠過敏
  - ▶ 其他健康方面的問題以及過去進行的手術
- 如果您已經懷孕，或者認為自己懷孕，請告訴醫療人員。
- 您將穿醫院的袍子。
- 將在您的手臂放置靜脈注射 (IV) 導管。透過靜脈注入使您放鬆和催眠藥。
- 您將靠左側臥。可能會要求您將雙膝向胸部屈起。
- 檢查鏡將被慢慢放入肛門，然後至結腸內。您可能感到要大便。
- 慢慢地用嘴深呼吸，幫助自己放鬆。
- 可能會有少量空氣透過檢查鏡而進入結腸。檢查中您會感到有一點痛或者不適。
- 您的醫生檢查完您的結腸後，將輕輕取出檢查鏡，同時帶出部份檢查中進入的空氣。

## 檢查之後

- 檢驗時所用的藥物會使您困倦。您將需要一位成年家庭成員或朋友帶您回家。獨自駕車或離開不安全。
- 您留在檢查區直到大部份藥效消退。

- 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.**

- 由於檢查時空氣進入結腸，您可能會脹氣。
- 檢查後 24 小時內請勿駕駛、做出重大決定或簽署任何法律表格。
- 檢驗之後您可恢復正常飲食。如果摘除息肉，您的醫生可能在短時間內要限制您的飲食。
- 直腸可能會有少許出血，這是正常的。
- 檢查結果會送給您的醫生。您的醫生將告知您結果。

如果出現以下情形，立即致電您的醫生：

- 劇烈疼痛
- 發燒，超過華氏 100.5 度或攝氏 38 度
- 直腸大量出血
- 腹部感覺腫脹或變硬

如果您有任何疑問或擔心，請告訴您的醫生或護士。

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Colonoscopy with Bowel Prep. Traditional Chinese.