

# Sigmoidoscopy

Sigmoidoscopy is a test used to check the rectum and lower part of the large intestine called the sigmoid colon. Your doctor will use a lighted, flexible tube called an endoscope to look at the inside of your rectum and colon. You will need two Fleet enemas to empty your colon before the test.

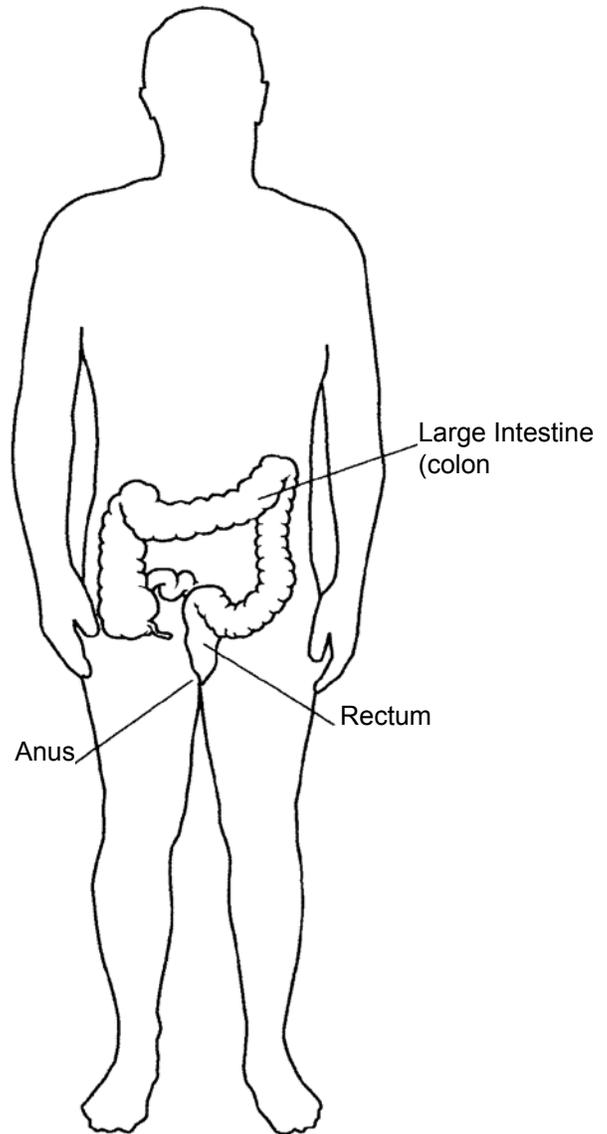
**Arrive on time for your test.** Plan a stay of 1 to 2 hours to allow time to get you ready for the test and time to recover after the test. The test itself takes about 15 minutes and no medicine or sedation is usually needed.

## To Prepare

- You will need to buy two Fleet enemas from a pharmacy.
- Ask your doctor if you should take your medicines the morning of the test.

## Three hours before your test

- **Do not** eat solid foods or drink milk products.
- **Do not** drink red or purple liquids. Drink clear liquids only until after the test, such as:



# 乙状结肠镜检查

乙状结肠镜检查是用以对直肠和称为乙状结肠的大肠部分的测试。您的医生将用带有灯光的软体导管查看您的肛门和结肠内部。该物体称为内窥镜。您需要在检查之前使用 Fleet 灌肠剂两次以排空结肠。

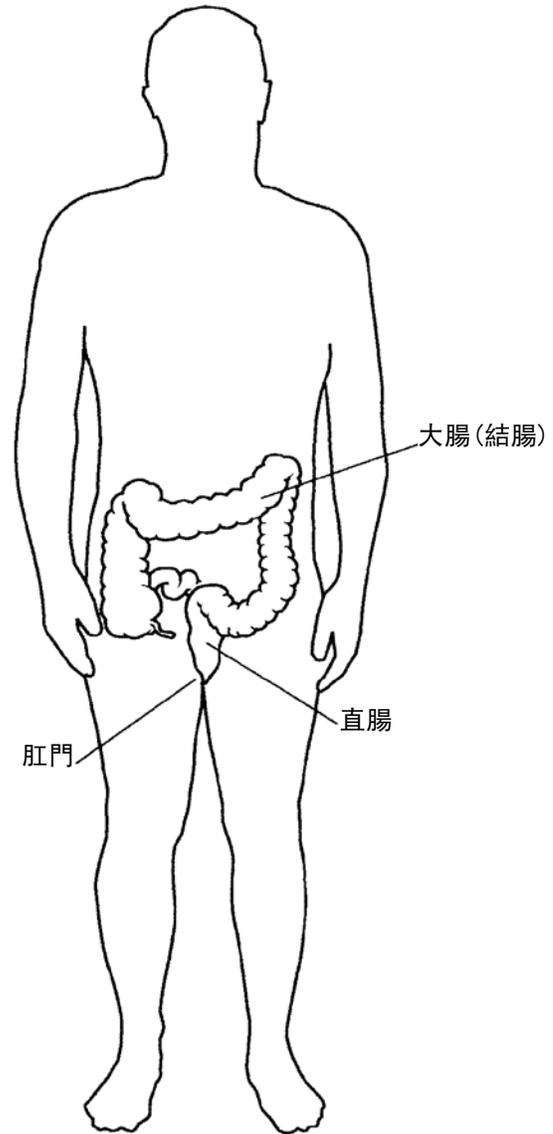
**做检查请准时到达。**请准备在这里逗留大约 1-2 小时，以留有足够的时间做好检查前准备以及检查后的恢复。检查本身约需 15 分钟，并且一般不需要药物或镇静剂。

## 准备工作

- 您需要在药店买两支 Fleet 牌灌肠剂。
- 询问您的医生在检查日的早晨您是否应服药。

## 在您检查之前三个小时

- 不要吃固态食物或饮乳制品。
- 不要饮用红色和紫色的液体。  
检查之后才可以饮用清状液体，  
例如：



- ▶ 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
- **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.
- **Start the second enema 1 hour later.**

- ▶ 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
- **开始用第一支灌肠剂。**
  1. 摇动瓶子。
  2. 除去瓶子顶端上的橙色塑料盖。
  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。请用劲，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，臀部用劲收紧，以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。
- **1小时之后开始做第二次灌肠。**

## **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 and lie on your left side.
- You may be asked to pull your knees up towards your chest.
- The tube is gently put into your rectum and slowly moved into your colon. You may feel an urge to move your bowels.
- Breathe deeply and slowly through your mouth to help you relax.
- Small puffs of air are used to expand the colon so that the rectum and sigmoid colon can be seen.
- After the rectum and colon are checked, the tube is carefully removed.

## **After the Test**

- You may feel some pressure or cramping for a short time from the air that was put into your colon. This feeling will go away as you pass gas or air that was put in your colon during the test.
- You will be checked by a nurse for a short time after your test and your blood pressure will be recorded. You will be given discharge instructions before you leave.
- You can return to your normal diet and activities.

## 测试期间

- 医疗人员将向您了解：
  - ▶ 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，靠左侧卧。
- 可能会要求您将双膝向胸部屈起。
- 导管将轻轻地被放进您的直肠和慢慢地进入大肠内。您可能感到要大便。
- 慢慢地用嘴深呼吸以帮助自己放松。
- 将使用少量气体来扩张结肠，以看到直肠和乙状结肠。
- 当直肠和结肠检查完毕时，会小心地除去导管。

## 检查之后

- 因为气体进入您的结肠，您可能会感觉到一些短暂的压力或挤压感。在检查中进入您结肠的气体或空气排出后，这种感觉会消失。
- 检查结束后，护士会给您进行检查并记录您的血压。您离开前，将给您出院后应注意的事项。
- 您能恢复正常饮食和活动。

- Test results are sent to your doctor. Your doctor will share the results with you.

**If you have any problems after the test such as bleeding or pain, call your doctor right away.**

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

- 检查结果会送给您的医生。您的医生将告知您结果。

如果您在检查后出现任何问题，如出血或疼痛，请立即致电您的医生。

如果您有疑问或担忧，请咨询您的医生或护士。

2005 – 9/2011 Health Information Translations

Unless otherwise stated, user may print or download information from [www.healthinfotranslations.org](http://www.healthinfotranslations.org) for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Sigmoidoscopy. Simplified Chinese.