

# 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.

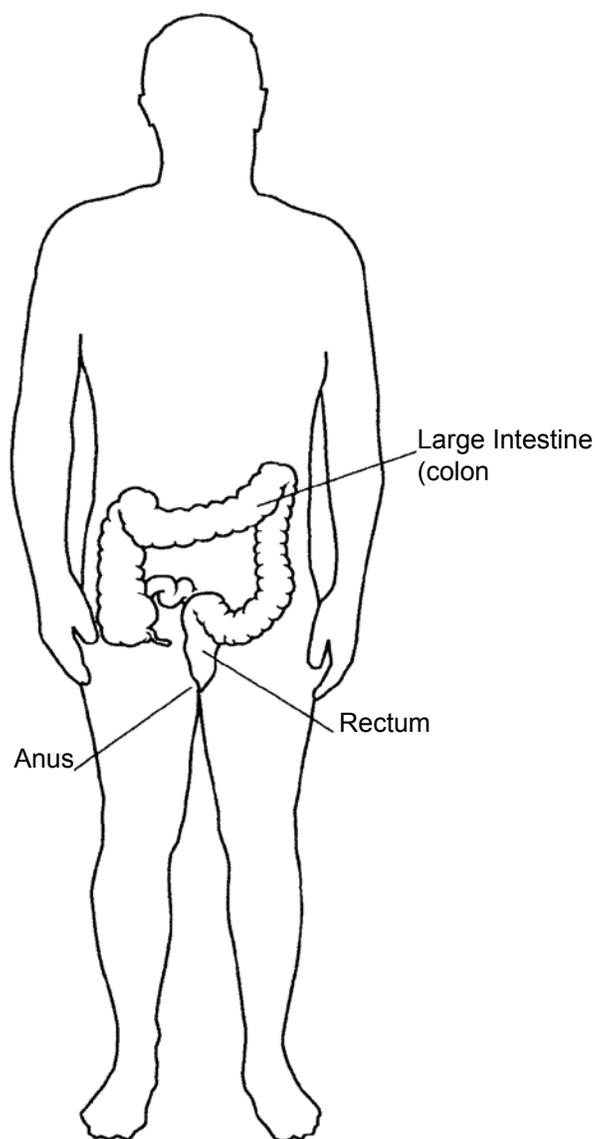
**Arrive on time for your test.** Plan a stay of 1 to 2 hours to allow time to get you ready for the test and time to recover after the test. The test itself takes about 15 minutes and no medicine or sedation is usually needed.

## 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:
  - ▶ Water
  - ▶ Clear broth or bouillon



# 乙狀結腸鏡檢查

乙狀結腸鏡檢查是用以對直腸和稱為乙狀結腸的大腸部份的檢查。您的醫生將用帶有燈光的軟體導管查看您的肛門和結腸內部。該物體稱為內窺鏡。您需要在檢查之前使用Fleet灌腸劑兩次以排空結腸。

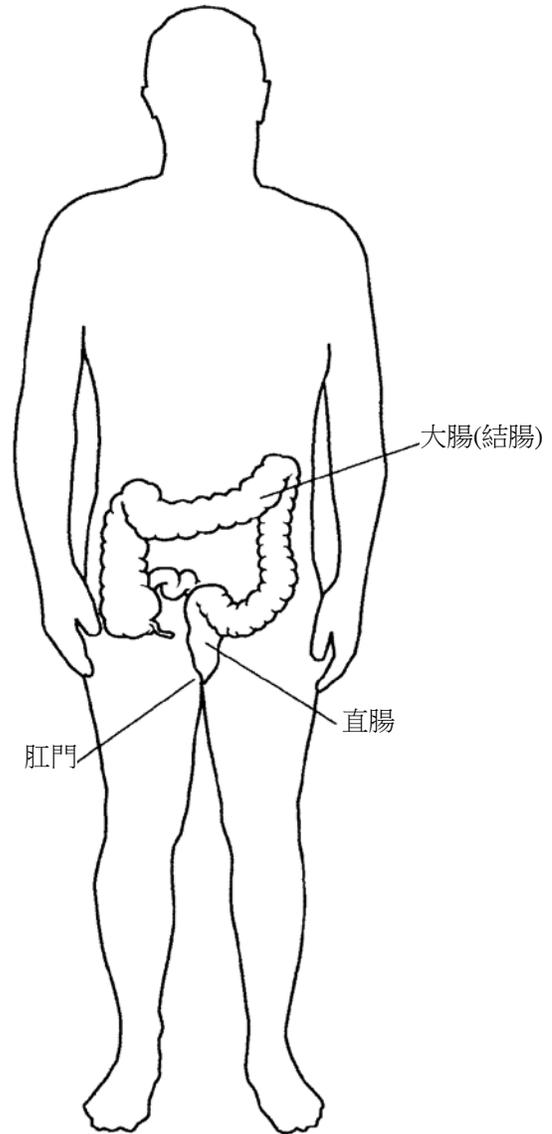
**做檢查請準時到達。**請準備在這裏逗留大約 1 到 2 小時，以留有足夠的時間做好檢查前準備以及檢查後的恢復。檢查本身約需 15 分鐘，而且一般不需要藥物或鎮靜劑。

## 準備工作

- 您需要在藥店買兩支 Fleet 牌灌腸劑。
- 詢問您的醫生在檢查日的早晨是否應服藥。

## 在檢查之前三個小時

- 不要吃固態食物或飲乳製品。
- 不要飲用紅色和紫色的液體。檢查之後才可以飲用清狀液體，例如：
  - ▶ 水
  - ▶ 清湯



- ▶ 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.**

### **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

- ▶ 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
- 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蓋。
  3. 靠左側臥，右膝屈起，雙臂放鬆。
  4. 輕輕地把瓶頂端放入直腸。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. 停止用勁，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。
- 1小時之後開始做第二次灌腸。

## 檢查期間

- 醫療人員將向您詢問：
  - ▶ 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

- 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.
- 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.**

- 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，靠左側臥。
- 可能會要求您將雙膝向胸部屈起。
- 導管將被輕輕地被放進入您的直腸和慢慢地進入大腸內。您可能感到要大便。
- 慢慢地用嘴深呼吸以幫助自己放鬆。
- 將使用少量氣體來擴張結腸，以看到直腸和乙狀結腸內部。
- 當直腸和結腸檢查完畢時，醫生會小心地除去導管。

## 檢查之後

- 因為氣體進入結腸，您可能會感覺到短暫的壓力或擠壓感。在檢查中進入您結腸的氣體或空氣排出後，這種感覺便會消失。
- 檢查結束後，護士會給您進行檢查並記錄您的血壓。您離開前，將告訴您出院後應注意的事項。
- 您能恢復正常飲食和活動。
- 檢查結果會送給您的醫生。您的醫生將告知您結果。

**如果您在檢查後出現任何問題，如出血或疼痛，請立即致電您的醫生。**

如果您有疑問或擔心，請告訴您的醫生或護士。

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. Traditional Chinese.