



上消化道镜检查（胃镜）准备指示

Upper Endoscopy (EGD) Prep Instructions (Chinese)

程序前的准备 Planning for the Procedure

- 您报到和出院的时候，**必须**有一位满 18 岁，能够开车的人在场陪着您。若您报到时没有一位能够开车的人在场陪着您，我们将安排您改天做检查。这个人必须在您整个疗程中都留在我们的单位，以便当您可以出院时他/她可陪伴您。除非这个人在我们的单位，否则您无法办理出院。由于医疗程序后，您的判断能力可能会受到影响，因此若没有其他能自主的成人在旁陪您，我们无法让您离院去搭公车、搭出租汽车、或甚至走路回家。You must have a driver who is 18 years or older present at check in and discharge. If you do not have a driver with you at check in, we will need to reschedule your appointment. This person must remain in the unit during your entire visit so that they are available as soon as you are ready to be discharged. You will not be discharged unless this person is in the unit. Because your judgment may be impaired after this procedure, you will not be released to take public transportation, a taxicab, or even walk home without another responsible adult present to accompany you.
- 整个程序前后至少需要三到四个小时。请告知那位安排接送您的人，他 / 她必须在您整个疗程中都得留在我们的单位。The entire procedure appointment may take at least 3 to 4 hours to complete. Please advise your driver that they will need to remain in the facility for the duration of the procedure.
- 若您患有糖尿病，请向您的医护人员询问有关饮食和药物方面的注意事项。If you have diabetes, ask your health care provider for diet and medication instructions.
- 若您需要取消检查或改时间，请尽快给内窥镜检呼叫中心（Endoscopy Call Center）拨打电话，电话为 734-936-9250 或 877-758-2626。If you must cancel or reschedule your appointment, please call the Endoscopy Call center as soon as possible at 734-936-9250 or toll-free 877-758-2626.

以下内容为服药与准备这程序的指示。**请仔细遵循指示**，以确保检查能够顺利完成。

Following are your instructions for taking medicines and preparing for your procedure. **Follow the instructions carefully** to ensure a successful exam.

做上消化道镜检查的前七天：7 days before your upper endoscopy:

- 若您服用阿司匹林或非类固醇消炎药，如 Advil®，Motrin，西乐葆（Celebrex®）或布洛芬（ibuprofen），您可以正常服药。If you take aspirin or NSAIDs such as Advil®, Motrin, Celebrex®, or ibuprofen, you may continue to take them as usual.

- 若您服用抗凝血药，如波立维（Plavix®），泰毕全（Pradaxa®），氯吡格雷（Clopidogrel®），库马丁（Coumadin®），华法林（warfarin, Effient®），普拉格蕾（Prasugrel®）或依诺肝素（Lovenox®），请向您的医护人员询问如何服药。If you take a blood thinner like Plavix®, Pradaxa®, Clopidogrel®, Coumadin®, warfarin, Effient®, Prasugrel®, or Lovenox® ask your health care provider for specific instructions.

做上消化道镜检查的前一天： 1 day before your upper endoscopy:

做程序前一天，您可能可以正常进食。You may have your normal diet the day before the procedure.

做上消化道镜检查的当天： Day of your upper endoscopy:

做程序前八个小时，勿吃任何固体食物。可以喝清色的液体。 Stop eating all solid foods 8 hours before your procedure. Clear liquids are acceptable to drink.

<p>允许的澄清流质： Allowed Clear Liquids:</p> <ul style="list-style-type: none"> • 佳得乐（Gatorade），Pedialyte 电解质营养冲剂，Powerade 运动饮料 Gatorade, Pedialyte or Powerade • 咖啡或茶（勿加牛奶或奶精） Coffee or tea (no milk or non-dairy creamer) • 碳酸饮料，非碳酸饮料 Carbonated and non-carbonated soft drinks • Kool-Aid 饮料或其他水果味饮料 Kool-Aid or other fruit-flavored drinks • 苹果汁，白蔓越橘汁，或白葡萄汁 Apple juice, white cranberry or white grape juice • 果冻，冰棒 Jell-O, Popsicles 	<p>非澄清流质 —— 不允许： Non-Clear liquids – Not allowed</p> <ul style="list-style-type: none"> • 鸡汤，牛肉汤，菜汤 Chicken, beef or vegetable broth • 任何红色或紫色的食物或饮料 Red or purple items of any kind • 酒类 Alcohol • 牛奶或奶精 Milk or non-dairy creamers • 含果肉的果汁 Juice with pulp • 硬糖 Hard candy • 任何不透明的液体 Any liquid you cannot see through
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- 在检查前四个小时（至少），可以用 4 盎司白水来服用平时早上服的药（糖尿病药除外）。You may take all of your morning medicines (except for oral diabetes pills) as usual with 4 oz. of water up to 4 hours before your procedure.

- 若您服用口服的糖尿病药（药片）：检查当天早上**请勿**服用该药。 If you take oral diabetes medicine (pills): **do not** take the medicine the morning of your test.
- 如果您有糖尿病并且您用口服或注射药品但不用泵，请遵循这讲义里的指示：
If you have diabetes and you take oral or injectable medicines but do not use a pump, follow the instructions in the handout: [Preparing for a Medical Procedure: Guidelines for Adults with Diabetes not using an Insulin Pump.](#)
- 如果您有糖尿病且您用胰岛素泵，请遵循这讲义里的指示：为医疗程序做准备： If you have diabetes and use an insulin pump, follow the instructions in the handout: [Preparing for a Medical Procedure: Guidelines for Adults with Diabetes Using Insulin Pumps.](#)

程序前两个小时： 2 hours before your procedure

- 勿咀嚼口香糖。 Stop chewing gum.
- 勿喝任何澄清流质。 Stop drinking all clear liquids.

把平时服的药物写下来，包括非处方药，并把列表带过来。 Bring a list of all of your current medicines with you, including any over-the-counter medicines.

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