

结肠镜检的肠道准备说明

2 天的 Miralax/Gatorade 佳得乐

Colonoscopy Bowel Prep Instructions

2-Day Miralax/Gatorade (Chinese)

结肠镜检前的一整周请参阅本说明。

Refer to this instruction sheet for the entire week before your colonoscopy.

想要成功完成结肠镜检查，结肠镜检的准备说明至关重要。若不严格遵照说明，您的肠道准备可能未达到检查需要的标准，以致需要重新再做。

Colonoscopy prep instructions are extremely important for a successful colonoscopy. If you do not follow the instructions precisely, your bowels may not be ready for the procedure and you will need to repeat the procedure.

规划您的结肠镜检查

Planning for Your Colonoscopy

一旦收到本信息，请立即阅读，并标记每个空格以表示您已理解每个项目。

Please read as soon as you receive this information and check off each box to indicate that you understand each item.

您必须做肠道准备。 如果您没收到肠道准备说明，请拨

- 内窥镜中心 (734) 936-9250 或免费号码 (877) 758-2626 。

You must do a bowel prep. If you have not received a bowel prep, call the

- Endoscopy Call Center at (734) 936 - 9250 or toll-free at (877) 758 - 2626.

您的泻药名称是： _____

What is the name of your prep?

- 我们建议您至少在检查的前一周拿到所开的肠道泻药。

We recommend that you fill your prescription at least a week before your procedure.

您必须有位开车的人陪同您前来进行检查。

You must have a driver with you at the procedure

- 检查当日登记报到及离院时您必须有一位**年满 18 岁或以上**的人员作为司机陪同。若您报到时没有一位能够开车的人陪同，我们将重新安排您的检查时间。

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 reschedule your appointment.

- 整个检查完成可能需要 3 - 4 小时。请告诉您的驾驶，他们必须在结肠镜检时全程留下。

Your entire procedure may take 3 to 4 hours to complete. Please tell your driver that they must remain at the colonoscopy appointment during your entire visit.

- **请将所有首饰及个人用品留在家中。** 如果您带首饰来到约诊，我们可能会要求您将它取下。

Please leave all jewelry and personal items at home. If you bring jewelry to your appointment, we may have to ask you to remove it.

- **请勿戴隐形眼镜。**

Please do not wear contact lenses.

若您有糖尿病，请务必联络您的医生。

If you have diabetes you must call your doctor

- 糖尿病患者有特殊的饮食和药物指示。请打电话给帮您開结肠镜检医嘱的医生，询问有关您的特殊饮食和药物指示。

People with diabetes have special diet and medicine instructions. Call the doctor who ordered your colonoscopy for your special diet and medicine instructions.

观看讲述结肠镜检的风险和益处的视频（这视频是英文的）

View the video describing risks and benefits of colonoscopy

- 请访问 Visit: <http://michmed.org/EXL6d>

如果您需要重新预约

If you need to reschedule

- 请拨 (734) 936 - 9250 或免费电话 (877) 758 - 2626。
Call (734) 936 - 9250 or toll-free (877) 758 - 2626.

我需要提前准备那些用品？

What supplies do I need to prepare in advance?

在当地药房取得以下用品：

Obtain the following supplies at your local pharmacy:

- 2 片乐可舒 Dulcolax®（比沙可啶）（泻药片剂 — 每片含比沙可啶 5 毫克（请**不要**拿成 Dulcolax® 软便剂）。

2 Dulcolax® (bisacodyl) (laxative tablets – each tablet contains 5 mg of bisacodyl (do not get Dulcolax stool softener).

- 2 瓶 Miralax®（每瓶 8.3 盎司或 238 克）

2 bottles of Miralax® (8.3 ounces or 238 grams each)

- 4 瓶澄清的液体（每瓶 32 盎司）（**不是红色的**）：佳得乐 Gatorade®, G2®, Gatorade® Ice®, Powerade® 或 Powerade Zero®。

4 bottles of clear liquid (32 ounces each) (not red): Gatorade®, G2®, Gatorade Ice®, Powerade®, or Powerade Zero®.

结肠镜检准备的时间表

Timeline of the colonoscopy preparation

如何决定我的结肠镜检准备的日程安排?

How will I determine my colonoscopy prep schedule?

下面的时间表将帮助您确定一周的哪天开始预备。可用荧光笔标记或圈出正确的一周，以确定哪天开始准备。**准备的过程从那天一早开始。**

若您重新安排您的预约时间，你**必须**重做时间表以配合新的约诊日期。

The timeline table below will help you determine which day of the week to start your preparation. Use a highlighter or circle the correct row to determine which day you will start the prep. **The prep process will begin at the start of the day.** If you reschedule your appointment, you **must** redo the timeline table to match your new date.

我的预约时间是： _____

My Appointment Is: (日期、星期、时间) (Date, Day, Time)

时间表 Timeline Table

我的预约是在： My Appointment is on a:	约诊日 7 天前是： 7 days before my appointment is a:	约诊日 3 天前是： 3 days before my appointment is a:	约诊日 1 天前是： 1 day before my appointment is a:
星期一 Monday	星期一 Monday	星期五 Friday	星期日 Sunday
星期二 Tuesday	星期二 Tuesday	星期六 Saturday	星期一 Monday

星期三 Wednesday	星期三 Wednesday	星期日 Sunday	星期二 Tuesday
星期四 Thursday	星期四 Thursday	星期一 Monday	星期三 Wednesday
星期五 Friday	星期五 Friday	星期二 Tuesday	星期四 Thursday
星期六 Saturday	星期六 Saturday	星期三 Wednesday	星期五 Friday

做结肠镜检的 7 天前是： **星期：**
7 days before your colonoscopy Day: _____

请依照时间表填入这一天的日期
Fill in the day according to the timeline table

- **不要**停用阿斯匹林。

Do not stop your aspirin.

- 若您服用血液稀释剂，请告知帮您开肠镜医嘱的医生。若您不确定您是否正在服用血液稀释剂，请联系您的医生。

If you take a blood thinner, tell the doctor who ordered your colonoscopy. If you are unsure that you are taking blood thinners, please contact your doctor.

- 停止服用任何铁补充剂，如硫酸亚铁或多糖铁复合物。

Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.

- 停止服用芬特明 (Adipex-P, Lomira, Fastin, Phentercot) 芬特明+托吡酯 (Qsymia). 这是减重药物

Stop taking Phentermine (Adipex-P, Lomira, Fastin, Phentercot) Phentermine + topiramate (Qsymia).

This is a weight loss medication.

结肠镜检日的前 3 天： **星期：**
3 days before your colonoscopy Day: _____

请依照时间表填入这一天的日期

Fill in the day according to the timeline table

- 停止吃爆米花, 玉米, 豆类, 干果, 含小籽的水果, 西红柿, 和芹菜。

Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes and celery.

结肠镜检日的前 2 天:

星期:

2 days before your colonoscopy Day: _____

请依照时间表填入这一天的日期

Fill in the day according to the timeline table

- **从现在开始直到检查结束前, 不可食用固体食物。** 开始澄清流质饮食 (见下)。为避免脱水, 白天喝至少 8 杯水或澄清流质。

No solid food from now until your procedure is done. Begin a clear liquid diet (on the next page). Drink at least 8 glasses of water or clear liquids during the day to avoid dehydration.

- 中午 12 点钟, 服用 2 粒乐可舒 (Dulcolax) 片。把 64 盎司液体与 8.3 盎司 Miralax 混合, 并放在冰箱里 (勿加冰块)。

At 12 noon, take 2 Dulcolax tablets. Mix 64 ounces of liquid with 8.3 ounces Miralax and place in the refrigerator (do not add ice).

- 下午 5 点到 6 点之间, 喝一杯 8 盎司的 Miralax/佳得乐溶液; 之后, 每 15 分钟喝 8 盎司, 直到喝完溶液的一半 (32 盎司) 为止。用定时器 (每 15 分钟) 来算时间。

Between 5pm and 6 pm, drink one 8-ounce glass of the Miralax/Gatorade solution and continue drinking one 8 ounce glass every 15 minutes thereafter until half the mixture (32 ounces) is gone. Set a timer for every 15 minutes to keep pace.

结肠镜检的前一天

星期:

The day before your colonoscopy Day: _____

请依照时间表填入这一天的日期

Fill in the day according to the timeline table

Medical Procedures Unit

Colonoscopy Bowel Prep Instructions – 2-Day Miralax/Gatorade (Chinese)

- 在早上 8 点，喝一杯 8 盎司的 Miralax/佳得乐溶液；之后，每 15 分钟喝 8 盎司，直到喝完溶液的一半（32 盎司）为止。用定时器（每 15 分钟）来算时间。

At 8:00am, drink one 8-ounce glass of the Miralax/Gatorade solution and continue drinking one 8 ounce glass every 15 minutes thereafter until half the mixture (32 ounces) is gone. Set a timer for every 15 minutes to keep pace.

- 把最后的 64 盎司液体与 8.3 盎司 Miralax 混合，并放在冰箱里（勿加冰块）。

Mix the last 64 ounces of liquid with 8.3 ounces Miralax and place in the refrigerator (do not add ice).

- 下午 5 点到 6 点之间，喝一杯 8 盎司的 Miralax/佳得乐溶液；然后每 15 分钟喝 8 盎司，直到喝完溶液的一半（32 盎司）为止。用定时器（每 15 分钟）来算时间。

Between 5 and 6 pm, drink one 8-ounce glass of the Miralax/Gatorade solution and continue drinking one 8 ounce glass every 15 minutes thereafter until half the mixture (32 ounces) is gone. Set a timer for every 15 minutes to keep pace.

- 待在厕所附近，因为您将会腹泻。

Stay near a toilet, as you will have diarrhea.

<p>您可以喝这些澄清液体：</p> <p>: You may drink these clear liquids:</p> <ul style="list-style-type: none"> • 佳得乐 Gatorade, Crystal Light Lemonade®, Pedialyte® 或 Powerade® Gatorade, Crystal Light Lemonade®, Pedialyte® or Powerade® • 咖啡或茶（不加奶）Coffee or tea (black only) • 碳酸或非碳酸苏打水 Carbonated or non-carbonated soda • 果味饮料 Fruit-flavored drinks 	<p>不要喝这些液体：</p> <p>Do not drink these liquids:</p> <ul style="list-style-type: none"> • 酒精 Alcohol • 牛奶或奶精 Milk or non-dairy creamer • 含果肉的果汁 Juice with pulp
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<ul style="list-style-type: none"> • 苹果汁、白蔓越梅汁或白葡萄汁 Apple juice, white cranberry juice or white grape juice • 果冻 Jell-O (明胶) 或冰棒 Jell-O (gelatin) or popsicles • 清湯 Broth 	<ul style="list-style-type: none"> • 任何不透明的液体 Any liquid you cannot see through • 硬糖 Hard candy <p>备注：不可有红色或紫色的液体 Note: Nothing Red or Purple</p>
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做结肠镜检的当天 (从午夜 12 点开始)

The day of your colonoscopy (starting at 12 am midnight)

- **不能吃**固体食物，清汤或果冻。 No solid foods, broth or Jello.

离开家赴结肠镜检前 5 小时 5 hours before leaving home for your colonoscopy

日期/时间:
Day/Time: _____

请依照时间表填入这一天的日期
Fill in the day according to the timeline table

- 你可能必须早起。

You may have to wake up early.

- 出门做检查的 5 个小时前，喝下最后 32 盎司的泻药溶液。

Drink the final 32 ounces of prep solution 5 hours before you need to leave for your procedure.

- 预约时间的 4 小时前，用少量的水服用早晨的药物（除非另有指示）。若您使用糖尿病药物，请按照医师指示使用。

Take your morning medications with a small amount of water 4 hours before your appointment time (unless you have been told otherwise). If you take Diabetes medications follow your doctor' s instructions.

结肠镜检的 2 小时前
2 hours before your
colonoscopy

日期/时间:
Day/Time: _____

请依照时间表填入这一天的日期
Fill in the day according to timeline table

- 停止所有从口而入的东西，包括所有液体、抽烟和口香糖。

Stop everything by mouth, including all liquids, smoking and chewing gum.

重要信息! Important!

若您已遵照**所有**的指示，您的大便将会是清色或黄色的液体，那么，您已经准备好做结肠镜检查了。如果您的大便是成型的或者您的肠道准备没有预期中理想，请拨：

If you followed **all** of the instructions, your stool will be a clear or yellow liquid and you are ready for your colonoscopy. If your stool is formed or your preparation is not going as expected call:

- (734) 936-9250 或免费电话 (877) 758-2626。
(734) 936-9250 or toll-free (877) 758-2626.
- 非工作时间，周末或假日，请拨呼叫连线员 (734) 936-6267 请求跟值班胃肠科医生通话。

After business hours, on weekends or holidays call the paging operator at (734) 936-6267 and ask to speak with the GI doctor on call.

清洁结肠的窍门: Colon cleansing tips:

1. 接近厕所！您会腹泻。腹泻有时候很突然，这是正常的。

Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.

2. 试着用吸管喝溶液，如此可能较容易耐受。

Try drinking the solution with a straw. It may be easier to tolerate.

3. 极少数的病人服泻药后会出现恶心或呕吐。若有出现，让自己休息 30 分钟，漱口或刷牙，然后再继续喝泻药溶液。

Rarely, people may have nausea or vomiting with the prep. If this occurs, give yourself a 30-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.

4. 粪便从结肠排出之前，您可能会发生肠绞痛（可能持续 2 到 4 小时，甚则更久）。

You may have bowel cramps until the stool has flushed from your colon (this may take 2 to 4 hours and sometimes much longer).

5. 有可能出现肛门皮肤刺激或者痔疮炎症发作。如果这些发生：

Anal skin irritation or a flare of hemorrhoid inflammation may occur. If this happens:

发生时，可用非处方药品来处理，比如氢化可的松药膏、婴儿湿巾、凡士林 (Vaseline®) 、或 TUCKS 片。

Treat it with over-the-counter-remedies, such as hydrocortisone cream, baby wipes, Vaseline, or TUCKS pads.

- 避免含有酒精的产品。
- 若您有痔疮药膏的处方，您可以使用。勿用栓剂。

Avoid products containing alcohol.
If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.

我应该什么时候致电呼叫中心？ When should I call the call center?

如果您在预约时间的 48 小时内生病并且已出现以下任何症状，请致电呼叫中心（734）936-9250：

- 发烧超过 100.6
- 咳嗽咳痰（咳嗽并有痰液产生）
- 拉肚子
- 呕吐（与服用肠道泻药无关）

If you have been ill and have had any of the following symptoms within 48 hours of your appointment, please call the call center at (734) 936-9250:

- Fever greater than 100.6
- Productive cough (where your cough is producing phlegm)
- Diarrhea
- Vomiting (not related to taking the bowel prep)

→欲了解结肠镜检的益处、风险和替代方案，请翻页

**→Turn the page to learn about the benefits, risks and alternatives for a
colonoscopy**

结肠镜检有何益处、风险和替代方案？

What are the Benefits, Risks and Alternatives for a Colonoscopy? (Chinese)

在疗程开始之前，我们团队的成员将请您签署一份知情同意书，以表明您了解该疗程、其益处和风险、以及结肠镜检的替代方案。阅读本资料或观看视频：

<http://michmed.org/EXL6d> 以了解知情同意书。

Before starting the procedure, a member of our team will ask you to sign an informed consent indicating that you understand the procedure, its benefits and risks, and the alternatives for a colonoscopy. Read this handout or view the video at: <http://michmed.org/EXL6d> to understand your informed consent.

结肠镜检的目的是什么？ What is the purpose of a colonoscopy?

结肠镜检查是一种医疗程序，医生从肛门插入一个细管子，去看您的直肠和结肠。结肠镜检查可以看到被刺激和肿胀的组织，溃疡，息肉和癌症。

Colonoscopy is a procedure in which a doctor inserts a thin tube into the anus to look inside your rectum and colon. Colonoscopy can show irritated and swollen tissue, ulcers, polyps, and cancer.

结肠镜检有哪些益处？ What are the benefits of a colonoscopy?

结肠镜检查可以发现早期癌症，能发现息肉并在它们癌变前摘除。这大大提高了成功治疗结肠直肠癌的机率，也降低了因直肠结肠癌而死亡的机率。

Colonoscopy exams can find cancers at earlier stages, and polyps can be found and removed before they become cancerous. This greatly improves the chances for treating colorectal cancer successfully and reduces the chance that a person will die from colorectal cancer.

结肠镜检有哪些风险? What are the risks of a colonoscopy?

某个结肠镜筛查的研究发现 10000 人里有 4 到 8 个人在结肠镜检后出现严重并发症。严重并发症包括:

A study of screening colonoscopies found that between 4 to 8 people in 10,000 have a serious complication after a colonoscopy. Serious complications include:

- 出血。大多数出血病例发生在有息肉摘除的病人。
息肉大过 2cm 的风险更高。
Bleeding. Most cases of bleeding occur in patients who have polyps removed.
The risk is higher for polyps that are larger than 2 cm.
- 结肠或直肠壁有撕裂或洞 (穿孔)
A tear or a hole in the colon or rectum wall (perforation).
- 感染。
Infection.
- 误吸导致肺部感染 (肺炎)。
Aspiration that may lead to a lung infection (pneumonia).
- 对镇静药物的反应, 包括呼吸或心脏问题。
A reaction to the sedating medication, including breathing or heart problems.

服用类固醇或抗凝药物的人，或有某些严重疾病的人的风险比较高。也有癌症或息肉没被侦查到的风险。

Risks are higher in people taking steroids or anti-coagulation medicines, or in people that have significant underlying diseases. There is also a risk that cancer or polyps will not be detected.

有哪些替代方案?

What are the alternatives?

还有其它可能查到结肠和直肠异常的筛查，但是结肠镜检是唯一能让医生可以在程序中取得样本组织和/或者摘除息肉的一个方法。这降低了额外测验和手术的需要。

There are other screening tests that may detect abnormalities in the colon and rectum but colonoscopy is the only method that enables the doctor to take a sample tissue and/or remove polyps during the procedure. This reduces the need for additional tests and surgeries.

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