



## 胶囊内视镜检查准备

### Preparation for Capsule Endoscopy (Chinese)

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#### 须要提前买什么做准备: What to buy ahead of time for the prep:

- 在您当地的药房拿处方开的PEG / 电解质制剂 (通用名) , Nulytely, Golytely, 或 CoLyte.
- Fill your prescription for PEG/Electrolyte-Generic, NuLYTELY, GoLYTELY, or CoLyte at your local pharmacy.
- 购买**额外的澄清流质**.
  - 水
  - 苹果汁
  - 白葡萄汁
  - 黑咖啡
  - 茶
  - 柠檬/莱姆酷爱饮料(kool-aid)
  - 汽水 (可乐、七喜、雪碧) 。
  - 柠檬/莱姆果冻
- Buy **additional clear liquids**:
  - Water
  - Apple juice
  - White grape juice
  - Black coffee
  - Tea
  - Lemon/lime kool-aid
  - Soda pop (colas,7up,sprite)
  - Lemon/lime jell-o
- **不要喝**: 红、橙、蓝或紫色的流质, 包括果冻。
- **Do not drink**: red, orange, blue, or purple liquids, including Jell-O.

#### 检查前一周 (7天) 要做什么:

##### What to do one week (7 days) before the procedure:

- 在检查前一周 (7天) 内不要服用铁补充剂。
- Do not take iron supplements for one week (7 days) before the procedure.

## 检查前一天： The day before the procedure:

1. 开始澄清流质饮食。为避免脱水，白天至少喝八杯水。澄清流质饮食中允许的流质和饮料清单，请见上文。

Begin a clear liquid diet. Drink at least 8 glasses of water during the day to avoid dehydration. See above for a list of liquids and drinks that are allowed on a clear liquid diet.

2. **晚上7点开始喝清肠溶液：**喝一杯（8盎司）PEG / 电解质制剂（通用名），NuLYTELY, GoLYTELY, 或 CoLyte 溶液。在之后的两小时，每十五分钟喝一杯（8盎司），直到两升（64盎司）的清肠溶液喝完为止。

**At 7:00pm begin drinking prep:** Drink one 8 oz. glass of PEG/Electrolyte- Generic, NuLYTELY, GoLYTELY, or CoLyte solution and continue drinking one 8 oz. glass every 15 minutes over the next 2 hours until the 2 liters (64 oz.) of the prep solution is gone.

- 在检查前一天的下午和晚上，您可以想喝多少澄清流质就喝多少（可饮用澄清流质范例如上）。
- You may drink as many glasses of clear liquids as you like during the afternoon and evening on the day before the procedure (see examples above).
- 待在厕所附近，因为通常在开始喝这种清肠溶液后一小时内会让您腹泻。清肠的目标是让您的大便成为清澈或浅黄色的水。
- Remain close to a bathroom because drinking this prep will give you diarrhea, usually within an hour of starting. The goal is for your stools to be clear or light yellow water.

## 检查当天早晨： The morning of the procedure:

- **请注意：**如果您的预约在下午，请在检查前一天晚上8点以后不要吃任何东西。检查当天早上7点喝下清肠溶液。

- **Please note: If you have an afternoon appointment, do not eat anything after 8pm the night before the procedure. Drink the prep at 7:00am the morning of the procedure.**
- 在检查当天早上5:30后不要吃或喝任何东西。
- Do not eat or drink anything after 5:30am the morning of the procedure.
- 您可以在检查当天早上5:30之前，以水服用任何重要的药物（糖尿病药物除外）。请带着糖尿病药物。
- You may take any critical medications with water (except diabetic medication) up until 5:30am the morning of the procedure. Please bring diabetic medication with you.
- 检查当天早晨，在检查前使用通常剂量一半的长效胰岛素。长效胰岛素包括：NPH（中性鱼精蛋白锌胰岛素），Humulin N（优泌林 N），Humulin 70/30（优泌林 70/30），Humalog Mix 75/25（优泌乐 Mix 75/25），Lantus（蘭德仕/来得时甘精胰岛素），与 Levemir（地特胰岛素）。
  - 如果您使用Humulin R 500（优泌林 R 500），只需使用平常剂量的一半。
  - 检查当天早晨请勿使用短效胰岛素。短效胰岛素包括Regular（常规型）、Humulin R（优泌林 R）、Novolin R（诺和灵 R）。
  - 在检查后立即使用另一半长效胰岛素和任何常规剂量的短效胰岛素。请务必在这个时候用餐。
  - 关于检查前服用糖尿病药物的说明，请见下文。
  - 医疗检查的准备：不使用胰岛素泵的成人的指南：  
<http://www.med.umich.edu/1libr/MEND/Diabetes-PreOpAdultsNoPump.pdf>

- 医疗检查的准备：使用胰岛素泵的成人的指南：  
<http://www.med.umich.edu/1libr/MEND/Diabetes-PreOpInsulinPumpAdults.pdf>
- On the morning of the procedure, take half of your usual dose of long-acting insulin before the procedure. Long-acting insulins include NPH, Humulin N, Humulin 70/30, Humalog Mix 75/25, Lantus, and Levemir.
  - If you take Humulin R 500 insulin, take only half of your usual dose.
  - Take no short-acting insulin the morning of the procedure. Short-acting insulins include Regular, Humulin R, Novolin R.
  - Take the other half of your long-acting and any regularly scheduled dose of short-acting insulin right after the procedure. Be sure to eat your usual meal at that time.
  - Please see the following for instructions on taking your diabetes medication before the procedure:
    - Preparing for a Medical Procedure: Guidelines for Adults not on Insulin Pumps: <http://www.med.umich.edu/1libr/MEND/Diabetes-PreOpAdultsNoPump.pdf>
    - Preparing for a Medical Procedure: Guidelines for Adults on Insulin Pumps: <http://www.med.umich.edu/1libr/MEND/Diabetes-PreOpInsulinPumpAdults.pdf>

在到达检查地点后，您将会收到关于检查期间饮食的信息。

After you arrive at the procedure location you will receive information about eating during the procedure.

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