



4 升结肠镜检查肠道准备指导说明

PEG / 电解质制剂 (通用名) , NuLyTELY® ,
GoLyTELY® , CoLyte® ,或 TriLyte®

4-Liter Colonoscopy Bowel Preparation Instructions (Chinese)

结肠镜检查前一周的准备请参阅本说明。

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

想要成功完成结肠镜检查，结肠镜检查的准备说明至关重要。如果您没有完全遵照指示进行，您的肠道可能没有做好检查的预备工作，以致需要重新再做检查。

Colonoscopy prep instructions are extremely important for a successful colonoscopy. If you do not follow the instructions exactly, your bowels may not be ready for your colonoscopy 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，并标记每个项目的空格，以表示您已理解每个项目。

Please read this as soon as you get this information, and check off each box to show that you understand each item.

您必须做好肠道准备。 You must do a bowel prep.

- 若您还没有收到清肠藥，请拨打内窥镜中心（Endoscopy Call Center）的电话 **(734) 936 - 9250** 或 免费电话 **(877) 758 - 2626**。

If you have not received a bowel prep, call the Endoscopy Call Center at (734) 936-9250 or toll-free at (877) 758-2626.

- 收集您的准备用品。 Gather your prep supplies.**

您的清腸药名称是： _____

The name of your prep: _____

- 在您当地的药房配清腸藥的处方 PEG / 电解质制剂（通用名），NuLYTELY®，GoLYTELY®，CoLyte® 或 TriLyte®。

Fill your prescription for PEG/Electrolyte-Generic, NuLYTELY®, GoLYTELY®, CoLyte®, or TriLyte® at your local pharmacy.

- 我们建议您至少在检查的前一周拿到清肠的处方药。

We recommend that you fill your prescription at least 1 week before your procedure.

- 作为结肠镜检查准备的一部分，您可能需要购买一些澄清流质飲用。这可能包括水、苹果汁或白葡萄汁、柠檬-青柠味的 Kool-Aid 或 果冻（Jell-O）、汽水（可乐或柠檬-青柠）等。不要购买任何红色或紫色的饮料或果冻。您可以在这份资讯后文找到一份在肠道准备时可以喝的澄清流质清单（以及一份您不应该喝的流质清单）。

You may want to buy some clear liquids that you'll be drinking as part of your colonoscopy prep. This may include water, apple or white grape juice, lemon-lime-flavored Kool-Aid or Jell-O, soda pop (cola or lemon-lime), etc. Do not buy any drinks or Jell-O that are red or purple. You can find a list of clear liquids it's okay to drink

(and a list of things you shouldn't drink) during your prep later on in this handout.

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.

- 在办理登记报到及离院时，您必须有一位**年满 18 岁或以上**的人员作为司机陪同。如果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** with you when you check in and when you leave your appointment. If you do not have a driver with you at check in, we will need to reschedule your appointment.

- 整个程序可能需要 3 至 4 个小时来完成。请告诉您的司机，他们必须在结肠镜检查时全程留下。

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

请将所有首饰及个人用品留在家中。

Please leave all jewelry and personal items at home.

- 如果您带首饰来到约诊，我们可能会要求您将它取下。

If you bring jewelry to your appointment, we may have to ask you to take it off.

- **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 contact your doctor.

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

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

请看描述结肠镜检风险及益处的视频。

Watch the video describing the risks and benefits of a colonoscopy.

- 您可以在以下网址在线观看视频：bit.ly/MM-colonoscopy

You can watch the video online at: bit.ly/MM-colonoscopy

- 如果您必须取消或重新安排预约，请尽快拨打：734-936-9250 或免费电话 877-758-2626。

If you must cancel or reschedule your appointment, please call us as soon as possible at (734) 936-9250 or toll-free at (877) 758-2626.

准备结肠镜检查有什么指示？

What are my instructions for preparing for my colonoscopy?

下面的时间表将帮助您确定一周中准备的日期。首先，弄清楚您的约诊是一周中的哪一天。然后用荧光笔标记或圈出正确的一行，以查看您的其他准备日。

The timeline table below will help you figure out the days of the week for your prep. First, figure out what day of the week your appointment is. Then highlight or circle the correct row to see your other prep days.

- 如果您重新安排您的预约时间，您必须重做时间表来配合新的约诊日期。

If you reschedule your appointment, you must redo the timeline table to match your new date.

我的预约时间是: _____

(日期、星期和时间)

My appointment is: _____

(Date, day, and time)

时间表: Timeline table:

我的预约是在:	7 天前是:	4 天前是:	3 天前是:	1 天前是:
星期一	星期一	星期四	星期五	星期日
星期二	星期二	星期五	星期六	星期一
星期三	星期三	星期六	星期日	星期二
星期四	星期四	星期日	星期一	星期三
星期五	星期五	星期一	星期二	星期四
星期六	星期六	星期二	星期三	星期五

My appointment is on:	7 days before is:	4 days before is:	3 days before is:	1 day before is:
Monday	Monday	Thursday	Friday	Sunday
Tuesday	Tuesday	Friday	Saturday	Monday
Wednesday	Wednesday	Saturday	Sunday	Tuesday
Thursday	Thursday	Sunday	Monday	Wednesday
Friday	Friday	Monday	Tuesday	Thursday
Saturday	Saturday	Tuesday	Wednesday	Friday

每天一醒来就开始您的准备指示。 请仔细遵循以下指示，以确保检查成功。

Start your prep instructions as soon as you wake up on each day. Follow the instructions below carefully to ensure a successful procedure.

您结肠镜检查的 7 天前	星期： _____ (请依照时间表填入星期幾)
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7 days before your colonoscopy	Day: _____ (Fill in the day according to the timeline table)
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- 如果您服用阿司匹林，请不要停止服用阿司匹林。如果您服用非类固醇消炎药 (NSAIDs) ，如 Advil®，Motrin®，Celebrex®或布洛芬，您可以继续照常服用。

If you take aspirin, do not stop taking your aspirin. If you take NSAIDs, such as Advil®, Motrin®, Celebrex®, or ibuprofen, you may continue to take them as usual.

- 如果您服用抗凝血药，如波立维 (Plavix®) ， 泰毕全 (Pradaxa®) ， 氯吡格雷 (Clopidogrel®) ， 库马丁 (Coumadin®) ， 华法林 (Warfarin) ， 易凝安 (Effient®) ， 普拉格雷 (Prasugrel®) 或依诺肝素 (Lovenox®) ， 请向您的医护人员询问特殊指示。如果您不确定您是否正在服用抗凝血药，请联系您的医生。

If you take a blood thinner, such as Plavix®, Pradaxa®, Clopidogrel®, Coumadin®, warfarin, Effient®, Prasugrel®, or Lovenox®, ask your health care provider for specific instructions. If you are unsure if you are taking blood thinners, contact your doctor.

- 停止服用铁补充剂 (硫酸亚铁或多糖铁复合物) 。

Stop taking iron supplements (ferrous sulfate or polysaccharide iron complex).

- 停止服用芬特明 (Adipex-P®、Lomaira™、Fastin®、Phentercot®) 和芬特明和托吡酯 (Qsymia®) 。 这些是减重药物。

Stop taking phentermine (Adipex-P[®], Lomaira[™], Fastin[®], Phentercot[®]) and phentermine and topiramate (Qsymia[®]). These are weight loss medications.

- 如果您每周服用一次索马鲁肽 (Ozempic[®]、Wegovy[®])、度拉糖肽 (Trulicity[®]) 或替尔泊肽 (Mounjaro[®])，请在检查前一周停止服用。

If you take semaglutide (Ozempic[®], Wegovy[®]), dulaglutide (Trulicity[®]) or tirzepatide (Mounjaro[®]) once a week, stop taking it a week before your procedure.

您结肠镜检查的 4 天 (96 小时) 前	星期： _____ (请依照时间表填入星期幾)
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4 days (96 hours) before your colonoscopy	Day: _____ (Fill in the day according to the timeline table)
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- **结肠镜检查前 96 小时**，停止服用以下糖尿病/减重药物：厄格列净 (Steglatro[®])、厄格列净和二甲双胍 (Segluromet[™]) 以及厄格列净和西格列汀 (Steglujan[®])。

96 hours before your colonoscopy, stop taking the following diabetic/weight loss medications: ertugliflozin (Steglatro[®]), ertugliflozin and metformin (Segluromet[™]), and ertugliflozin and sitagliptin (Steglujan[®]).

- 如果您没有确实在结肠镜检查前 96 小时停止服用这些药物，我们可能需要取消您的检查并重新安排。

If you do not stop taking these medications exactly 96 hours before your colonoscopy, your procedure may need to be cancelled and rescheduled.

您结肠镜检查的 3 天 (72 小时) 前	星期: _____ (请依照时间表填入星期幾)
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3 days (72 hours) before your colonoscopy	Day: _____ (Fill in the day according to the timeline table)
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- 停止吃爆米花, 玉米, 豆类, 坚果, 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.

- **结肠镜检查前 72 小时**, 停止服用以下糖尿病/减肥药物: 恩格列净

(Jardiance®)、达格列净 (Farxiga®)、卡格列净 (Invokana®)、达格列净和沙格列汀 (Qtern®)、达格列净和二甲双胍 (Xigduo® XR)、卡格列净和二甲双胍 (Invokamet、Invokamet® XR)、恩格列净和二甲双胍 (Synjardy、Synjardy® XR) 以及恩格列净和利格列汀 (Glyzambi®)。

72 hours before your colonoscopy, stop taking the following diabetic/weight loss medications: empagliflozin (Jardiance®), dapagliflozin (Farxiga®), canagliflozin (Invokana®), dapagliflozin and saxagliptin (Qtern®), dapagliflozin and metformin (Xigduo® XR), canagliflozin and metformin (Invokamet®, Invokamet® XR), empagliflozin and metformin (Synjardy®, Synjardy® XR), and empagliflozin and linagliptin (Glyzambi®).

- 如果您没有确实在结肠镜检查前 72 小时停止服用这些药物，我们可能需要取消您的检查并重新安排。

If you do not stop taking these medications exactly 72 hours before your colonoscopy, your procedure may need to be cancelled and rescheduled.

您结肠镜检查的 1 天前	星期： _____ (请依照时间表填入星期幾)
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1 day before your colonoscopy	Day: _____ (Fill in the day according to the timeline table)
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停止吃固体食物。开始澄清流质饮食。 白天至少喝 8 杯水，以免脱水。请查看下表，了解澄清流质饮食中允许饮用哪些液体和饮料。

Stop eating solid food. Begin a clear liquid diet. Drink at least 8 glasses of water during the day to avoid dehydration. Look at the table below to check which liquids and drinks are allowed on a clear liquid diet.

您可以喝这些流质：	不要喝这些流质：
<ul style="list-style-type: none"> • 水 • 佳得乐®、Pedialyte® 或 Powerade® • 咖啡或茶（不加奶、奶油或非乳制奶精） • 碳酸或非碳酸苏打水 	<ul style="list-style-type: none"> • 任何红色或紫色的液体 • 酒精 • 牛奶、奶油或非乳制奶精 • 含果肉的果汁

您可以喝这些流质:	不要喝这些流质 :
<ul style="list-style-type: none"> • 果味饮料 • 苹果汁、白蔓越橘汁或白葡萄汁 • 果冻Jell-O (明胶) 或冰棒 • 清汤 	<ul style="list-style-type: none"> • 任何看起来不透明的液体

You may drink these liquids:	Do not drink these liquids:
<ul style="list-style-type: none"> • Water • Gatorade®, Pedialyte®, or Powerade® • Coffee or tea (without milk, cream, or non-dairy creamer) • Carbonated or non-carbonated soda • Fruit-flavored drinks • Apple juice, white cranberry juice, or white grape juice • Jell-O (gelatin) or popsicles • Broth 	<ul style="list-style-type: none"> • Any red or purple liquids • Alcohol • Milk, cream, or non-dairy creamer • Juice with pulp • Any liquid you cannot see through



用温水调配您的清肠溶液。您可以将它冷藏至少 5 小时，如此更容易饮用，或者，您也可以在室温状态下饮用。

Mix your prep solution with lukewarm water. You may chill it for at least 5 hours to make it easier to drink, or you can drink it at room temperature.



在下午 5: 00 到 6: 00 之间，您将开始喝一半的清肠溶液（明天您将喝下另一半）。每 15 分钟喝一杯 8 盎司（oz）的清肠溶液，直到喝完一半的清肠溶液（64 盎司）。

Between 5:00 and 6:00 PM, you will start drinking half of your prep solution (you will drink the second half tomorrow). Drink one 8 ounce (oz) glass of prep solution every 15 minutes until half of the prep solution (64 oz) is gone.

- 将清肠溶液的另一半留到明天（结肠镜检查当天）。

Save the other half of your prep solution for tomorrow (the day of your colonoscopy).

- 若您完全遵照指示，您应该在晚上 8 点前喝完第一个 64 盎司的清肠溶液。

If you follow the instructions exactly, you should be done drinking the first 64 oz of prep solution no later than 8:00 PM.

- 待在靠近厕所的地方。通常在开始喝这种清肠溶液后一小时内会让您腹泻。

Stay near a toilet. Drinking this prep will give you diarrhea, usually within 1 hour of starting.

<p>您结肠镜检查的 当天</p>	<p>星期： _____ (请依照时间表填入星期幾)</p>
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<p>The day of your colonoscopy</p>	<p>Day: _____ (Fill in the day according to the timeline table)</p>
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- **从晚上 12: 00 (午夜) 开始，不要吃任何固体食物、清汤或果冻 (明胶)。**

Starting at 12:00 AM (midnight), don't eat any solid foods, broth, or Jell-O (gelatin).

- 如果您每天服用索马鲁肽 (Rybelsus®) 或利拉鲁肽 (Saxenda®) , 程序当天请不要服用。

If you take semaglutide (Rybelsus®) or liraglutide (Saxenda®) every day, do not take it on the day of your procedure.



离家前往结肠镜检查约诊前 5 小时: 开始喝另一半 (64 盎司) 的清肠溶液。

每 15 分钟喝一杯 8 盎司 (oz) 的清肠溶液, 直到所有清肠溶液都喝完。

5 hours before you leave to go to your colonoscopy appointment: Start drinking the other half (64 oz) of your prep solution. Drink one 8 ounce (oz) glass of prep solution every 15 minutes until all of the prep solution is gone.

- 如果您完全遵照指示, 您将在出发前往结肠镜检查前 3 小时喝完所有清肠溶液。

If you follow these instructions exactly, you should be done drinking all the prep solution 3 hours before you leave to go to your colonoscopy appointment.

- 您可以在**预约时间前 4 小时** (除非另有指示) 用少量水照常服用所有早晨的药物 (口服糖尿病药物除外) 。若您使用糖尿病药物, 请按照医师指示服用。

You may take all your morning medicines (except for oral diabetes medicine) as usual with a small amount of water **up to 4 hours before your appointment time** (unless you have been told otherwise). If you take diabetes medications, follow your doctor's instructions.

- **程序前 2 小时**, 停止嚼口香糖, 并停止饮用所有液体。

2 hours before your procedure, stop chewing gum and stop drinking all liquids.

- 随身携带一份您目前所有药物的清单，包括非处方药。

Bring a list of all your current medicines with you, including over-the-counter medicines.

若您已遵照所有的指示，您的大便将会是透明或黄色的液体，那么，您已经准备好做结肠镜检查了。

If you followed all of the instructions, your stool (poop) will be a clear or yellow liquid and you are ready for your colonoscopy.

如果您的大便是成型的，或者您肠道准备不如预期中理想，请致电 (734) 936-9250 或免费电话 (877) 758-2626。下班时间、周末或假期，请拨打 (734) 936-6267 给呼叫总机，请求与值班胃肠科医生通话。

If your stool is formed or your prep is not going as expected, call (734) 936-9250 or toll-free (877) 758-2626. 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.

清肠的窍门： Colon cleansing tips:

- 待在靠近厕所的地方！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.

- 如果您在饮用清肠溶液时有困难，请试着用吸管饮用。

If you have trouble drinking the prep solution, try drinking it through a straw.

- 极少数的病人在服用清肠溶液后，可能出现恶心或呕吐。如果发生这种情况，请给自己 30 分钟的休息时间，漱口或刷牙，然后再继续喝清肠溶液。

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

- 粪便从肠道排出之前，您可能会发生肠绞痛（可能持续 2 到 4 小时，甚至更久）。

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

- 您也可能出现肛门皮肤刺激，或者痔疮炎症发作。如果发生这种情况，请用非处方药治疗，例如氢化可的松药膏、婴儿湿巾、凡士林 (Vaseline®) 或 TUCKS[®] 片。不要使用含酒精的产品。如果您有处方的痔疮药膏，您可以使用。请勿使用栓剂。

You may have anal skin irritation or a flare of hemorrhoid inflammation. If this happens, treat it with over-the-counter treatments, such as hydrocortisone cream, baby wipes, Vaseline[®], or TUCKS[®] pads. Don't use products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.

什么时候我应该打电话给呼叫中心? When should I call the call center?

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

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

- 发烧超过华氏 100.6°
Fever greater than 100.6° Fahrenheit
- 咳痰性咳嗽（您的咳嗽能咳出粘稠液体）

Productive cough (your cough brings up a thick fluid)

- 腹泻或呕吐（与服用清肠溶液无关）

Diarrhea or vomiting (that is not related to taking the bowel prep)

→ 欲了解结肠镜检查的益处、风险和替代方案，请翻页。

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



结肠镜检查有哪些益处、风险和替代方案?

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

在程序开始之前，我们团队中的一位成员会要求您签署一份同意书。签署这份表格，即表明您同意我们已向您提供信息，并且您了解结肠镜检查的程序、其益处和风险，以及替代方案（其他选项）。阅读本资料或观看视频：bit.ly/MM-colonoscopy 以了解知情同意书。

Before starting the procedure, a member of our team will ask you to sign a consent form. By signing this form, you are agreeing that we have given you information and you understand the procedure, its benefits and risks, and the alternatives (other options) for a colonoscopy. Read this handout or watch the video at: bit.ly/MM-colonoscopy to understand your informed consent.

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

结肠镜检查是一种医疗程序，医生将一根带有非常小摄像头的细管放入肛门，让医生能够查看您的直肠和结肠内部。结肠镜检查可以看到受刺激和肿胀的组织、溃疡、息肉和癌症。

A **colonoscopy** is a procedure in which a doctor puts a thin tube with a very small camera into the anus. This allows the doctor to look inside your rectum and colon. Colonoscopies can show irritated and swollen tissue, ulcers, polyps, and cancer.

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

结肠镜检查可以发现早期癌症，可以找到**息肉**（多余的组织碎片）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，也降低了因结肠直肠癌而死亡的机率。

Colonoscopy exams can find cancers at earlier stages, and **polyps** (bits of extra tissue) can be found and removed before they develop cancer. This greatly improves the chances for treating colorectal cancer successfully and reduces the chance that a person will die from colorectal cancer.

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

一项关于结肠镜检查的研究发现，每 10,000 人中有 4 到 8 人在结肠镜检查后出现严重的**并发症**（医疗问题）。严重并发症包括：

A study of colonoscopies found that between 4 and 8 people in 10,000 have a serious **complication** (medical problem) after a colonoscopy. Serious complications include:

- **出血** Bleeding
 - 大多数出血病例发生在有息肉摘除的病人。大于 2 厘米（cm）的息肉风险更高。

Most cases of bleeding occur in patients who have polyps removed. The risk is higher for polyps that are larger than 2 centimeters (cm).

- 结肠或直肠壁上有撕裂或洞，称为**穿孔**。

A tear or a hole, called a **perforation**, in the colon or rectum wall

- **感染** Infection
- **误吸**（不小心将某种物质吸入肺部），可能导致肺部感染（**肺炎**）。

Aspiration (accidentally breathing a substance into your lungs) 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

服用类固醇或抗凝血剂的人，或者已有严重疾病的人，会有较高的风险。还有一种风险是癌症或息肉没有被侦查到。

Risks are higher in people taking steroids or blood thinners, or in people that have significant underlying diseases. There is also a risk that cancer or polyps will not be found.

结肠镜检查的替代方案有哪些？

What are the alternatives to a colonoscopy?

还有其它检查可能会发现结肠和直肠的异常。然而，结肠镜检查是唯一让医生可以在程序中采集组织样本或切除息肉的方法。这减少了对额外检查和手术的需要。

There are other tests that may find abnormalities in the colon and rectum. However, a colonoscopy is the only method that allows the doctor to take a tissue sample or remove polyps during the procedure. This reduces the need for additional tests and surgeries.

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