



# 结肠镜检的肠道准备的说明

## 1 天的 MiraLAX®/Gatorade® 佳得乐® 准备

### Colonoscopy Bowel Prep Instructions MiraLAX®/Gatorade® 1-Day Prep (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.

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 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溶液，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.**

- 在当地药房取得这些用品：

Pick up these supplies at your local pharmacy:

- 2 片 Dulcolax® (比沙可啶) 泻药片 – 每片含比沙可啶 5 毫克。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.**

- 1 瓶 MiraLAX® (8.3 盎司或 238 克)

1 bottle of MiraLAX® (8.3 ounces or 238 grams)

- 2 瓶 (每瓶 32 盎司) 非红色或紫色的佳得乐 Gatorade®或 Powerade®

2 bottles (32 ounces each) of Gatorade® or Powerade® that is not red or purple

- 我们建议您在程序前至少 1 周取得用品。

We recommend that you pick up your supplies at least 1 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** 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.

- 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 medication instructions. Call the doctor who ordered your colonoscopy for your special diet and medication 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)**

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

- 您可以在线观看视频: [bit.ly/MM-colonoscopy](http://bit.ly/MM-colonoscopy)

You can watch the video online at: [bit.ly/MM-colonoscopy](http://bit.ly/MM-colonoscopy)

- 如果您必须取消或重新预约，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.

## 我准备结肠镜检查的说明是什么？

### 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，弄清楚您的约诊是星期几。然后用荧光笔标记或圈出正确的一行，以查看您其他的准备日。

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.

- 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。

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、星期和时间) (Date, day, and time)

### 时间表: Timeline table:

我的预约是在: My appointment is on:	7天前是: 7 days before is:	4天前是: 4 days before is:	3天前是: 3 days before is:	1天前是: 1 day before is:
星期一 Monday	星期一 Monday	星期四 Thursday	星期五 Friday	星期日 Sunday
星期二 Tuesday	星期二 Tuesday	星期五 Friday	星期六 Saturday	星期一 Monday
星期三 Wednesday	星期三 Wednesday	星期六 Saturday	星期日 Sunday	星期二 Tuesday
星期四 Thursday	星期四 Thursday	星期日 Sunday	星期一 Monday	星期三 Wednesday
星期五 Friday	星期五 Friday	星期一 Monday	星期二 Tuesday	星期四 Thursday

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星期六 Saturday	星期六 Saturday	星期二 Tuesday	星期三 Wednesday	星期五 Friday
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**每天一醒来就开始您的准备指示。** 请仔细遵循以下指示，以确保程序成功。

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

<b>您的结肠镜检查</b> <b>7 天前</b> 7 days before your colonoscopy	<b>星期: Day:</b> _____ (请依照时间表填入星期幾) (Fill in the day according to the timeline table)
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- 如果您服用阿司匹林，不要停用阿司匹林。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.
- 如果您服用血液稀释剂，， 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血液稀释剂，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-

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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®), 请在程序前一周停止服用。

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

<b>您的结肠镜检查</b> <b>4 天 (96 小时) 前</b> <b>4 days (96 hours) before your colonoscopy</b>	<b>星期: Day: _____</b> (请依照时间表填入星期幾) (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, 我们可能需要取消并重新安排您的程序。If you do not stop taking these medications exactly 96 hours before your colonoscopy, your procedure may need to be cancelled and rescheduled.

<b>您的结肠镜检查</b> <b>3 天 (72 小时) 前</b> <b>3 days (72 hours) before your colonoscopy</b>	<b>星期: Day: _____</b> (请依照时间表填入星期幾) (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: 贝沙格列净

(Brenzavvy®)、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

(Glyxambi®) 。 **72 hours before your colonoscopy, stop taking the**

following diabetic/weight loss medications: bexagliflozin (Brenzavvy®),

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 (Glyxambi®).

- 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

取消并重新安排您的程序。If you do not stop taking these

medications exactly 72 hours before your colonoscopy, your

procedure may need to be cancelled and rescheduled.

**您的结肠镜检查**

**1 天前**

**1 day before  
your colonoscopy**

**星期: Day: \_\_\_\_\_**

(请依照时间表填入星期幾)

(Fill in the day according to the timeline table)



**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.

<b>您可以喝这些液体：</b> You may drink these liquids:	<b>不要喝这些液体：</b> Do not drink these liquids:
<ul style="list-style-type: none"><li>• 水 Water</li><li>• 佳得乐®、Pedialyte® 或 Powerade® Gatorade®, Pedialyte®, or Powerade®</li><li>• 咖啡或茶（不加奶、奶油或非乳制奶精） Coffee or tea (without milk, cream, or non-dairy creamer)</li><li>• 碳酸或非碳酸苏打水 Carbonated or non-carbonated soda</li><li>• 果味饮料 Fruit-flavored drinks</li><li>• 苹果汁、白蔓越橘汁或白葡萄汁 Apple juice, white cranberry juice, or white grape juice</li><li>• 果冻Jell-O（明胶）或冰棒 Jell-O (gelatin) or popsicles</li><li>• 清汤 Broth</li></ul>	<ul style="list-style-type: none"><li>• 任何红色或紫色的液体 Any red or purple liquids</li><li>• 酒精 Alcohol</li><li>• 牛奶、奶油或非乳制奶精 Milk, cream, or non-dairy creamer</li><li>• 含果肉的果汁 Juice with pulp</li><li>• 任何不透明的液体 Any liquid you cannot see through</li></ul>





**中午 12: 00** 服用 2 片乐可舒 Dulcolax®。将 64 盎司 (oz) 佳得乐®或 Powerade® 与 8.3 盎司 MiraLAX® 混合, 然后放入冰箱冷藏 (不要加冰) 。

At 12:00 PM (noon), take 2 Dulcolax® tablets. Mix 64 ounces (oz) of Gatorade® or Powerade® with 8.3 oz of MiraLAX® and put it in the refrigerator to chill it (do not add ice).



**在下午 5: 00 到 6: 00 之间**, 您将开始喝一半的 Miralax/佳得乐清肠溶液 (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 (32 盎司) 的清肠溶液。设置一个每 15 分的定时器对保持正

确的饮用速度很有帮助。 **Between 5:00 and 6:00 PM**, you will start drinking half of your MiraLAX®/Gatorade® prep solution (you will drink the second half tomorrow). Drink one 8 oz glass of prep solution every 15 minutes until half of the prep solution (32 oz) is gone. It's helpful to set a timer for every 15 minutes to keep yourself drinking at the right pace.

- 将清肠溶液的另一半留到明天 (结肠镜检查当天) 。 Save the last half of your prep solution for tomorrow (the day of your colonoscopy).

- 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.

<b>您的结肠镜检查</b> <b>当天</b> The day of your colonoscopy	<b>星期: Day:</b> _____ (请依照时间表填入星期幾) (Fill in the day according to the timeline table)
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- **从凌晨 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: 喝下清肠溶液的最后一半。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: Drink the final half of your prep solution. Drink one 8 oz glass of prep solution every 15 minutes until all of the prep solution is gone.**

- **您可以在预约时间 4 小时前 (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, 停止吸烟并停止饮用所有液体。**  
**2 hours before your procedure, stop chewing gum, stop smoking, 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，请求与值班的胃肠科医生通话。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.

### **清结肠的窍门： 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 happens, give yourself a 30-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
- 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 been flushed from your colon (this may take 2-4 hours and sometimes much longer).

- 您有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<sup>®</sup> 片。

不要使用含酒精的产品。如果您有痔疮药膏的处方，您可以使用。勿用栓剂。

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<sup>®</sup>, or TUCKS<sup>®</sup> pads. Don't use 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：

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 100.6 Fever greater than 100.6 ° F
- 咳痰性咳嗽（您的咳嗽能咳出浓稠液体）

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? (Chinese)

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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](http://bit.ly/MM-colonoscopy) 以了解您的知情同意书。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](http://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，医生从肛门插入一个带有非常小摄像头的细管。这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?

結腸鏡檢查可以发现早期癌症，能发现**息肉**（一点多餘的组织）并在它们癌变前摘除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** (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?

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**

（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。息肉大于 2 厘米（cm）的风险更高。 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 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?

还有其它可能查到结肠和直肠异常的检查。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。这降低了额外测验和手术的需要。

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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