



病人教材

肠胃科中心



使用 Golytely 做肠镜检查

准备须知

方向:

- 要停车、请跟随到急诊室的指标。
- 在停车的路标、靠左、继续开到外科大楼的停车场。
- 坐电梯到 3 楼。
- 右转、即到肠胃科。

已为您安排到肠胃科来做检查、它是在外科大楼的 3 楼。
时间是:

_____ at _____.

请按照下列指南来为您的检查做准备

<p>5 天前: _____ 日期</p>	<ul style="list-style-type: none"> • 停止所有铁的补剂或含铁的维他命。 • 到药房配好处方泻药 GoLytely, 并详读此须知。
<p>3 天前: _____ 日期</p>	<ul style="list-style-type: none"> • 开始低纤维的饮食。请参看“低纤维的饮食”
<p>2 天前: _____ 日期</p>	<ul style="list-style-type: none"> • 停止服用布洛芬 (Advil, Motrin) 萘普生, (Naprosyn, Aleve)、双氯芬酸 (diclofenac)、舒林酸 (sulindac) 或 Clinoril。您可服用对乙酰氨基酚 (acetaminophen) 泰诺 (Tylenol)。 • 今天最少要喝 8 杯饮料。
<p>1 天前: _____ 日期</p>	<ul style="list-style-type: none"> • 切勿吃任何固体食物。仅可喝透明的液体如果汁 (苹果、葡萄或小红莓)、或清汤、黑咖啡、茶、柠檬水、运动饮料、汽水或果冻、Jell-O (但不可吃红色或橙色的果冻)。今天最少要喝 2 夸特 (8 杯) 以上的水。 • 上午: 在 GoLytely 泻药瓶内加水准备好溶液。混合使药粉融化。存放在冰箱。 • 晚上 7 点: 3 小时内喝完 3 公升 GoLytely 泻药 (¾ 瓶)。即会引起腹泻。将剩余的泻药 GoLytely 存放在冰箱。 • 继续喝透明的液体。

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您有疑问吗？

我们很重视您的提问。您如有疑问请致电：

周一至周五办公时间上午
8--下午 5 请电肠胃科中心
206-598-4377

下班后及周末假日请电海
景医院社区医疗专线
206-744-2500.

如需更多细详的资料请上
我们的网站：
[www.uwgi.org/Ptcare/
UWMCInstructions.aspx](http://www.uwgi.org/Ptcare/UWMCInstructions.aspx)

检查当天：

日期

- 请勿吃任何固体食物。
- 来医院前 5 小时：1 小时内将剩余的泻药喝完 (1 公升)。
- 在喝 GoLytely 之前或之后 1 小时以水送服您上午服用常规的药物。
- 我们鼓励您在预约时间前 2 小时多喝透明的饮料。之后您就不可再吃喝任何东西。
- 将您所服用药物的名单带来。
- 安排一位能负责的家人或亲友带您回家。做检查那天您不能开车。如您来报到时没有一位能负责的成年人带您回家、就会取消您的检查。检查的时间约为 2 小时、那时您的家人或朋友必须在候诊室等您。您不可坐计程车、公车或接送公司 (如 Hopelink) 的车、除非有一位能负责的成年人与您一起乘坐。

特殊注意事项

- 如您有糖尿病、需要调整糖尿病的药量。请您的医生为您拟订肠镜检查前一天、及后一天的服药方法。
- 如您有严重的便秘或长期服用止痛药、则您需要多做特别的准备：
 - 检查的两天前：下午 4 点。服用 1 瓶柠檬酸镁(Magnesium Citrate)。它是无需处方的、您可在任何药房购买。

检查的过程

肠镜检查让您的医生看到大肠的内膜。做此检查医生将使用如手指一般粗细的软管由肛门插入。

在检查的过程中会由静脉导管为您注射镇定剂。可能有一些痉挛、但大多数的病人会入睡。您的医生可能会取样本做活检，或将息肉取出、但您不会感觉到。

检查只需 30 分钟。因为准备及恢复需要时间，因此您在医院停留的时间会长一些。当您苏醒后医生会告诉您检查的结果。如结果尚未出来，我们会告诉您何时会收到报告。

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Digestive Disease Center

Box 356160

1959 N.E. Pacific St. Seattle, WA 98195

206-598-4377

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Colonoscopy with GoLytely
Chinese

Published: 11/2004, 03/2008, 05/2012

Clinician Review: 05/2012

Translation by UWMC Interpreter Services

Reprints on Health Online: <http://healthonline.washington.edu>

Patient Education

Digestive Disease Center



Colonoscopy with GoLytely

How to prepare

Directions:

- To park, follow the signs for the Emergency Room.
- At the stop sign, stay left and enter the Surgery Pavilion Parking Garage.
- Take the elevator to the 3rd floor.
- Turn right, and go to the Digestive Disease Center.

Your appointment at the Digestive Disease Center, on the 3rd floor of the Surgery Pavilion, is on:

_____ at _____ .

Follow These Instructions to Prepare for Your Exam

5 Days Before: _____ DATE	<ul style="list-style-type: none">• Stop taking any iron supplements or multivitamins that contain iron.• Fill your prescription for GoLytely, and read this handout.
3 Days Before: _____ DATE	<ul style="list-style-type: none">• Start a low-fiber diet. See the handout “Low-Fiber Diet.”
2 Days Before: _____ DATE	<ul style="list-style-type: none">• Stop taking ibuprofen (Advil, Motrin) naproxen, (Naprosyn, Aleve) diclofenac, sulindac, or Clinoril. You can take acetaminophen (Tylenol).• Make sure you drink at least 2 quarts of liquids today.
1 Day Before: _____ DATE	<ul style="list-style-type: none">• Do not eat any solid food. Drink only clear liquids such as juice (apple, grape, or cranberry), broth, black coffee, tea, lemonade, sports-drinks, soda pop or Jell-O (but not red or orange Jell-O). Drink at least 2 quarts of clear liquids today.• In the morning: Prepare the GoLytely solution by adding water to the container. Mix to dissolve. Store it in the refrigerator.• At 7 p.m: Drink 3 liters of GoLytely (¾ of the container) within 3 hours. It should cause diarrhea. Store the rest of the GoLytely in the refrigerator.• Continue to drink clear liquids.

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Questions?

Your questions are important. Please call if you have questions or concerns.

Weekdays between 8 a.m. and 5 p.m., call the Digestive Disease Center, 206-598-4377.

After hours and on weekends and holidays, call the Community Care Line at Harborview, 206-744-2500.

For more information about your procedure, please visit our website: www.uwgi.org/Ptcare/UWMCInstructions.aspx

Exam Day:

DATE

- Do **not** eat any solid food.
- **5 hours before your appointment:** Drink the rest of the GoLytxly (1 liter) within 1 hour.
- Take all your morning medicines with water 1 hour before or after you drink the GoLytxly.
- We encourage you to drink clear liquids up to 2 hours before your appointment. After that, you cannot take anything by mouth.
- Bring a list of all medicines you take.
- Arrange for a responsible family member or friend to take you home. You cannot drive on the day of your test. **Your test will be cancelled if you arrive without a responsible adult to drive you home.** Your family member or friend must be in our waiting room when you are ready to leave, about 2 hours after your appointment time. You **cannot** take a taxi, a bus or use an escort service (like Hopelink) unless you have a responsible adult to ride with you.

Special Instructions

- If you have diabetes, your diabetes medicines need to be adjusted. Please talk with your doctor to plan a schedule for your diabetes medicines for the day before and day of your colonoscopy.
- If you have severe constipation or you are taking chronic pain medicine, you will need an extra preparation:
 - **2 days before your exam:** At 4 p.m., drink 1 bottle of Magnesium Citrate. You can buy this at most drugstores without a prescription.

What to Expect

A *colonoscopy* is a test that allows your doctor to look at the lining of your large intestine. To do the colonoscopy, your doctor will use a flexible tube that is about as wide as a finger. The tube will be placed in your rectum.

You will receive a sedative through an *intravenous line* (IV) to help you relax. Most patients fall asleep. You may have some cramping. Your doctor may also take *biopsies* (tissue samples) or remove *polyps*, but you will not feel this.

The actual test takes about 30 minutes. Your appointment will last longer to allow time for preparation and recovery. When you wake up after the test, we will share your results with you. If your results are not ready right after the test, we will tell you when you can expect to receive them.

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