



## 病人教材

肠胃科中心



# 乙状结肠镜检查

## 如何做准备

### 方向:

- 停车: 顺着急诊室的指标进入医院。
- 在分叉路口保持左边行线, 即进入外科中心大楼停车场。
- 乘电梯到三楼。
- 出电梯后向右转即达肠胃科中心。

肠胃科中心位于外科大楼的三楼, 您来检查的时间是:

日期: \_\_\_\_\_ 时间: \_\_\_\_\_

### 请您按照下列的步骤作准备

到您附近的药房购买下列物品:

1 瓶柠檬酸镁剂 (Magnesium Citrate)

2 瓶灌肠泻剂 (FLEET enemas)

您做检查前一天的下午 5 点: \_\_\_\_\_

喝一瓶柠檬酸镁剂 (Magnesium Citrate)

您检查的当天: \_\_\_\_\_

您离家来医院前 1 小时; 自己用 2 瓶灌肠的泻剂灌肠 (FLEET enemas)。遵照盒子上的说明来使用。一瓶灌一次。第一次灌肠完毕待排泄后、再重复做第二次灌肠。

您离家来医院前 1 小时; 自己用水龙头的温水灌两次肠。第一次灌肠完毕待排泄后、再重复做第二次灌肠。

来医院时请将您服药的清单带来。

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## 您有疑问吗？

我们很重视您的提问。您如有疑问请电：

周一至周五办公时间上午  
8:00-下午 5:00 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。

## 如您使用镇静剂

通常此程序是不需镇静剂的。我们也可为您提供镇静剂、让您选择；如您希望使用镇静剂、则：

- 午夜后不可进食。
- 在您预约前 2 小时可以喝透明的饮料。但此后即不可再喝任何东西。
- 请在预约前 30 分钟到达。
- 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。请与您的医生讨论安排结肠镜检查当天的服药方法。

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 检查过程

已为您安排了做乙状结肠镜检查。此检查可让您的医生看到乙状结肠的内膜。做此检查医生将使用如手指一般粗细的软管由肛门插入。

过程中您可能有一些痉挛感。您的医生可能会取样本做活检（组织的样品）、但您不会感觉到。

检查只需 10 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。医生会告诉您检查的结果。如结果尚未出来，您的医生会告诉您何时会与您联系。

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**Digestive Disease Center**

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206-598-4377

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# Patient Education

Digestive Disease Center

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## Sigmoidoscopy

### *How to prepare*

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

\_\_\_\_\_ at \_\_\_\_\_.

#### 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.

#### Follow These Instructions to Prepare for Your Exam

Buy these supplies at your local drugstore:

- 1 bottle of Magnesium Citrate
- 2 FLEET enemas

The day before your exam at 5 p.m.: \_\_\_\_\_

- Drink 1 bottle of Magnesium Citrate.

The day of your exam: \_\_\_\_\_

- Starting 1 hour before you leave your house to come to your appointment**, give yourself 2 FLEET enemas. Follow the directions on the box. Give yourself the enemas 1 at a time. After you expel the 1st enema, repeat with the 2nd one.
- Starting 1 hour before you leave your house to come to your appointment**, give yourself 2 lukewarm tap-water enemas. After you expel the 1st enema, repeat with the 2nd.

Bring a list of your medicines to your appointment.

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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 at 206-598-4377.

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

## If You Have Sedation

This procedure is usually done without sedation, but sedation is an option. If you want sedation:

- Do not eat anything after midnight.
- You can drink clear liquids until 2 hours before your appointment time. After that, do not take anything by mouth.
- Arrive 30 minutes earlier than your appointment time.
- 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** or done without sedation if you arrive without a responsible adult to drive you home. Your family member or friend must be in our waiting room at the time of your discharge, 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 will need to be adjusted. Please talk with your doctor to plan a schedule for your diabetes medicines for the day of your procedure.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## What to Expect

You are scheduled for a sigmoidoscopy. This test allows your doctor to look at the lining of the last part of your large intestine. Your doctor will place a flexible tube in your rectum. The tube is about the size of a finger.

You might have some cramping during the test. Your doctor may take *biopsies* (tissue samples), but you will not feel this.

The procedure takes about 10 minutes. Your appointment will last longer because of preparation and recovery. Your doctor will talk with you about the results. If results are not ready right after the test, your doctor will tell you when you can expect to be contacted.

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### Digestive Disease Center

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