



## 地点及停车

### Harborview Medical Center

#### 海景医疗中心

GI Endoscopy Suite

Maleng Building, 8th Floor

地址: 410 Ninth Ave., Seattle, WA 98104

电话: **206.744.3519**

消化科内窥镜检查室

玛伦大楼 8 楼

### University of Washington Medical Center

#### 华大医疗中心

Digestive Disease Center

Surgery Pavilion, 3rd Floor

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

电话: **206.598.4377**

消化科疾病中心

外科大楼 3 楼

### Northwest Hospital 西北医院

地址: 1550 N. 115th St., Seattle, WA 98133

电话: **206.368.1770**

内窥镜检查室位于医院主楼的一楼、在星巴克咖啡的对面

### Eastside Specialty Center 东区专科中心

地址: 3100 Northup Way, Bellevue, WA 98004

电话: **425.646.7777**

免费停车

### Seattle Cancer Care Alliance 西雅图癌症中心

地址: 825 Eastlake Ave. E., Seattle, WA 98109-1023

电话: **206.606.1329**

内窥镜检查室位于二楼

## 特别指示

- 如您服用糖尿病药物: 您的药物需要在结肠镜检查的前一天及当天作调整。请与看护您糖尿病的医生讨论这 2 天内应该如何服药。
- 如您有严重的便秘或每天服用止痛药:
  - 到药房买一瓶柠檬酸镁 (Magnesium Citrate)。
  - 检查前 2 天晚上 8 点将整瓶喝完。

## 在线说明

如果您可以用电脑及互联网、您可以上网观看准备结肠镜检查的幻灯片

<https://youtu.be/Eqs2HLQdLEY>

## 什么是结肠镜检查?

结肠镜检查可以让您的医生看到您大肠的内膜。

## 如何做结肠镜检查?

会经由静脉给您注射一些镇静剂 (帮助您放松的药物)。大多数病人会睡着。如您无法入睡、且感觉有些不适就请告诉我们。我们会尽力协助您舒适。

做结肠镜检查、您的医生会把一个软管放置在您的直肠。管子如手指一样粗。您的医生也可能会取活检 (组织样品) 或切除息肉 (肿物)。

结肠镜检查大约需要 30 到 45 分钟。因为需要时间准备及恢复、您在诊所可能会逗留较长的时间。

做完之后、您的医生可能会与您讨论结果。如您的结果不能马上出来、我们会告诉您何时可以收到结果。

## 您有疑问吗?

我们很重视您的提问、如有任何疑问、请在上班时间上午 8 点至下午 5 点之间与您要做检查的诊所联系。下班后及周末假期、请致电海景医疗中心社区服务专线: , 206.744.2500。

# Colonoscopy

## How to prepare with GoLyteLy

Your colonoscopy is scheduled for \_\_\_\_\_, \_\_\_\_\_, at \_\_\_\_\_  
DAY DATE TIME

7 Days Before	5 Days Before	1 Day Before	On Procedure Day
<p>Date:</p> <ul style="list-style-type: none"> <li>• <b>If you take blood-thinning medicines</b> such as Coumadin (warfarin) or Plavix (clopidogrel):                             <ul style="list-style-type: none"> <li>- Call the provider who prescribed these medicines.</li> <li>- Tell the provider you are having a colonoscopy, and the date of your procedure.</li> <li>- Ask for special instructions for your blood-thinning medicines.</li> </ul> </li> <li>• <b>Cancellations:</b> If you need to reschedule or cancel your test, call 206. _____.</li> <li>• <b>Discharge and transportation:</b> <ul style="list-style-type: none"> <li>- An adult family member or friend <b>must</b> pick you up when you are ready to go home. You cannot drive, take a bus or taxi, or use a service such as Hopelink or Paratransit by yourself after your test.</li> <li>- <b>Your test will be cancelled if you do not have an adult family member or friend to take you home.</b></li> <li>- We strongly advise that a responsible adult stay with you for the rest of the day.</li> </ul> </li> </ul>	<p>Date:</p> <ul style="list-style-type: none"> <li>• <b>Stop</b> eating foods that contain nuts or seeds.</li> <li>• <b>Stop</b> taking iron and any multivitamin that contains iron.</li> <li>• <b>Fill</b> your GoLyteLy prescription.</li> <li>• <b>Read</b> this handout carefully.</li> <li>• If you have diabetes:                             <ul style="list-style-type: none"> <li>- Call the provider who manages your diabetes medicines.</li> <li>- Tell the provider that you are having a colonoscopy and the date of your procedure.</li> <li>- Ask for special instructions for your diabetes medicines.</li> </ul> </li> </ul>	<p>Date:</p> <ul style="list-style-type: none"> <li>• In the morning:                             <ul style="list-style-type: none"> <li>- You may eat <b>only</b> items from this list: plain crackers (saltines, Melba toast, no seeds), cooked cereals (farina, cream of wheat, grits), cold cereal (corn flakes, puffed rice), white rice, noodles, or pasta.</li> <li>- Prepare the GoLyteLy solution by adding water to the container. Mix to dissolve. Store in the refrigerator.</li> </ul> </li> <li>• <b>After 12 noon:</b> <ul style="list-style-type: none"> <li>- <b>Do not eat any solid food.</b></li> <li>- For the rest of the day, drink <b>only</b> clear liquids such as juice (apple, grape, or cranberry), broth, black coffee or tea, sports drinks, soda, or gelatin (green or yellow only).</li> </ul> </li> <li>• <b>At 7 p.m.:</b> 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.</li> </ul>	<p>Date:</p> <ul style="list-style-type: none"> <li>• <b>Do not eat any solid food.</b></li> <li>• <b>5 hours before your appointment:</b> Start drinking the rest of the GoLyteLy. Drink 8 ounces every 15 minutes. After finishing the GoLyteLy, drink at least 16 ounces of clear liquids.</li> <li>• 1 hour before or after drinking the GoLyteLy, take your morning medicines with water.</li> <li>• Keep drinking clear liquids until 2 hours before your appointment.</li> <li>• <b>Starting 2 hours before your appointment:</b> Do not take anything by mouth.</li> </ul> <p><b>What to bring to your appointment:</b></p> <ul style="list-style-type: none"> <li>• An adult family member or friend</li> <li>• A list of all medicines you currently take</li> <li>• Photo ID, insurance card, and co-pay, if needed</li> <li>• You will need to remove all jewelry and piercings before your colonoscopy. If you can, leave all valuables at home, or give them to your family member or friend for safekeeping.</li> </ul>

## Locations and Parking

### Harborview Medical Center

GI Endoscopy Suite  
Maleng Building, 8th Floor  
410 Ninth Ave., Seattle, WA 98104  
**206.744.3519**

Parking 24 hours a day, 7 days a week in the Ninth and Jefferson Garage (P2) off James and Terry.

### University of Washington Medical Center

Digestive Health Center  
Surgery Pavilion, 3rd Floor  
1959 N.E. Pacific St., Seattle, WA 98195  
**206.598.4377**

From N.E. Pacific St., follow signs to the Emergency Room. At the stop sign, turn left into the Surgery Pavilion Parking Garage. After parking, take the elevator to the 3rd floor. Turn right into the Digestive Health Center.

### Northwest Hospital

1550 N. 115th St., Seattle, WA 98133  
**206.368.1770**

The Endoscopy Procedure Suite is on the 1st floor of the main hospital, across from Starbucks.

### Eastside Specialty Center

3100 Northup Way, Bellevue, WA 98004  
**425.646.7777**

Free parking on site.

### Seattle Cancer Care Alliance

825 Eastlake Ave. E., Seattle, WA 98109-1023  
**206.606.1329**

The Procedure Suite is on the 2nd floor of the clinic.

## Special Instructions

- **If you take medicines for diabetes:** Your medicines will need to be adjusted for the day before and the day of your colonoscopy. Talk with your diabetes care provider about what to do on these 2 days.
- **If you have severe constipation or are taking pain medicine every day:**
  - Buy a bottle of Magnesium Citrate at a drugstore.
  - 2 days before your procedure, at 8 p.m., drink the full bottle.

## Online Instructions

If you have access to a computer and the internet, you can watch a slideshow on preparing for a colonoscopy at <https://youtu.be/Eqs2HLQdLEY>.

## What is a colonoscopy?

A *colonoscopy* allows your doctor to look at the lining of your large intestine.

## What to Expect

You will receive a *sedative* (medicine to help you relax) through an *intravenous line* (IV) placed in your vein. Most patients fall asleep. If you do not fall asleep and feel some discomfort, please tell us. We will do our best to help you be comfortable.

Your doctor will place a flexible tube into your rectum. The tube is about as wide as a finger. Your doctor may also take *biopsies* (tissue samples) or remove *polyps* (growths).

The colonoscopy takes about 30 to 45 minutes. Your appointment may last longer to allow time to prepare and recover.

Afterward, your doctor may talk with you about the results. If your results are not ready right away, we will tell you when you can expect to receive them.

## Questions?

Your questions are important. Please call if you have questions or concerns. Weekdays between 8 a.m. and 5 p.m., call the clinic where your colonoscopy is scheduled. After hours and on weekends and holidays, call the Community Care Line at Harborview, 206.744.2500.