



## Местонахождения и Стоянка

### Harborview Medical Center

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

Круглосуточная, ежедневная стоянка в гараже Ninth and Jefferson (P2), заезд с James и Terry.

### University of Washington Medical Center

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

На N.E. Pacific St. следуйте знакам к Emergency Room. У знака «стоп» поверните налево для заезда в подземную стоянку Surgery Pavilion Parking. После парковки, поднимитесь на лифте на 3й этаж. Следуйте направо ко входу в Digestive Health Center.

### Northwest Hospital

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

Процедурная комната (Endoscopy Procedure Suite) находится на 1<sup>м</sup> этаже основного корпуса больницы, напротив Starbucks.

### Eastside Specialty Center

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

Бесплатная стоянка на месте расположения.

### Seattle Cancer Care Alliance

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

Процедурная комната на 2<sup>м</sup> этаже клиники.

## Отдельные Указания

- **Если вы принимаете лекарства от диабета:** Дозировка ваших диабетических лекарств должна быть изменена за день до, и в день вашей колоноскопии. Обсудите с вашим врачом, лечащим вас от диабета, что предпринять в эти 2 дня.
- **Если вы страдаете от сильного запора или принимаете болеутоляющие каждый день:**
  - Купите в аптеке бутылочку цитрата магния (Magnesium Citrate).
  - За 2 дня до вашей процедуры, в 16:00, выпейте всю бутылочку.

## Указания онлайн

Если у вас имеется доступ к компьютеру и интернету, вы можете посмотреть слайдовое представление о подготовке к колоноскопии по адресу <https://youtu.be/Eqs2HLQdLEY>.

## Что такое колоноскопия?

*Колоноскопия* позволяет вашему врачу определить состояние выстилающей оболочки вашего толстого кишечника.

## Что ожидать?

Вам предоставят *седативное* (лекарство, помогающее вам расслабиться) через *внутривенную капельницу* (IV), уставленную в вашу вену. Большинство пациентов засыпают. Если вы не заснёте и будете ощущать неудобство, пожалуйста, сообщите нам. Мы предпримем наилучшие усилия, чтобы помочь вам оставаться в комфорте.

Ваш врач внедрит гибкую трубку в ваш прямой проход. Толщина трубки приблизительно такая же, как у пальца. Ваш врач также возможно осуществит *биопсии* (образцы ткани) или удалит *полипы* (новообразования). Вы не почувствуете ни одну из этих процедур.

Колоноскопия занимает приблизительно от 30 до 45 минут. Ваш приём может занять дольше, чтобы позволить вам подготовиться и восстановиться. Впоследствии, ваш доктор обсудит с вами результаты. Если ваши результаты не будут готовы сразу, мы сообщим вам, когда вам следует ожидать их получения.

## Вопросы?

Ваши вопросы значимы. Если у вас имеются вопросы или беспокойство, пожалуйста, звоните нам. По рабочим дням с 8:00 до 17:00, звоните в клинику, где назначена ваша колоноскопия. Вне рабочих часов, и по выходным и праздникам, звоните в Общественную Линию Обслуживания (Community Care Line) Harborview, по телефону 206.744.

# 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 doctor who prescribed these medicines.</li> <li>- Tell the doctor 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>• <b>If you have diabetes:</b> <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>• <b>In the morning:</b> <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.