



## 结肠镜检查

### 如何以磷酸钠 (Osmo Prep)作准备

您结肠镜检查的时间是：\_\_\_\_\_，\_\_\_\_\_，\_\_\_\_\_ AM 上午/ PM 下午

星期

日期

时间

7 天前	5 天前	1 天前	检查当天
<p>日期:</p> <ul style="list-style-type: none"> <li>如您服用稀释血液的药物如（华法林）或波立维（氯吡格雷）                             <ul style="list-style-type: none"> <li>- 致电给您开药的医生。</li> <li>- 告诉医生您要做结肠镜检查及检查的日期。</li> <li>- 请教有关稀释血液药物的特殊指示。</li> </ul> </li> <li>取消: 如您需要改期或取消结肠镜检查、请致电：206._____。</li> <li>出院及交通:                             <ul style="list-style-type: none"> <li>- 您可以回家时必须有一位成年的家人或朋友来接您回家。结肠镜检查后您不可驾车。您不可自己搭记程车、公交车或。如 Hopelink 或辅助接送等服务。</li> <li>- 您来医院报到时如没有一位成年人的家人或朋友带您回家、就会取消您的检查。</li> <li>- 我们强烈建议有一位能负责的成年人在当天余下的时间与您在一起。</li> </ul> </li> </ul>	<p>日期:</p> <ul style="list-style-type: none"> <li>停止吃有果仁或种子的食物。</li> <li>停止服用铁剂或含铁的维生素。</li> <li>到药房取磷酸钠(Osmo Prep)-泻药。</li> <li>细读这准备说明的小册。</li> <li>如您有糖尿病:                             <ul style="list-style-type: none"> <li>- 致电给您调整糖尿药物的医生。</li> <li>- 告诉医生您在何日要做结肠镜检查。</li> <li>- 请他告诉您服用糖尿病药物的特别指示。</li> </ul> </li> </ul>	<p>日期:</p> <p><b>早餐:</b>普通的饼干（苏打饼干、干土司、不带种子）、燕麦片（谷粉 farina、小麦粥 cream of wheat、玉米糝 grits)。即食麦片（玉米片 corn flakes、爆米花、白饭、面条。</p> <ul style="list-style-type: none"> <li>中午 12 点以后: 不要吃任何固体的食物。此后仅可饮透明的液体、如果汁（苹果、葡萄或小红梅汁）清汤、不加奶的咖啡或茶、运动饮料、汽水、或果冻（仅限于绿色或黄色的果冻）。</li> <li>晚上 7 点: 开始服用磷酸钠 (Osmo Prep) 药片。按下列的时间表、每次以 8 盎司透明的液体送服 4 粒药片:                             <ul style="list-style-type: none"> <li>- 晚上 7 点</li> <li>- 晚上 7:15</li> <li>- 晚上 7:30</li> <li>- 晚上 7:45</li> <li>- 晚上 8 点</li> </ul> </li> </ul>	<p>日期:</p> <ul style="list-style-type: none"> <li>不可吃固体的食物。</li> <li>报到前 5 小时: 服用第二份的磷酸钠 (Osmo Prep) 药片。按下列的时间表、以 8 盎司透明的液体送服 4 粒药片:                             <ul style="list-style-type: none"> <li>- _____</li> <li>- _____</li> <li>- _____</li> </ul> </li> <li>服磷酸钠药片 (Osmo Prep) 1 小时前或 1 小时后、可以用水送服您一般在上午服用的药物。</li> <li>继续喝透明的饮料、直到报到前 2 小时。</li> <li>从报到前 2 小时开始: 就不可再吃、喝任何东西。</li> </ul> <p><b>来诊时应该携带什么?</b></p> <ul style="list-style-type: none"> <li>一位成年的家人或朋友。</li> <li>您目前服药的清单。</li> <li>有相片的身份证、健保卡、及需要时健保的共付款。</li> <li>在您做结肠镜检查前、请取下手饰及穿孔的佩戴。如可能、请将贵重物品放在家里、或者请您的家人或朋友保管。</li> </ul>

## 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，您的药物将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：
  - 去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?

会经由静脉注射给您一些镇静剂（帮助您放松的药物）。大多数病人会睡着。如果您无法入睡、且感觉有些不适就请告诉我们。我们会尽力帮助你舒服。

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。如果您的结果不能马上出来、我们就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、请在上班期间上午 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 Osmo Prep

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 Osmo Prep 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>For breakfast:</b> You can eat plain crackers (saltines or Melba toast, no seeds), cooked cereals (farina, cream of wheat, grits), cold cereal (corn flakes, puffed rice), white rice, noodles, or pasta.</li> <li>• <b>After 12 noon:</b> Do not eat any solid food. For the rest of the day, drink clear liquids such as juice (apple, cranberry, or grape), broth, black coffee or tea, sports drinks, soda, or gelatin (green or yellow only).  <b>At 7 p.m.:</b> Start taking the Osmo Prep tablets. Take 4 tablets with 8 ounces of clear liquids at:                             <ul style="list-style-type: none"> <li>- 7 p.m.</li> <li>- 7:15 p.m.</li> <li>- 7:30 p.m.</li> <li>- 7:45 p.m.</li> <li>- 8 p.m.</li> </ul> </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> Take your 2nd dose of Osmo Prep tablets. Take 4 tablets with 8 ounces of clear liquids at:                             <ul style="list-style-type: none"> <li>- _____</li> <li>- _____</li> <li>- _____</li> </ul> </li> <li>• 1 hour before or after taking the Osmo Prep, 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> <li>• <b>What to bring to your appointment:</b> <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 valuables at home, or give them to your family member or friend for safekeeping.</li> </ul> </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 4 p.m., drink the full bottle.

## 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). You will not feel any of these procedures.

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

Afterward, your doctor will 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.