



## የህክምና ቦታ እና የመኪና ማቆሚያ

### ሃርበርቪው ህክምና ማእከል

የኢንዱስትሪ ክፍል  
Maleng Building, 8th Floor  
410 Ninth Ave., Seattle, WA 98104  
206.744.3519

የመኪና ማቆሚያ 7 ቀን በሳምንት እና 24 ሰዓት በቀን በ 9ኛውና ጀፈርሰን ጋራጅ(P2) ከጄምስ እና ቴሪ ተቃራኒ/ትይዩ

### የዋሽንግተን ዩኒቨርስቲ ህክምና ማዕከል

የምግብ አፈጫጫት ጤና ማዕከል  
Surgery Pavilion, 3rd Floor  
1959 N.E. Pacific St., Seattle, WA 98195  
206.598.4377

ከ N.E. Pacific St., ወደ ድንገተኛ ህክምና ክፍል የሚወስደውን አማላካች ይከተሉ። ከላይኛው ጠቋሚ, ወደ Surgery Pavilion Parking Garage በኩል ወደ ግራ ይታጠፉ። መኪናዎን ካቆሙ በኋላ ወደ 3 ኛው ፎቅ ለመሄድ ሊፍቱን/አሳንሳሩን ይጠቀሙ። ከዛ ወደ ምግብ አፈጫጫት ጤና ማዕከል ለመሄድ ወደ ቀኝ ይታጠፉ።

### ኖርዝ ዌስት ሆስፒታል

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

የኢንዱስትሪ ምርመራ ክፍል የሚገኘው ከዋናው ሆስፒታል በመጀመሪያው ፎቅ ላይ፣ ስታር ባክስን ተሻግሮ ነው።

### ኢስትሳይድ ስፔሻሊስቶች ማዕከል

3100 Northup Way, Bellevue, WA 98004  
425.646.7777

Free parking on site.

### ሲያትል ካንሰር ኬር አሊያንስ

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

ምርመራ ክፍሉ የሚገኘው በክሊንኩ 2ኛ ፎቅ ላይ ነው።

## ልዩ መመሪያዎች

- **የስኳር ህመም መድኃኒት የሚወስዱ ከሆነ** : የአንጀት ምርመራ /ኮሎኖስኮፒ በሚደረግበት ቀን እና ከዛ ግዜ ቀደም ብሎ ላለው ቀን መድኃኒትዎ መስተካከል ይኖርበታል። በነኝህ 2 ቀናት ውስጥ ምን ማድረግ እንዳለበዎት የስኳር ህመም ህክምና አቅራቢዎች ጋር ይወያዩ።
- **የሆድ ድርቀት ካለበዎት አለያም የህመም ማስታገሻ በየቀኑ የሚወስዱ ከሆነ**
  - 1 ጠርሙስ ማግኘቻዎ ሲትሬት ከመድኃኒት መደብር ይግዙ።
  - ለምርመራው 2 ሙሉ ቀናት ሲቀሩት ማታ 4 p.m ላይ ሙሉ ጠርሙሱን ይጠጡት።

## ኮሎኖስኮፒ ምንድነው?

ኮሎኖስኮፒ ዶክተርዎ የትልቁ አንጀት ውስጣዊ ንጣፍን እንዲያይ የሚያስችል ምርመራ ነው።

## ምን ሊከሰት እንደሚችል መጠበቅ ያለበዎት

በክርንዎ ደም ስር(ቪይን) ላይ በተተከለው የምግብ መርፌ አማካኝነት ሰመመን ውስጥ የሚከት መድኃኒት ይሰጠዎታል። አብዛኛዎቹ ታካሚዎች በዚህ ወቅት ይተኛሉ። እርስዎ ካልተኙ እና የምችት ስሜት ካልተሰማዎት እባክዎን ይደውሉ። ምችት እንዲሰማዎት የተቻለንን እናደርጋለን።

ዶክተርዎ ተጣጣፊ የሆነ ቴቦ በፊንጢጣዎ ውስጥ ይከታል። የቴቦው መጠን የእጅ ጣትን ያክላል። ዶክተርዎ የህብረ-ህዋስ ናሙና ሊወስድ ይችላል፤ አለያም እብጠቶችን ቆርጦ ሊያስወግድ ይችላል።

የአንጀት ምርመራው /ኮሎኖስኮፒ ከ 30-45 ደቂቃ ይፈጃል። ነገር ግን ለዝግጅት እና ከህክምና በኋላ ለማገገም ሲባል ቀጠሮዎ ረጅም ግዜ ሊወስድ ይችላል።

ከዛ በኋላ የእርስዎ ዶ/ር ስለ ውጤቱ ሊነግርዎት ይችላል። ውጤቱ ወዲያውኑ ካልደረሰ መቸ ሊጠናቀቅ እና ሊደርስዎት እንደሚችል እናሳውቀዎታለን።

### ጥያቄዎች?

ጥያቄዎቻችሁ በጣም ጠቃሚዎች ናቸው። እባክዎን ጥያቄ ወይም ሀሳብ ካለዎት ይደውሉ። በስራ ቀናት ከ 8 a.m እስከ 5 p.m ፤ የኮሎኖስኮፒ ምርመራ ቀጠሮ ወይም ደብዳቤዎን ክሊኒክ ይደውሉ። ከስራ ቀናት/ሰዓት ውጭ፣ ቅዳሜና እሁድ ወይም በበዓላት ቀናት ሃርበርቪው የሚገኘውን የማህበረሰብ ክብካቤን በ 206.744.2500 ይደውሉ።

# Colonoscopy

## How to prepare with Suprep

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

7 Days Before	5 Days Before	1 Day Before	On Procedure Day
Date: _____	Date: _____	Date: _____	Date: _____
<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 an 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>	<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 Suprep 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>	<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, grape, or cranberry), broth, black coffee or tea, sports drinks, soda, or gelatin (green or yellow only).</li> <li>• <b>At 7 p.m.:</b> Pour 1 bottle (6 ounces) of Suprep into the container. Add cool drinking water up to the 16-ounce line and mix. Drink <b>all</b> of the liquid in the container. You must also drink <b>32 ounces of water</b> (2 containers) of water over the next hour.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do not eat any solid food.</b></li> <li>• <b>5 hours before your appointment:</b> Pour 1 bottle (6 ounces) of Suprep into the container. Add cool drinking water up to the 16-ounce line and mix. Drink <b>all</b> of the liquid in the container. You must also drink <b>32 ounces of water</b> (2 containers) of water over the next hour.</li> <li>• 1 hour before or after drinking the Suprep, 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 EUS. 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 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.