

장소 및 주차장

하버뷰 메디칼 센터

위장관 내시경실

멜링 빌딩 8 층

410 Ninth Ave., Seattle, WA 98104

206.744.3519

일주일 7 일, 24 시간 주차장: James 와 Terry 에서 살짝 벗어나 있는 Ninth and Jefferson 차고 (P2).

워싱턴 대학 메디칼 센터

소화건강센터

수술별관 3 층

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

206.598.4377

N.E. Pacific St.에서, **응급실** 표지를 따라 들어가십시오. 정지 표시에서 좌회전하여 수술별관 건물 주차장 안으로 들어가십시오. 주차장에 주차한 다음 엘리베이터를 타고 3 층으로 가십시오. 우회전해서 소화건강센터로 들어가십시오.

노스웨스트 병원

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

206.368.1770

내시경 시술실은 병원 1 층, 스타박스 커피숍 건너편에 위치해 있습니다.

벨뷰 전문 센터

3100 Northup Way, Bellevue, WA 98004

425.646.7777

무료 주차 제공.

시애틀 암치료 연맹

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

206.606.1329

시술실은 클리닉 2 층에 있습니다.

특별 지시사항

- **만일 당뇨약을 복용하실 경우:** 귀하의 대장내시경 검사를 하기 전날과 당일의 당뇨약을 조절할 필요가 있을 것입니다. 이 이들에 관하여 당뇨 담당 전문의에게 어떻게 해야 할지를 물어보십시오.
- **심각한 변비가 있거나 또는 진통제를 매일 복용하실 경우:**
 - 약국에서 1 병의 마그네슘 시트레이트를 구입하십시오.
 - 시술받기 이틀 전 오후 8 시에 한 병을 다 마시십시오.

대장내시경 검사는 무엇입니까?

대장내시경 검사는 귀하의 대장 내벽을 담당의가 살펴볼 수 있게 합니다.

예상할 수 있는 것들

귀하의 정맥에 삽입된 정맥도관(IV)을 통해서 *진정제*(안정을 돕기위한 약)를 투여받게 될 것입니다. 대부분의 환자들은 잠이 듭니다. 만일 잠이 들지 않거나 약간의 불편을 느끼시면 우리에게 말해주시십시오. 우리는 최선을 다하여 귀하의 편안함을 도울 것입니다.

대장내시경 검사를 하기 위해서 담당의가 유연한 튜브를 항문 속으로 넣을 것입니다. 튜브의 굵기는 손가락 하나 정도입니다. 담당의는 또한 *폴립*(용종)을 제거하거나 *조직검사*(조직의 샘플)를 할 수도 있습니다.

대장내시경 검사는 약 30 분에서 45 분정도 걸립니다. 귀하의 예약은 준비와 회복하는 시간을 더해서 더 오래 걸릴 수도 있습니다.

끝난 후에 담당의가 결과에 관하여 귀하와 상담할 수도 있습니다. 만일 즉시 결과가 준비되지 않을 경우 언제 결과를 받을 것인지 우리가 말해드릴 것입니다.

문의사항?

귀하의 질문은 매우 중요합니다. 질문이나 우려되는 점이 있으시면 전화하십시오. 주중에는 오전 8 시부터 오후 5 시 사이에 귀하의 대장경검사 예약이 되있는 클리닉에 전화하십시오. 업무시간 이후와 주말 그리고 공휴일에는 하버뷰의 커뮤니티 케어 전화선 206.744.2500 으로 전화하십시오.

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"> • If you take blood-thinning medicines such as Coumadin (warfarin) or Plavix (clopidogrel): <ul style="list-style-type: none"> - Call the doctor who prescribed these medicines. - Tell the doctor you are having an colonoscopy, and the date of your procedure. - Ask for special instructions for your blood-thinning medicines. • Cancellations: If you need to reschedule or cancel your test, call 206. _____. • Discharge and transportation: <ul style="list-style-type: none"> - An adult family member or friend must 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. - Your test will be cancelled if you do not have an adult family member or friend to take you home. - We strongly advise that a responsible adult stay with you for the rest of the day. 	<ul style="list-style-type: none"> • Stop eating foods that contain nuts or seeds. • Stop taking iron and any multivitamin that contains iron. • Fill your Suprep prescription. • Read this handout carefully. • If you have diabetes: <ul style="list-style-type: none"> - Call the provider who manages your diabetes medicines. - Tell the provider that you are having a colonoscopy and the date of your procedure. - Ask for special instructions for your diabetes medicines. 	<ul style="list-style-type: none"> • For breakfast: 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. • After 12 noon: 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). • At 7 p.m.: Pour 1 bottle (6 ounces) of Suprep into the container. Add cool drinking water up to the 16-ounce line and mix. Drink all of the liquid in the container. You must also drink 32 ounces of water (2 containers) of water over the next hour. 	<ul style="list-style-type: none"> • Do not eat any solid food. • 5 hours before your appointment: Pour 1 bottle (6 ounces) of Suprep into the container. Add cool drinking water up to the 16-ounce line and mix. Drink all of the liquid in the container. You must also drink 32 ounces of water (2 containers) of water over the next hour. • 1 hour before or after drinking the Suprep, take your morning medicines with water. • Keep drinking clear liquids until 2 hours before your appointment. • Starting 2 hours before your appointment: Do not take anything by mouth. <p>What to bring to your appointment:</p> <ul style="list-style-type: none"> • An adult family member or friend • A list of all medicines you currently take • Photo ID, insurance card, and co-pay, if needed • 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.

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.