

Colonoscopy

with Fleets Phosphosoda Bowel Prep

Colonoscopy is a test that looks for diseases of the large intestine. A tube is guided into your rectum and then into your large intestine, also called the colon. Your doctor is able to see the inside of your colon. Your doctor may also:

- Collect cells
- Remove a small tissue sample called a biopsy
- Remove growths called polyps

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or leave alone.

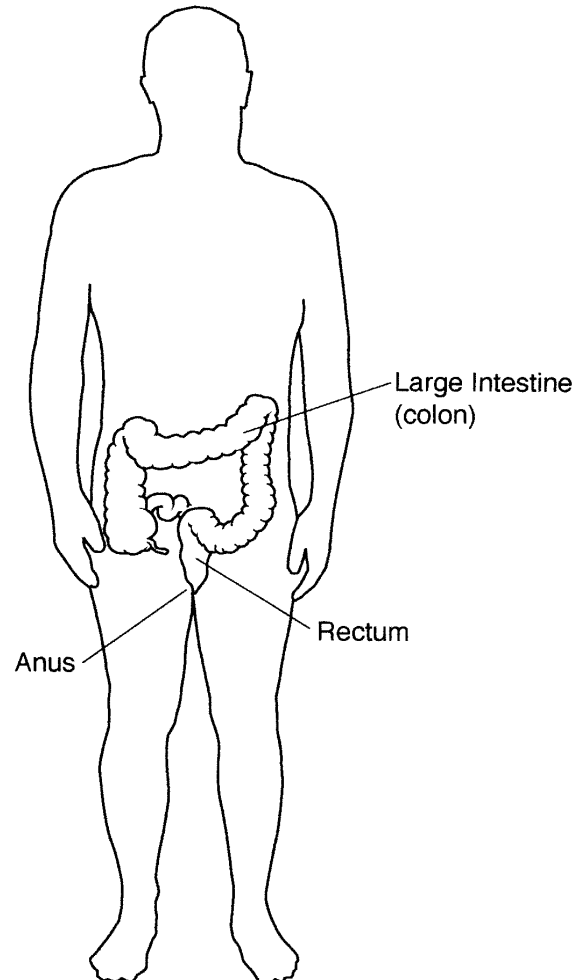
Arrive on time for your test. Plan to be here 2-3 hours. The test takes about 30 minutes.

To Prepare

- You will need to buy the checked items from a pharmacy:
 - Fleets Phosphosoda, 3-ounce bottle
 - Fleets enema

There may be store brands of these products that cost less. Ask the pharmacist to help you.

- Do not use aspirin products or iron tablets for one week before the test.
- Tell your doctor if you are diabetic or take blood thinners.
- Ask your doctor if you should take your medicines the morning of the test. If so, take with sips of water only.
- Before the test, tell the staff:



結腸鏡檢查

用 Fleets 牌磷苏打水準備劑

結腸鏡檢查是為了尋找大腸疾病。

一根管子將導入您的直腸內，然後再導入您的大腸內，大腸也稱為結腸。

您的醫生能看見您的結腸內部。

您的醫生也可能：

- 採集細胞
- 除去一個小小的組織樣品用於活檢
- 除去稱為息肉的生長物

需要一位成年家庭成員或朋友陪同您前來，在檢查之後陪您回家。您獨自駕車來或離開不安全。

做檢查請准時到達。請預計在此呆 2-3 個小時。檢查約需時 30 分鐘。

準備工作

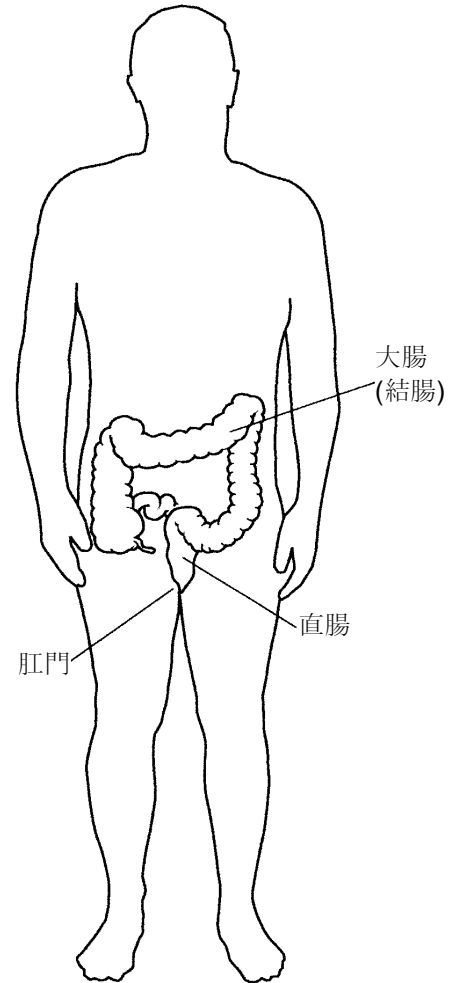
- 您將需要從藥店購買打勾的檢查用品：

Fleets 牌磷苏打水，3 盎司瓶裝

Fleets 牌灌腸劑

這些產品可能有一些藥店的品牌會比較便宜一些。請向藥劑師詢問。

- 檢查前的一個星期請勿使用阿司匹林藥物或鐵劑藥片。
- 請告知您的醫生您否患糖尿病或用薄血劑。
- 詢問您的醫生在檢查日的早晨您是否應服藥。如需服藥，請只小口飲水服藥。
- 在檢查前，請告訴醫療人員：



- About any medicines you are taking. Include all prescription and over-the-counter medicines, vitamins and herbs you use.
- If you have any allergies.
- About your health history and any surgeries you have had.
- If you may be pregnant.

The Day Before Your Test

- **Do not** eat solid food or drink milk products.
- **Do not** drink any red or purple liquids. Drink clear liquids only, such as:
 - Water
 - Clear broth or bouillon
 - Clear fruit juices without pulp such as apple, white grape, and lemonade
 - Clear drinks such as lemon-lime soda, Kool-aid or sport drinks.
 - Coffee or tea without milk or nondairy creamer
 - Jello or popsicles
- At 2 PM, begin the bowel clean out by drinking the phosphosoda.
 - Add half the bottle of the phosphosoda to a 4 ounce or 120 milliliter glass of water or apple juice.
 - Drink 8 ounces or 240 milliliters of water after this.
 - Continue to drink liquids through the day.
- You may need to get to the toilet right away. You will have a loose watery bowel movement in about 1 hour. You will have bowel movements through the day. They will become watery. Your bowels are clean when there is only pale yellow fluid without stool.
- At 4 PM, repeat the dose of phosphosoda. Mix the other half of the phosphosoda with 4 ounces or 120 milliliters of water and drink it.
- At 10 PM, **if ordered by your doctor**, use the Fleets enema. To use the enema:
 1. Shake the bottle.
 2. Remove the orange plastic cover on the tip of the bottle.
 3. Lie on your left side with your right knee bent and your arms relaxed.

- 您正在服用的任何藥物。包括您服用的所有處方藥和櫃檯即買藥、維生素類和草藥。
- 您是否有任何過敏。
- 您的健康史以及曾做過的任何手術。
- 您是否可能已懷孕。

檢查前一天

- 不要吃固態食物或飲乳製品。
- 不要飲任何紅色或紫色液體。請只飲清狀液體，例如：
 - 水
 - 清肉湯或牛肉湯
 - 無果肉的清果汁，如蘋果汁、白葡萄汁和檸檬汁
 - 清狀飲料，如檸檬-酸橙蘇打水、Kool-aid 或運動飲料。
 - 不加牛奶或不加非乳製奶精的咖啡或茶
 - 果膠或冰棍
- 在下午 2 點，喝磷蘇打水開始清腸。
 - 將半瓶磷蘇打水加入 4 盎司或 120 毫升玻璃杯的水或蘋果汁中。
 - 在此之後喝 8 盎司或 240 毫升水。
 - 一整天持續喝流體。
- 您可能立刻需用廁所。大約 1 小時後您將會拉一次稀大便。您一整天都會拉大便。大便會變得很稀。當只有淡黃色液體而沒有大便時您的腸子就很乾淨了。
- 在下午 4 點，重複磷蘇打水的劑量。將剩下的一半磷蘇打水和 4 個盎司或 120 毫升水混合，喝掉它。
- 在晚間 10 點，**如有醫囑**，請使用 Fleets 牌灌腸劑。用灌腸劑時，
 1. 搖動瓶子。
 2. 除去瓶子頂端上的橙色塑膠封口。
 3. 靠左側臥，右膝屈起，雙臂放鬆。

Colonoscopy-Fleets. Traditional Chinese.

4. Gently put the bottle tip into your rectum. Push as if you are having a bowel movement. This will relax the muscles so the tip goes in easier.
 5. Stop pushing and take slow, deep breaths.
 6. Squeeze the bottle until most of the liquid is in your rectum.
 7. Remove the tip from your rectum. Lie on your left side and squeeze your buttocks to hold the liquid in your rectum.
 8. You will have a strong urge to have a bowel movement in about 5 minutes. Hold the liquid in as long as you can.
 9. Use the toilet.
 10. Wash your hands with soap and water.
- After 12 midnight, **do not** eat or drink anything, including water, and **do not** smoke.

On the Day of the Test

- **Do not** take your morning medicines unless told to do so by your doctor.

During the Test

- You will wear a hospital gown.
- An IV (intravenous) is put in a vein in your arm. Medicine to make you relaxed and sleepy is put into the IV.
- You will lie on your left side. You may be asked to pull your knees up towards your chest.
- The tube is slowly put into your rectum and through your colon. You may feel an urge to move your bowels.
- Breathe deeply and slowly through your mouth to help you relax.
- When the tube is in place, air may be put into the colon through the tube.
- You should feel little pain during the test.
- The colon is checked and then the tube is removed.

4. 輕輕地把瓶端放入您的直腸。請用勁，好似您正在大便一樣。這將使肌肉放鬆，易於頂端進入。
 5. 停止推進，慢慢地深呼吸。
 6. 擠壓瓶子，直到大部份液體進入您的直腸為止。
 7. 將瓶端從您的直腸移除。靠左側臥，擠壓臀部以保持直腸中的液體。
 8. 大約 5 分鐘之後，您將有強烈的要大便的衝動。
儘可能長時間地留住液體。
 9. 去大便。
 10. 用肥皂和水洗手。
- 午夜 12 時之後，請勿吃喝任何東西，包括水，也不要吸煙。

檢查當天

- 早晨不要服藥，有醫囑則除外。

檢查期間

- 您將穿醫院的袍子。
- 將在您的上臂作靜脈注射 (IV)。通過靜脈注入使您放鬆的藥物和催眠藥。
- 您將靠左側臥。可能會要求您將雙膝向胸部屈起。
- 導管慢慢進入您的直腸和大腸內。您可能感到要大便的衝動。
- 慢慢地用嘴深呼吸，幫助自己放鬆。
- 當導管進入適當部位時，空氣可能會通過導管進入結腸。
- 檢查中您會感到有一點痛。
- 檢查結腸，然後除去導管。

Colonoscopy-Fleets. Traditional Chinese.

After the Test

- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- You stay in the test area until most of the effects of the medicine wears off.
- You may have gas after the test because of the air put in your colon.
- You can return to your normal diet after the test. If a polyp is removed, your doctor may limit your diet for short time.
- You may have a small amount of blood from the rectum. This is normal.
- Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any questions or concerns.

檢查之後

- 檢驗時所用的藥物會使您睏乏。為了您的安全，您將需要一位成年家庭成員或朋友帶您回家。
- 您留在檢查區直到大部份藥效消退。
- 由於檢查時空氣進入結腸，您可能會放屁。
- 檢驗之後您能恢復正常飲食。如果除掉一個息肉，您的醫生可能短期內要限制您的飲食。
- 可能會從直腸流出少量血，這是正常的。
- 檢查結果會送給您的醫生。您的醫生將告知您結果。

如果您有任何疑問或關注事項，請告知您的醫生或護士。

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