

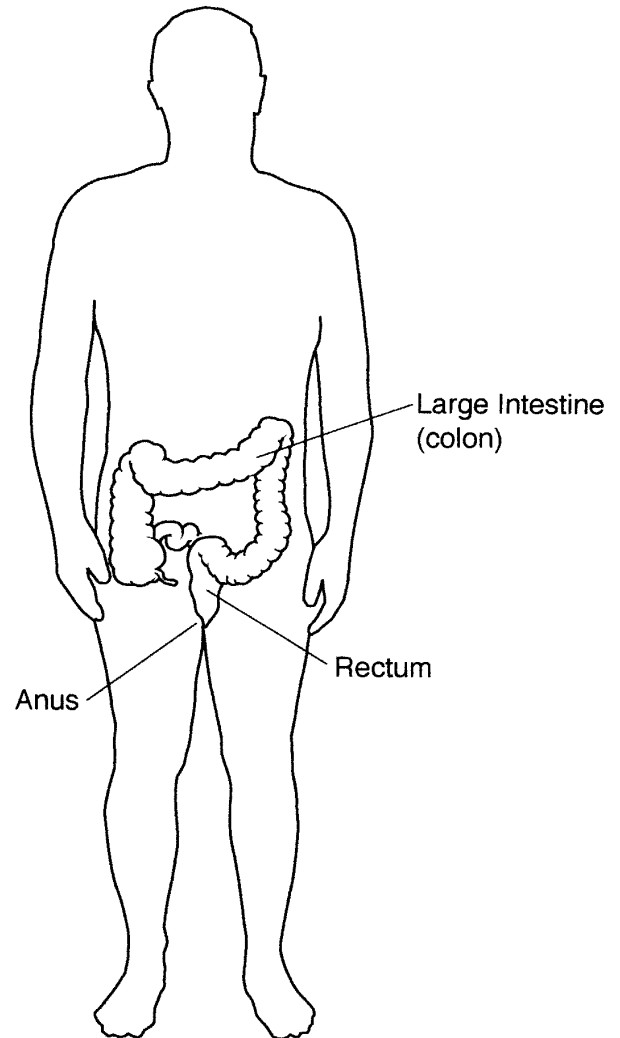
# Sigmoidoscopy

Sigmoidoscopy is a test of the rectum and lower part of the large intestine called the sigmoid colon. Your doctor will use a tube to look at the inside of your rectum and colon. You will need to empty your colon before the test.

**Arrive on time for your test.** Plan on being here for about 1 hour. The test takes about 15 minutes.

## To Prepare

- Ask your doctor if you should take your medicine the morning of the test.
- Before the test, tell the staff:
  - 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.
- Buy two Fleets enemas at your local pharmacy.



## Three hours before your test

- **Do not** eat solid foods or drink milk products. Drink clear liquids until after the test.
- Clear liquids to drink:

# 乙状结肠镜检查

乙状结肠镜检查是对直肠和称为乙状结肠的大肠部分的一个测试。您的医生将用导管查看您的直肠和结肠内部。您需要在检查之前排空结肠。

## 做检查请准时到达。

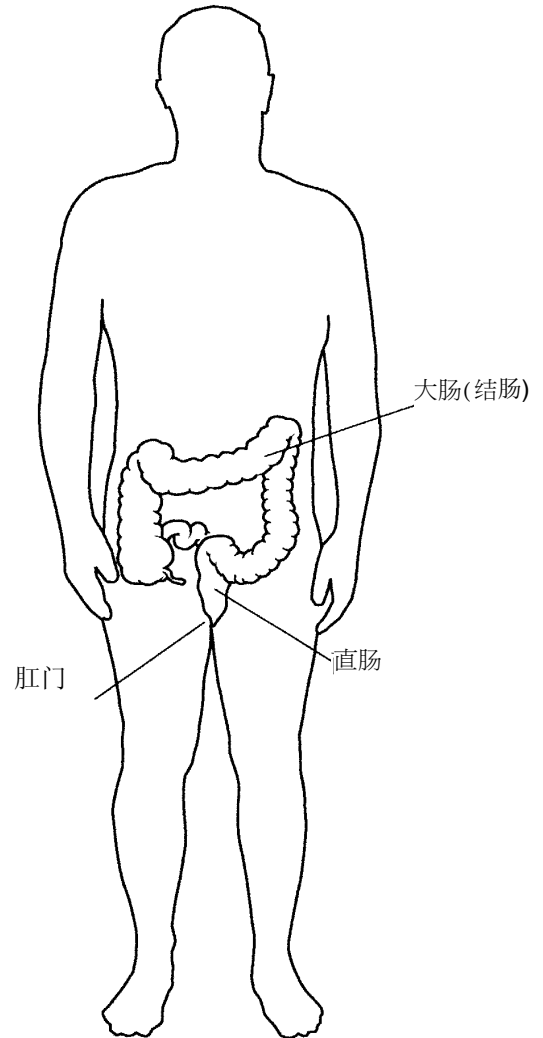
您预计要在此呆大约 1 小时。  
检查约需 15 分钟。

## 准备工作

- 询问您的医生在检查日的早晨您是否应服药。
- 在检查之前，请告知医疗人员：
  - 您正在服用的任何药物。  
包括您服用的所有处方药和非处方药、维生素类和草药类。
  - 您是否有任何过敏反应。
  - 您的健康史和曾做过的任何手术。
  - 您是否可能已怀孕。
- 在您当地的药店买两支 Fleets 牌灌肠剂。

## 在您检查之前三个小时

- **不要吃**固态食物或饮乳制品。请饮清状液体，直至检查之后。
- 可饮的清状液体：



- 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
- **Start the first 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.
  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.
- **Do the second enema 1 hour later.**

### **During the Test**

- You will wear a hospital gown and 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 into your colon. You may feel an urge to move your bowels.

—水

—清肉汤或牛肉汤

—无果肉的清果汁，如苹果汁、白葡萄汁和柠檬汁

—清状饮料，如柠檬-酸橙苏打水、Kool-aid 或运动饮料。

—不加牛奶或不加非乳制奶精的咖啡或茶

—果胶或冰棍

• **开始用第一支灌肠剂。**

1. 摇动瓶子。
2. 除去瓶子顶端上的橙色塑料封口。
3. 靠左侧卧，右膝屈起，双臂放松。
4. 轻轻地把瓶端放入您的直肠。请用劲，好似您正在大便一样。  
这将使肌肉放松，易于顶端进入。
5. 停止推进，慢慢地深呼吸。
6. 挤压瓶子，直到大部份液体进入您的直肠为止。
7. 将瓶端从您的直肠移除。靠左侧卧，挤压臀部以保持直肠中的液体。
8. 大约 5 分钟之后，您将有强烈的要大便的冲动。尽可能长时间地留住液体。
9. 去大便。
10. 用肥皂和水洗手。

• **1 小时之后做第二次灌肠。**

**测试期间**

- 您将穿医院的袍子，靠左侧卧。
- 可能会要求您将双膝向胸部屈起。
- 导管慢慢进入您的直肠和大肠内。您可能感到要大便的冲动。

- 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.
- The colon is checked and then the tube is removed.

### **After the Test**

- You can return to your normal diet and activities.
- It is normal to see a few spots of blood on toilet paper.
- You may pass some gas from the air put in your colon during the test.
- Call your doctor if the bloating continues longer than 1-2 days.
- 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.**

- 慢慢地用嘴深呼吸以帮助自己放松。
- 当导管进入适当部位时，空气可能会通过导管进入结肠。
- 检查结肠，然后除去导管。

## 检查之后

- 您能恢复正常饮食和活动。
- 手纸上有一些血点是正常的。
- 由于检查时空气进入结肠，您可能会放屁。
- 如果腹胀持续超过 1-2 天，请给您的医生打电话。
- 检查结果会送给您的医生。您的医生将告知您结果。

**如果您有任何疑问或关注事宜，请告知您的医生或护士。**

Sigmoidoscopy. Simplified Chinese.

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