

结肠镜检查 and EGD

Colonoscopy and EGD



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

Please review all the instructions about your test and prep as soon as you get them, so you can prepare. You will need to adjust your diet 5 days before the test. You may need to change some of your medicines.

If you need to **cancel or change your test appointment, call 614-293-8784.**

If you have any **questions about your test or prep instructions, call 614-293-6255** and ask to talk with a nurse.

You need to have an adult come with you to your test

You will be given medicine to help you relax during the test that will affect your judgement and reflexes much of the day. For your safety, **you will need a responsible adult to drive you home after the test. Your driver needs to check in for the test with you. If your driver doesn't check in with you, we will need to speak to your driver before we can start your test. Your test will be delayed or cancelled if we cannot speak to your driver.**

- If your driver leaves the facility during the test, **he or she needs to give the staff a phone number where he or she can be reached. Your driver needs to be within 30 minutes** of the endoscopy unit.
- If you take a cab, bus, or medical transportation service home after the procedure, **an adult, other than the driver needs to ride with you** for your safety.

请您尽快查看有关检查和准备的所有说明，以便做好准备。检查前5天，您需要调整饮食。您可能需要改变部分用药。

如果您需要**取消或更改检查预约**，请致电**614-293-8784**。

如果您对**检查或准备说明**有任何疑问，请致电**614-293-6255**，并要求与护士对话。

应当有成人陪同您接受检查

我们将向您提供药物以帮助您在检查期间放松，这会对判断力和反应能力产生影响，持续大半天。为了您的安全，**完成检查后应当由一名负责任的成人开车载您回家。驾驶员需要与您一同办理检查登记手续。如果驾驶员未与您一同办理登记，我们需要在开始检查前与驾驶员对话。如果我们无法与驾驶员对话，您的检查将被推迟或取消。**

- 如果驾驶员在检查期间离开检查设施，**他/她需要向工作人员提供电话号码，以便能随时与他/她联系。驾驶员的所处位置需要在距内窥镜科室30分钟的路程内。**
- 如果您在检查结束后乘坐出租车、公交车或医疗交通服务车辆回家，**除驾驶员以外应当有成人陪同**，以确保您的安全。

- You should have **an adult with you to help you after the test at home for at least 6 hours.**

You may need to make changes to your medicines

If you take aspirin or NSAIDs, such as ibuprofen, naproxen, or Celebrex for pain, you **do NOT need to stop** taking these medicines before this test.

If you take medicines for diabetes, ask the doctor who ordered your diabetes medicine how to adjust your medicines for this test.

If you take any of the blood thinner medicines listed below:

- Ask the doctor who ordered this medicine if it is safe for you to stop taking this medicine before the test. **If you have a stent or certain other health problems, do NOT stop taking these medicines.**
- **If your doctor has advised you to NOT stop taking these medicines before the test, please call 614-293-6255 and ask to talk to a nurse.**
- If your doctor agrees you should stop taking any of the medicines listed below, stop for the listed number of days before your test or as your doctor recommends:
 - Brilinta (Ticagretor) – 5 days
 - Coumadin (Warfarin) – 5 days
 - Effient (Prasugrel) – 7 days
 - Eliquis (Apixaban) – 2 days
 - Lovenox (Enoxaparin) – 1 day
 - Plavix (Clopidogrel) – 5 days
 - Pletal (Cilostazol) – 5 days
 - Pradaxa (Dabigatran) – 2 days
 - Savaysa (Edoxaban) – 2 days
 - Xarelto (Rivaroxaban) – 1 day

- 检查后返家的至少**6**小时内您应当由一名成人陪同，为您提供帮助。

您可能需要改变用药

如果您在服用阿司匹林或非甾体抗炎药（如用于缓解疼痛的布洛芬、萘普生或Celebrex），在此检查前**无需**停用此类药物。

如果您在服用糖尿病药物，请向糖尿病药物的开药医生咨询如何针对此检查调整药物。

如果您在服用以下所列的任何血液稀释剂：

- 向开药医生咨询，在此检查前停用此类药物是否安全。**如果您装有支架或存在其他某些健康问题，请勿停用此类药物。**
- 如果医生建议您在检查前不要停用此类药物，请致电**614-293-6255**，并要求与护士对话。
- 如果医生同意您停用以下所列的任何药物，请遵循所列的检查前停药天数或医生建议停药天数：
 - Brilinta（替卡格雷） - 5天
 - Coumadin（华法林） - 5天
 - Effient（普拉格雷） - 7天
 - Eliquis（阿哌沙班） - 2天
 - Lovenox（依诺肝素） - 1天
 - Plavix（氯吡格雷） - 5天
 - Pletal（西洛他唑） - 5天
 - Pradaxa（达比加群酯） - 2天
 - Savaysa（依度沙班） - 2天
 - Xarelto（利伐沙班） - 1天

You are scheduled for 2 tests

The first test is a **colonoscopy** to check your large intestine, also called the colon, for abnormal growths or other problems. The test is done with a narrow, flexible tube that has a light and camera. The tube is put in through your rectum and into your colon. You will need to do a bowel prep to clean out your colon a day or two before the test. Follow the instructions for your bowel prep as provided.

The second test is called an **EGD** or an **upper endoscopy**. It is done with another narrow, flexible tube that goes in through your mouth into the upper digestive tract. It allows your doctor to look into your esophagus, stomach, and part of the small intestine called the duodenum.

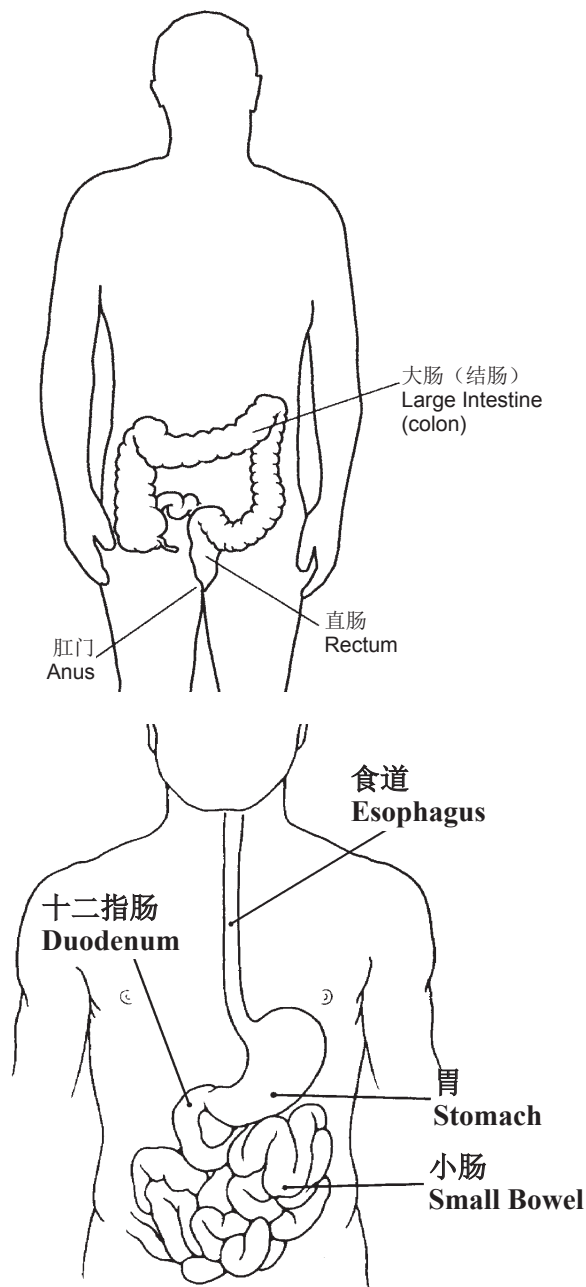
These tests help your doctor diagnose illnesses and make plans for treatment if needed.

按照计划，您将进行2项检查

第一项是**结肠镜检查**，此检查将检测您的大肠（也称为结肠）是否存在异常增生或其他问题。此检查采用一根纤细的软管完成，软管顶端带有照明灯和摄像头。软管将通过您的直肠，然后进入结肠。您需要在检查前一至两天进行肠道准备，排空您的结肠。请遵照相关说明进行肠道准备。

第二项检查称为**EGD**或**上消化道内窥镜检查**。此检查使用另一根纤细的软管完成，软管穿过您的口腔，进入上消化道。医生借此可查看您的食道、胃以及名为十二指肠的部分小肠。

这些检查有助于医生诊断疾病，并在必要时制定治疗方案。



Morning of your test

1. **You can drink clear liquids up to 4 hours before your test.** You can take a small sip of water to take blood pressure, heart, seizure, or pain medicine **within 2 hours of your test.** Your test will be delayed or cancelled if you drink anything other than a sip of water with medicines.

检查当天早晨

1. **您最多可在接受检查的4小时前饮用透明液体。**在**检查前2小时内**，您可小口喝水服用针对高血压、心脏、癫痫或疼痛的药物。服药时，如果您除小口喝水以外喝下其他任何饮料，您的检查将被推迟或取消。

2. Please leave all valuables and jewelry including piercings at home.
 3. Female patients should come prepared to give a urine sample in case a pregnancy test is needed.
 4. Bring these with you to your test:
 - A list of all medicines, including prescription and over the counter medicines and any vitamin or herbal products you are taking
 - A list of your allergies
 - List of medical conditions and previous surgeries
 - A copy of advanced directive, such as a living will or health care power of attorney
 - Your photo identification, insurance card, and co-payment if needed
2. 请将所有贵重物品和珠宝留在家中，包括穿刺饰品。
 3. 女性患者应当准备好提供尿液样本，以备妊娠检验。
 4. 前来接受检查时随身携带以下物品：
 - 一份您正在使用的所有药物的清单，包括处方药和非处方药以及任何维生素或草药
 - 一份您的过敏症清单
 - 一份病情和既往手术的清单
 - 一份事前声明，如生前遗嘱或医疗授权委托书
 - 您的带照片的身份证明文件、保险卡和共付额证明（如需要）

Plan to arrive at the arrival time on your letter, so the staff can get you ready. Expect to be here 2 to 4 hours for your test and recovery time.

计划好根据您的排号按时抵达，以便工作人员能帮您做好准备。预计将在此逗留2至4小时，以完成检查并恢复。

Having the test

- After you have registered, you will change into a hospital gown.
- A nurse will review your medicine list and medical history.
- An intravenous (IV) line will be placed to give you medicine. Let the nurse know if you have had problems having an IV placed in the past.
- When the nurse has you ready, you will be taken to a private room, where your test will be done.
- You will be given a consent form to read over. The doctor will talk to you and go over the consent form. Ask any questions you have about the test before you sign the form.

接受检查

- 完成登记后，您将换上病号服。
- 护士将检查您的药物清单和病史。
- 将置入静脉输液（IV）管，对您给药。如果您在以往置入静脉输液管时曾出现问题，请告诉护士。
- 当护士帮您做好准备后，您将被带往一处私密的房间进行检查。
- 您将获得一份知情同意书，以供仔细阅读。医生将与您谈话并介绍知情同意书。在签署知情同意书前，请就此检查提出任何疑问。

- You will be given medicines in your IV to help you relax. You will likely rest on your left side.
- The doctor slowly moves the tube through your colon.
- You may feel some cramping during and after the test that will improve after passing gas.
- For the EGD, your throat may be sprayed with a numbing medicine. The doctor will pass another tube through your mouth and into your esophagus, stomach, and duodenum.
- These tests will take about 50 minutes.
- 我们将通过静脉输液管对您给药，帮助您放松。你有可能采取朝左侧躺的姿势。
- 医生会缓慢地将软管穿过您的结肠。
- 您在检查期间和结束后可能会感觉到些许痉挛，这种情况在排气后将会好转。
- 为了进行EGD检查，可能在您的咽喉喷洒麻醉药物。医生会将另一条软管穿过您的口腔，进入食道、胃和十二指肠。
- 这些检查大约将持续50分钟。

After the test

- You will be taken to a recovery area for 30 to 45 minutes.
- You will then change back into your clothes.
- The doctor will speak with you and your family member before you leave.
- Plan to take the day off of work and rest at home after the test.
- For your safety, it is best to have an adult with you for at least 6 hours at home.
- The medicine given during the test can cause you to have memory changes and impair your judgment. **Do not drive a motorized vehicle or operate heavy machinery. Do not sign any papers or make any legal decisions.**
- 您将被带往恢复区，等候30至45分钟。
- 您随后会换回自己的衣服。
- 在您离开前，医生将与您和您的家人谈话。
- 当天应请假，检查后在家休息。
- 为了您的安全起见，在家时最好至少6小时内有成人陪同。
- 检查期间所用的药物可能导致记忆变化，并影响您的判断力。**切勿驾驶机动车或操作重型机械。切勿签署任何文件或做出任何法律决定。**

检查后

Colonoscopy and EGD. Simplified Chinese.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.

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