

大腸鏡和胃鏡檢查

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.

請仔細閱讀所有關於您的測試和準備的說明，以便您可以準備。您需要在測試前 5 天調整飲食。您可能需要改變一些正在服用的藥物。

如果您需要**取消或更改您的測試預約**，請致電 **614-293-8784**。

如果您有任何有關您的測試或準備說明的問題，請致電 **614-293-6255** 並要求與護士對話。

您需要有一個成年人陪伴您進行測試

在測試過程中，您會得到藥物來幫助放鬆，而藥物將影響您的判斷力和一天中大部分時間的反應。為了您的安全，**測試結束後，您需要由一個成年人負責開車送您回家。您的司機需要在測試前一起進行登記。如果您的司機沒有與您一起進行登記，在開始測試前，我們需要和您的司機聯繫。如果我們無法與您的司機聯繫，您的測試將被延遲或取消。**

- 如果您的司機在測試期間離開設施，**他或她需要留下電話號碼，讓員工可以聯繫到他或她。您的司機需要在 30 分鐘內到達內窺鏡檢查單位。**
- 如果您在檢查後乘坐的士、巴士或透過醫療運輸服務回家，**除了司機以外另一個成年人需要與您同行以保障您的安全。**

- 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

- 您應該在測試後至少 **6 小時** 有一名成年人在家幫助您。

您可能需要改變您正在服用的藥物

如果您服用阿斯匹靈或非類固醇消炎藥 (**NSAID**)，如布洛芬、萘普生或 Celebrex 治療疼痛，您進行測試之前，**不需要**停止服用這些藥物。

如果您服用糖尿病藥物，詢問為您處方糖尿病藥的醫生，應該如何調整藥物進行測試。

如果您服用下列血液稀釋藥：

- 詢問為您處方血液稀釋藥的醫生，在測試前停止服用這種藥物是否安全。如果您有植入支架或其他健康問題，請不要停止服用有關藥物。
- 如果您的醫生建議您在測試前不要停止服用有關藥物，請致電 **614-293-6255**，並要求與護士交談。
- 如果您的醫生同意您應該停止服用下面列出的任何藥物，在您的測試之前停止列出的天數或按照您的醫生建議：
 - 百無凝 (Ticagretor) – 5 天
 - 可邁丁 (Warfarin) – 5 天
 - 普拉格雷 (Prasugrel) – 7 天
 - 阿哌沙班 (Apixaban) – 2 天
 - 依諾肝素鈉 (Enoxaparin) – 1 天
 - 氯吡格雷 (Clopidogrel) – 5 天
 - 西洛他唑 (Cilostazol) – 5 天
 - 普栓達 (Dabigatran) – 2 天
 - 依度沙班 (Edoxaban) – 2 天
 - 拜瑞妥 (Rivaroxaban) – 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.

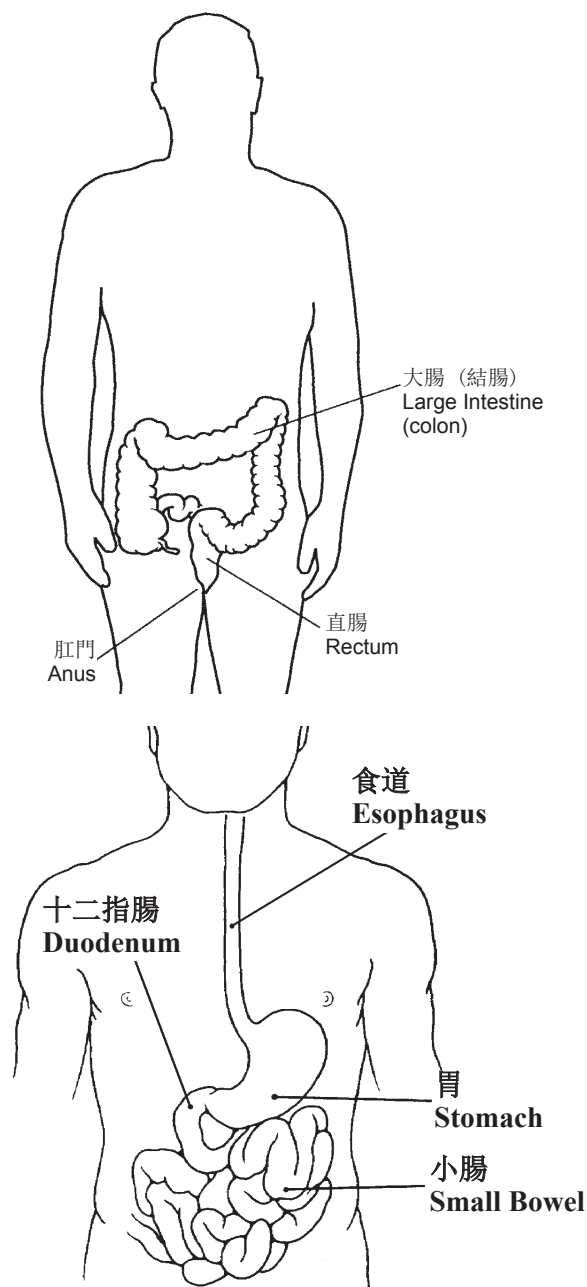
These tests help your doctor diagnose illnesses and make plans for treatment if needed.

您會被安排進行 2 個測試

第一個測試是**大腸鏡**，以檢查您的大腸，也稱為結腸，有否異常增長或其他問題。測試會使用一條帶有燈和照相機的狹窄、柔軟的管子完成。管子會通過您的直腸進入您的結腸。在測試之前一或兩天，您需要做一個排便準備，以清理您的結腸。按照提供的腸道準備說明。

第二個測試是**胃鏡**或**上消化道內視鏡**。測試會使用另一條狹窄、柔軟的管子，通過您的嘴進入上消化道完成。讓您的醫生看到您的食道、胃和小腸的一部分，稱為十二指腸。

測試可幫助您的醫生診斷疾病，並在需要時制定治療計劃。



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.

測試的早上

1. 您可以一直喝流質飲料直到測試前 4 小時。您可以在測試前 2 小時內喝一小口水，以服用血壓、心臟、癲癇或止痛藥。如果您喝了除服用藥物的水以外的任何東西，您的測試將被延遲或取消。

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. 請把所有貴重物品和珠寶包括耳環留在家中。
 3. 如果需要進行妊娠測試，女性患者應準備好尿液樣本。
 4. 帶同以下物品進行測試：
 - 所有藥物的列表，包括處方藥和非處方藥以及您正在服用的任何維生素或草本產品
 - 您的過敏列表
 - 醫療狀況和以前的手術列表
 - 預設醫療指示的副本，如生前預囑或醫療授權書
 - 如果需要的話，帶同有您照片的身份證明文件、保險卡和定額手續費

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.

計劃好信上的到達時間，使工作人員可以讓您準備好。預計需要逗留這裡 **2 到 4 個小時**，包括測試和恢復時間。

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.

進行測試

- 進行註冊後，您需要更換醫院提供的長袍。
- 護士會審查您的藥物清單和病歷紀錄。
- 您將會被置放靜脈注射 (IV) 線，用來給您注射藥物。讓護士知道您過去是否有過靜脈注射的問題。
- 當護士知道您準備好後，您將被帶到一個私人房間，並進行測試。
- 您會得到並閱讀同意書。醫生會和您談話，並和您看一遍同意書。在簽署同意書前，可詢問任何有關測試的問題。

- 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.
- 您將會在 IV 接受藥物，以幫助您放鬆。您會躺向您的左邊。
- 醫生通過您的結腸慢慢地移動管子。
- 在測試過程中和測試之後，您可能會感覺到一些抽筋感覺，在排氣後會有所改善。
- 進行胃鏡時，您的喉嚨可能會噴上麻醉藥。醫生會使用另一條軟管進入您的食道、胃和十二指腸。
- 測試需要大約 50 分鐘。

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.**

測試後

- 您將被帶到休息區 30 至 45 分鐘。
- 然後換回您自己的衣服。
- 在您離開前，醫生會和您及您的家人談話。
- 測試結束後，計劃在家休息一天。
- 為了您的安全，最好有一位成年人陪伴您在家至少 6 個小時。
- 在測試過程中給予的藥物會導致記憶力發生變化，影響您的判斷力。**不要駕駛機動車輛或操作重型機器。不要簽署任何文件或作出任何法律決定。**

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**.