

提前2天使用Miralax和Dulcolax进行肠道准备



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

2 Day Bowel Prep with Miralax and Dulcolax

To prepare for your test or procedure, you will need to clean out your bowels or large intestines. **Review all of the information you are given as soon as you can**, so you are prepared and know what to expect during and after your test. **You may need to make changes to your diet or medicines.**

You will need to adjust your diet 5 days before the test and begin this bowel prep at 6:00 PM, 2 days before the test.

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.

为了准备好接受检查，您需要排空肠道或大肠。**尽快查看您所获得的所有信息**，以便做好准备，并知晓在检查期间和结束后将会出现的情况。**您可能需要改变饮食或用药。**

您需要在检查前5天调整饮食，并在检查前2天下午6:00开始此肠道准备。

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。**

- 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.
- 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

- 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。
- 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 (Dabigatran) – 2 days
- ❑ Savaysa (Edoxaban) – 2 days
- ❑ Xarelto (Rivaroxaban) – 1 day

- ❑ Pradaxa (达比加群酯) – 2天
- ❑ Savaysa (依度沙班) – 2天
- ❑ Xarelto (利伐沙班) – 1天

The week before your test

You will need to buy 2 different medicines from a pharmacy. They can be found in the “laxative” section. Store brands often cost less. **You do not need a prescription.** Ask the pharmacist to help you find what you need.

- ❑ **Miralax** (Polyethelene Glycol 3350) - A **large bottle (8.3 ounces or 238 gram)** and a **small bottle (4.1 ounces or 119 grams)**
- ❑ **4 Dulcolax Laxative Tablets (bisacodyl USP 5 mg)** - sold in boxes of 10 tablets or more

Also **buy one large 64-ounce bottle and one 32 ounce bottle** of Gatorade, Powerade, or other sports drink that is **not red** in color. Use Crystal Light or sugar-free sports drinks if you have diabetes. These liquids will be used to mix with your Miralax before your test.

You will need **clear liquids** from the list to drink during the days before your test.

5 days before your test

- Do not eat any nuts, seeds, popcorn, corn, or green leafy vegetables.
- Stop any iron tablets or vitamins with iron.
- Stop using fiber supplements, like Metamucil, Citrucel, or Fiberall.

About the prep

For this prep, you will drink a medicine mixture and take some pills to clear the bowels of all solid matter. You will need to go to the bathroom often, and your stool will get very watery. The prep may cause you to have cramps or feel bloated.

检查前一周

您需要从药店购买2种不同的药物。此类药物可能位于“泻药”专柜。药店自营品牌可能价格较低。**您无需处方即可购买。**请药剂师帮您找到所需的药物。

- ❑ **Miralax** (聚乙二醇3350) – **大瓶 (8.3盎司或238克)** 以及 **小瓶 (4.1盎司或119克)**
- ❑ **4片Dulcolax泻药 (比沙可啶USP 5毫克)** – 10片装或更大规格

此外，**购买一瓶大份64盎司和一瓶32盎司的Gatorade、Powerade或其他非红色的运动饮料。**如果您患有糖尿病，则选择Crystal Light或无糖运动饮料。此类液体将用于在检查前与Miralax混合。

您需要准备以下所列的**透明液体**，以便在检查前的几天饮用。

检查前5天

- 不要食用任何坚果、种子、爆米花、玉米或绿叶蔬菜。
- 停用任何铁剂或含铁维生素。
- 停用纤维补充剂，如Metamucil、Citrucel或Fiberall。

关于准备

对于此准备，您需要饮用混合药物并服用药片，以排空肠道中的所有固态物质。您将需要频繁如厕，大便呈高度水样。准备药物可能使您出现痉挛或感觉腹胀。

Your bowels are clear when you pass pale yellow liquid without any stool.

The prep medicine may not taste good. You need to drink all of it, so your bowels are clear for the test. If your bowels are not cleared, you may have to have the test rescheduled and do another prep.

Clear liquids for prep

These clear liquids are allowed, but **avoid all red colored liquids**:

- Water
- Fruit juices that you can see through such as apple, white cranberry or white grape
- Popsicles or ice chips
- Ginger ale or lemon-lime soda
- Gatorade, other sports drinks or drink mixes like Kool-Aid
- Clear broth or bouillon
- Jell-O
- Coffee or tea with no milk or cream added

2 days before your test

Do not eat any solid foods or eat or drink any milk products for the next 2 days until after your test is done. Drink only clear liquids.

Morning

- Start in the morning drinking **only clear liquids**.
- Drink at least four (8-ounce) glasses of water through the day as well as other clear liquids.
- Most people find it easier to drink the prep medicine if the mixture is cold.

当您排出不含任何大便的淡黄色液体时，肠道已排空。

准备药物可能味道不佳。您需要将其全部喝完，以便能排空肠道。如果肠道未排空，您可能需要重新安排检查，再次进行准备。

用于准备的透明液体

可饮用以下透明液体，但应当避免饮用所有红色液体：

- 水
- 透明果汁，如苹果汁、白蔓越莓汁或白葡萄汁
- 冰棒或沙冰
- 姜汁汽水或柠檬味汽水
- Gatorade、其他运动饮料或Kool-Aid等混合饮料
- 清炖肉汤或肉汁
- 果冻
- 未添加牛奶或奶油的咖啡或茶

检查前2天

在接下来的2天内，不要食用任何固态食物或食用或饮用任何乳制品，直至检查结束。仅饮用透明液体。

早晨

- 从早晨起**仅饮用透明液体**。
- 全天至少饮用四杯（8盎司）水以及其他透明液体。
- 多数人感觉混合后的准备药物冷却后更易于饮用。

- Mix the **small bottle of Miralax powder with the 32 ounce bottle of sports drink**, so the mixture can chill in the refrigerator.
 1. To make room for the Miralax in the sports drink bottle, pour out a cup of the sports drink first and drink it.
 2. Pour the Miralax powder into the sports drink bottle. Put the cap on the bottle and shake it to dissolve the powder.
 3. Place the mixture into the refrigerator.

6:00 PM through evening

- **Start to drink the prep medicine mixture. Drink one 8-ounce cup of the mixture every 10 to 15 minutes until you finish all of the mixture.** It is better to drink each cup quickly rather than taking small sips.
- **Continue to drink other clear liquids through the evening.**

1 day before your test

Do not eat any solid foods or eat or drink any milk products today. Drink only clear liquids.

3:00 PM

- **Take 4 Dulcolax tablets** with a drink of clear liquids.
- Mix the **large bottle of Miralax powder with the 64 ounce bottle of sports drink** as you did before.
- Place the mixture in the refrigerator to cool.

- 将**小瓶Miralax粉末与32盎司瓶装运动饮料混合**，以便将混合药物放入冰箱冷却。

1. 为了在运动饮料瓶中为Miralax预留空间，事先倒出一杯运动饮料，将其喝下。
2. 将Miralax粉末倒入运动饮料瓶中。盖好瓶盖并摇动，使粉末溶解。
3. 将混合药物放入冰箱。

下午6:00直至晚上

- 开始饮用混合后的准备药物。每隔**10至15分钟**喝一杯**8盎司**的混合药物，直至喝完。最好将每杯迅速喝完，切勿小口啜饮。
- 继续饮用其他透明液体，直至晚上。

检查前1天

当天不要食用任何固态食物或食用或饮用任何乳制品。仅饮用透明液体。

下午3:00

- 随透明液体服用**4片Dulcolax**。
- 按照先前的方法，将**大瓶Miralax粉末与64盎司瓶装运动饮料混合**。
- 将混合药物放入冰箱冷却。

6:00 PM through evening

- Start to drink **half** of the prep medicine mixture. **Drink one 8-ounce cup of the mixture every 10 to 15 minutes until you finish half of the mixture.** You will need to drink the other half of the mixture in the morning, 6 hours before your test.
- **Continue to drink other clear liquids through the evening.**

Morning of your test

1. **Six (6) hours before your test is scheduled, drink the rest of the prep medicine mixture** as before. You may need to set your alarm to get up to finish your prep medicine.
2. Drink two, 8-ounce cups of clear liquids after you finish the prep medicine.
3. **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.
4. Please leave all valuables and jewelry including piercings at home.
5. Female patients should come prepared to give a urine sample in case a pregnancy test is needed.
6. 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

下午6:00直至晚上

- 开始饮用混合后的准备药物，饮用一半。**每隔10至15分钟喝一杯8盎司的混合药物，直至喝完一半。**次日早晨，您需要在检查前6小时将另一半混合药物喝完。
- **继续饮用其他透明液体，直至晚上。**

检查当天早晨

1. 在检查前六（6）小时，按照先前的方法，**将剩余的准备药物喝完。**您可能需要设定起床闹钟，以便将准备药物喝完。
2. 准备药物喝完后，饮用两杯透明液体，每杯8盎司。
3. **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。
4. 请将所有贵重物品和珠宝留在家中，包括穿刺饰品。
5. 女性患者应当准备好提供尿液样本，以备妊娠检验。
6. 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

- A copy of advanced directive, such as a living will or power of attorney
- Your photo identification, insurance card and co-payment, if needed

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.**

If you are vomiting up your prep medicine, have not had any bowel movements, or your bowels are not clear, please call 614-293-6255.

- 一份事前声明，如生前遗嘱或授权委托书
- 您的带照片的身份证明文件、保险卡和共付额证明（如需要）

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。

如果您的准备药物呕出，无任何排便或肠道未排空，请致电614-293-6255。

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**.