

2 天清腸準備套裝配備 Miralax 及 Dulcolax



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.

為準備您的測試或檢查，您需要清理您的腸道或大腸。請盡快查看所有提供的資料，以便您準備好並了解測試期間和測試後會發生什麼情況。您可能需要改變您的飲食或正在服用的藥物。

您需要在測試前 **5 天**調整飲食，並在測試前 **2 天**的下午 **6 點**開始準備清腸。

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。

- 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。
- 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

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

- 普栓達 (Dabigatran) – 2 天
- 依度沙班 (Edoxaban) – 2 天
- 拜瑞妥 (Rivaroxaban) – 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.

測試前一周

您需要從藥房購買兩種不同的藥物。藥物可以在「瀉藥」類找到。商店品牌通常較便宜。**您不需要處方購買。**請藥劑師幫助您找到您所需要的。

- Miralax** (聚乙二醇 3350) – 一個大瓶 (**8.3 盎司或 238 克**) 和一個小瓶 (**4.1 盎司或 119 克**)
- 4 片 Dulcolax Laxative 藥片 (比沙可啶 USP 5 毫克)** – 以一盒 10 片或更多出售

另外，**購買一瓶大的 64 盎司和一瓶 32 盎司**的佳得樂、Powerade、或其他**不是紅色的**運動飲料。如果您患有糖尿病，請飲用 Crystal Light 或無糖運動飲料。在測試之前，這些運動飲料將被用來混合您的 Miralax。

在測試前數天，您需要飲用列表中的**流質飲料**。

測試前 5 天

- 不要吃任何堅果、種子、爆米花、粟米或綠葉蔬菜。
- 停止服用任何鐵丸或含有鐵的維生素。
- 停止服用纖維補充劑，如 Metamucil, Citrucel 或 Fiberall。

有關準備

為了進行準備，您會飲用藥物混合物及服用一些藥物，以清除腸道內所有固體物質。您需要經常前往洗手間，而且您的大便秘會變得稀軟。準備套裝可能會導致您抽筋或感到腫脹。

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.

當您排出淡黃色的液體而沒有任何大便時，您的腸道就會變得很清楚。

準備藥可能不好喝。但是您需要全部喝完，讓您的腸道在測試中能夠清楚檢查。如果您的腸道不夠清楚，您可能需要重新安排檢查，以及重新進行準備。

準備時的流質飲料

可飲用以下流質飲料，但是須**避免所有紅色的液體**：

- 水
- 沒有雜質的果汁例如蘋果、白蔓越橘或白葡萄
- 冰棒或冰塊
- 薑汁或檸檬梳打水
- 佳得樂、其他運動飲料或混合飲料，如 Kool-Aid
- 清湯或肉湯
- 果凍
- 不添加牛奶或奶油的咖啡或茶

測試前 2 天

在接下來的 **2 天**，在測試完成之前，**不要吃任何固體食物，或吃或喝任何牛奶產品。只可喝流質飲料。**

早上

- 從早上開始只飲用**流質飲料**。
- 一天中至少要喝四杯（8 盎司）水，以及其他流質飲料。
- 很多人發現如果準備混合藥是冷的，就比較容易喝下。

- 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.
- 混合小瓶的 **Miralax 粉末及一瓶 32 盎司的運動飲料**，然後將混合物放置於雪櫃中冷藏。
 1. 為了讓運動飲料瓶中騰出空間，使 **Miralax** 可以倒進瓶中混合，先倒出一杯運動飲料，然後喝下。
 2. 將 **Miralax** 粉末倒入運動飲料瓶中。把瓶蓋蓋回瓶子，搖動瓶子使粉末溶解。
 3. 將混合物放入雪櫃。

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.**

傍晚 6 點到晚上

- 開始喝下準備藥物混合物。每 10 到 15 分鐘喝一杯 8 盎司的混合物，直到喝完全部混合物。最好是快速喝下每杯混合物，不要小口喝下。
- 在晚上繼續喝流質飲料。

1 day before your test

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

測試前 1 天

今天不要吃任何固體食，或吃或喝任何牛奶產品。只可喝流質飲料。

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.

下午 3 點

- 服用 4 片 **Dulcolax** 藥片，喝一杯流質飲料送服。
- 混合大瓶的 **Miralax** 粉末及一瓶 64 盎司的運動飲料，做法像之前一樣。
- 將混合物放入雪櫃冷卻。

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

傍晚 6 點到晚上

- 開始喝下一半的準備藥物混合物。每 10 到 15 分鐘喝一杯 8 盎司的混合物，直到喝下一半的混合物。在測試前 6 小時，您需要在早上喝完另一半的混合物。
- 在晚上繼續喝流質飲料。

測試的早上

1. 在您的測試計劃前六 (6) 小時，按照之前的方法喝剩下的藥物混合物。您可能需要設置鬧鐘，以完成準備藥物。
2. 完成準備藥物後，喝兩杯 8 盎司的流質飲料。
3. 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。
4. 請把所有貴重物品和珠寶包括耳環留在家中。
5. 如果需要進行妊娠測試，女性患者應準備好尿液樣本。
6. 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

- ❑ 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.

- ❑ 預設醫療指示的副本，如生前預囑或授權書
- ❑ 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

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。

如果您嘔吐藥物、沒有任何排便，或您的腸道沒有排清，請致電 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**.