

Colonoscopy

with Fleets Phosphosoda Bowel Prep

Colonoscopy is a test that looks for diseases of the large intestine. A tube is guided into your rectum and then into your large intestine, also called the colon. Your doctor is able to see the inside of your colon. Your doctor may also:

- Collect cells
- Remove a small tissue sample called a biopsy
- Remove growths called polyps

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or leave alone.

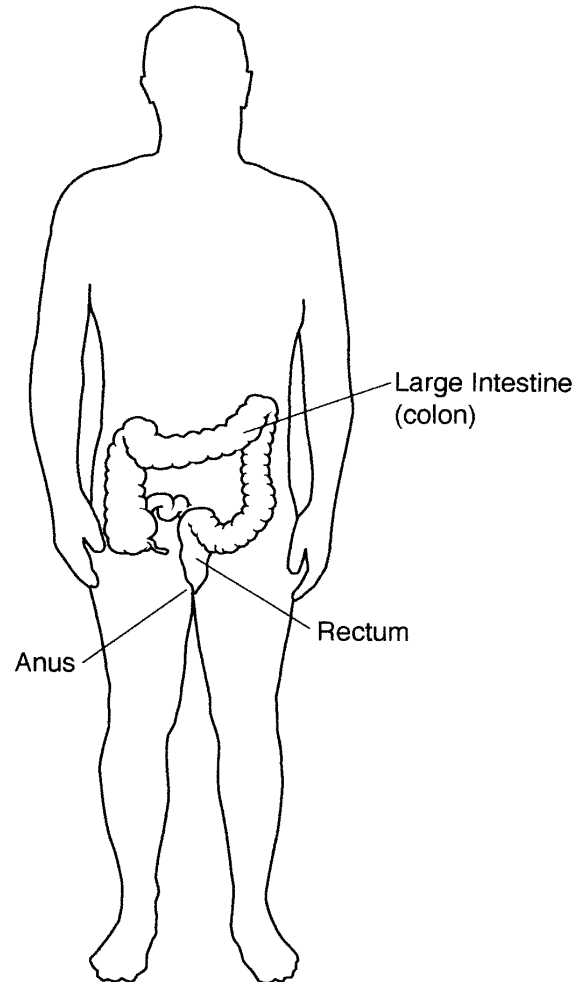
Arrive on time for your test. Plan to be here 2-3 hours. The test takes about 30 minutes.

To Prepare

- You will need to buy the checked items from a pharmacy:
 - Fleets Phosphosoda, 3-ounce bottle
 - Fleets enema

There may be store brands of these products that cost less. Ask the pharmacist to help you.

- Do not use aspirin products or iron tablets for one week before the test.
- Tell your doctor if you are diabetic or take blood thinners.
- Ask your doctor if you should take your medicines the morning of the test. If so, take with sips of water only.



结肠镜检查

用 Fleets 牌磷苏打水准备剂

结肠镜检查是为了寻找大肠疾病。

一根管子将导入您的直肠内，然后再导入您的大肠内，大肠也称为结肠。

您的医生能看见您的结肠内部。

您的医生也可能：

- 采集细胞
- 除去一个小小的组织样品用于活检
- 除去称为息肉的生长物

需要一位成年家庭成员或朋友陪同您前来，在检查之后陪您回家。您独自驾车来或离开不安全。

做检查请准时到达。请预计在此呆 2-3 个小时。检查约需时 30 分钟。

准备工作

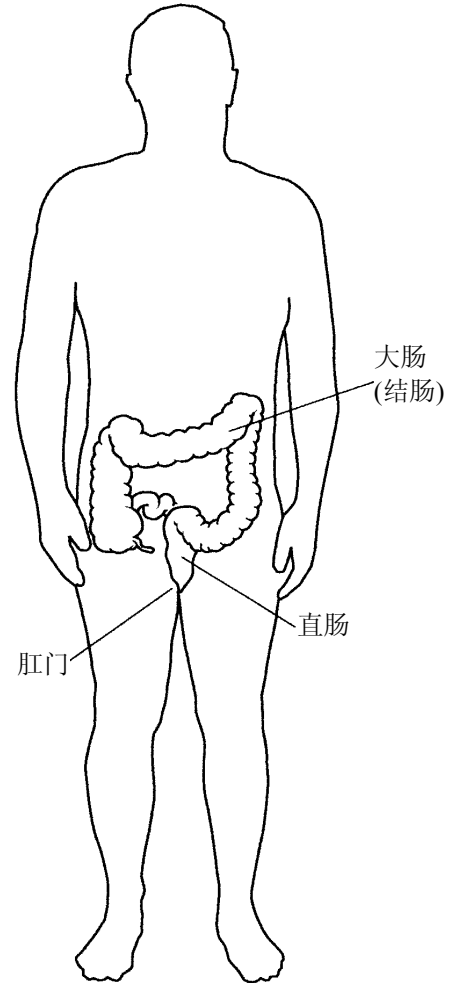
- 您将需要从药店购买打勾的检查用品：

Fleets牌磷苏打水，3 盎司瓶装

Fleets牌灌肠剂

这些产品可能有一些药店的品牌会比较便宜一些。请向药剂师询问。

- 检查前的一个星期请勿使用阿司匹林药物或铁剂药片。
- 请告知您的医生您是否患糖尿病或使用薄血剂。
- 询问您的医生在检查日的早晨您是否应服药。如需服药，请只小口饮水服药。



Colonoscopy Fleets. Simplified Chinese.

- 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.

The Day Before Your Test

- **Do not** eat solid food or drink milk products.
- **Do not** drink any red or purple liquids. Drink clear liquids only, such as:
 - 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
- At 2 PM, begin the bowel clean out by drinking the phosphosoda.
 - Add half the bottle of the phosphosoda to a 4 ounce or 120 milliliter glass of water or apple juice.
 - Drink 8 ounces or 240 milliliters of water after this.
 - Continue to drink liquids through the day.
- You may need to get to the toilet right away. You will have a loose watery bowel movement in about 1 hour. You will have bowel movements through the day. They will become watery. Your bowels are clean when there is only pale yellow fluid without stool.
- At 4 PM, repeat the dose of phosphosoda. Mix the other half of the phosphosoda with 4 ounces or 120 milliliters of water and drink it.
- At 10 PM, **if ordered by your doctor**, use the Fleets enema. To use the 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.

- **在检查前，请告诉医疗人员：**
 - 您正在服用的任何药物。包括您服用的所有处方药和柜台即买药、维生素类和草药。
 - 您是否有任何过敏。
 - 您的健康史以及曾做过的任何手术。
 - 您是否可能已怀孕。

检查前一天

- **不要吃固态食物或饮乳制品。**
- **不要饮任何红色或紫色液体。请只饮清状液体，例如：**
 - 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
- **在下午 2 点，喝磷苏打水开始清肠。**
 - 将半瓶磷苏打水加入 4 盎司或 120 毫升玻璃杯的水或苹果汁中。
 - 在此之后喝 8 盎司或 240 毫升水。
 - 一整天持续喝流体。
- **您可能立刻需用厕所。大约 1 小时后您将会拉一次稀大便。您一整天都会拉大便。大便会变得很稀。当只有淡黄色液体而没有大便时您的肠子就很干净了。**
- **在下午 4 点，重复磷苏打水的剂量。将剩下的一半磷苏打水和 4 个盎司或 120 毫升水混合，喝掉它。**
- **在晚间 10 点，如有医嘱，请使用 Fleets 牌灌肠剂。用灌肠剂时：**
 1. 摇动瓶子。
 2. 除去瓶子顶端上的橙色塑胶封口。
 3. 靠左侧卧，右膝屈起，双臂放松。

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.
- After 12 midnight, **do not** eat or drink anything, including water, and **do not** smoke.

On the Day of the Test

- **Do not** take your morning medicines unless told to do so by your doctor.

During the Test

- You will wear a hospital gown.
- An IV (intravenous) is put in a vein in your arm. Medicine to make you relaxed and sleepy is put into the IV.
- You will 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 through your colon. You may feel an urge to move your bowels.
- 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.
- You should feel little pain during the test.
- The colon is checked and then the tube is removed.

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。
- 午夜 12 时之后，**请勿**吃喝任何东西，包括水，也不要吸烟。

检查当天

- 早晨**不要**服药，有医嘱则除外。

检查期间

- 您将穿医院的袍子。
- 将在您的上臂作静脉注射(IV)。通过静脉注入使您放松的药物和催眠药。
- 您将靠左侧卧。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。
- 慢慢地用嘴深呼吸，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。
- 检查中您会感到有一点痛。
- 检查结肠，然后除去导管。

After the Test

- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- You stay in the test area until most of the effects of the medicine wears off.
- You may have gas after the test because of the air put in your colon.
- You can return to your normal diet after the test. If a polyp is removed, your doctor may limit your diet for short time.
- You may have a small amount of blood from the rectum. This is normal.
- 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.

检查之后

- 检验时所用的药物会使您困乏。为了您的安全，您将需要一位成年家庭成员或朋友带您回家。
- 您留在检查区直到大部份药效消退。
- 由于检查时空气进入结肠，您可能会放屁。
- 检验之后您可恢复正常饮食。如果除掉一个息肉，您的医生可能短期内要限制您的饮食。
- 可能会从直肠流出少量血，这是正常的。
- 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。

Colonoscopy-Fleets. Simplified Chinese.

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