

# 胃鏡及結腸鏡

## Gastroscopy and Colonoscopy

### 檢查須知 Information

內視鏡是一條柔軟、附有光源、內置高清圖像處理器的特殊檢視鏡，把胃及腸道內的情況即時傳輸到電視屏幕，讓醫生透過電視屏幕觀察胃及結腸內的情況。

胃鏡檢查是利用附有光源、直徑約0.9厘米的內視鏡，通過幼長的導管，從患者的食道送入胃及十二指腸，以醫生清楚地看到食道、胃及十二指腸部位的病變，胃鏡檢查除能夠更準確發現早期病變，並能通過各種輔助儀器對病源（例如息肉或腫物）進行活檢化驗及治療。

結腸鏡檢查是透過一條直徑約1.2厘米的內視鏡，從肛門逆行引入對全結腸的情況進行檢查；如發現息肉，更可作內鏡下切除，避免癌變的可能。

The colonoscope is a long and flexible tube. Within the tube is a miniaturized color-TV system with a wide angle lens. The doctor will directly examine the lining of the colon on monitor screen.

Gastroscopy is an examination of the upper digestive tract using a thin long flexible tube of 0.9 cm diameter containing a camera with light to view the lining of oesophagus, stomach, and duodenum. It is also called the upper gastrointestinal endoscope. If any abnormality is seen, e.g. polyps or tumors, removal of polyp or biopsy will be performed.

Colonoscopy is an examination using a colonoscope of 1.2 cm diameter to view the inside of the whole colon. The scope passes through the anus to reach the rectum and colon.

## 檢查前準備

### Preparation for the Procedure

▲ 如有任何疾病史、手術史及過敏史，請在檢查前告訴醫生；  
Inform the doctor your medical, surgical and allergic history if any;

▲ 對於下列身體狀況或正服用以下藥物，在檢查前請諮詢主診醫生有關服藥及停藥的指示：

If you are under the following conditions, please inform the doctor to seek advice before stopping the current medications:

• 正在懷孕、患有高血壓、糖尿病、心臟瓣膜性疾病及其他疾病者；

If you are pregnant, have high blood pressure, diabetes or valvular heart disease, etc.;

• 患有慢性心臟病、心瓣膜疾病及 / 或感染性心內膜炎者，檢查前可能需服用預防性抗生素；

Prophylactic antibiotic may be given to patients with chronic heart disease, valvular disease and/or infective endocarditis before the procedure;

• 正服用以下藥物的人士，可能需要停服：

Stop the following medication before the procedure:

> 檢查前7天停服抗凝血藥（例如亞士匹靈、華發林等）、含鐵質之藥物及活血中藥（田七、銀杏、丹參等）；

Stop Anti-coagulants (aspirin and warfarin, etc.), oral iron treatment and Chinese medicines that activate blood circulation (Tian Qi, Ginkgo, Salvia, etc.) 7 days before the procedure based on the doctor's instruction;

> 檢查當日暫停口服降血糖藥物或注射胰島素，直至檢查完畢及恢復正常飲食；

Withhold oral hypoglycaemic agents or insulin injection on the procedure day until normal diet is resumed;

▲ 檢查前6小時完全禁食；

Keep fasting 6 hours before the procedure;

▲ 未滿18歲或年老體弱者，必須由父/母親或監護人/家人陪同到院；

Patients under 18 years old, the elders or patients in poor health condition should be accompanied by parents, guardians or relatives;

▲ 請脫去假牙、飾物及金屬物品，如手錶、戒指、頸鍊及耳環等；

Remove denture, jewelry and metallic articles, e.g. watch, ring, necklace and earrings, etc. before the procedure;

▲ 檢查後受鎮靜劑或麻醉藥影響24小時內不能駕駛，敬請提早考慮檢查完畢後的交通安排。

Consider the effect of sedatives or anaesthetics which lasts for 24 hours after the procedure, plan your transportation arrangement in advance.

## 檢查後注意事項

### Notice for Post-Procedure

01 檢查後需留院觀察1至2小時；  
Stay in hospital 1-2 hours for observation;

02 繼續禁食直至完全清醒或跟從醫囑；  
Keep fasting until fully conscious;

03 如醫囑可出院，需由成人陪同下離開；  
Leave the hospital only when fully conscious, preferably accompanied by an adult;

04 24小時內不能駕車及操作器械。  
Do not drive or operate machinery device within 24 hours after receiving a sedative or anaesthesia.

#### 備註 Remarks:

檢查後如有任何不適，須立即求醫。如有任何疑問，請於辦公時間內9:00am-9:00pm致電(853) 2882 1838查詢。

If you become unwell after examination, visit a doctor immediately. For any enquiries, please call (853) 2882 1838 during office hours (9am-9pm).

## 胃鏡、結腸鏡檢查的替代方法

### Alternatives for Gastroscopy and Colonoscopy

胃鏡、結腸鏡檢查的替代方法有許多種，目的是取得明確的臨床資訊，以決定您的治療方案。經過您、您的家人、您的主診醫生三方作全面討論後，可選擇出最合適的檢查方法。

There are a number of possible alternatives to gastroscopy and/or colonoscopy to acquire the specific clinical information required to guide your treatment. Selection of the most appropriate investigation, however, could only be made after a thorough discussion between you, and your family with your attending doctor.

膠囊內鏡檢查、消化道造影檢查（上、下消化道造影）、電腦斷層掃描檢查（CT）和磁共振成像（MRI）檢查、直腸鏡、乙狀結腸鏡檢查、幽門螺桿菌測試（吹氣或血檢）、大便DNA或隱血檢查等方法雖然可部份替代胃腸鏡的檢查方法，但目前還沒有可以完全替代胃腸鏡下檢查、活檢、治療的方法。

Alternatives of capsule endoscopy, gastrointestinal angiography examination (upper and lower gastrointestinal angiography), computed tomography scan (CT) and magnetic resonance imaging (MRI), colonoscopy, sigmoidoscopy, helicobacter pylori test (blowing air or blood test), stool DNA or stool occult blood examination can partially replace gastroscopy and colonoscopy, but there is no one that can replace the examination, biopsy and treatment of gastroscopy and colonoscopy completely.

選擇監護麻醉下的胃腸鏡檢查可以幫助患者免除各種心理或生理的不適。

The choice of gastroscopy and colonoscopy under Monitored Anesthetic Care (MAC) can help patients to ease most psychological or physical discomfort.

## 胃鏡、結腸鏡檢查的適應症

### Indications for Gastroscopy and Colonoscopy

### 胃鏡檢查Gastroscopy

- 有上腹部不適、腹脹、腹痛、胃灼熱、噯氣、嘔逆及吞嚥困難症狀者；  
Symptoms of epigastric discomfort, abdominal distension, abdominal pain, heartburn, belching, vomiting, and dysphagia;
- 原因不明的食慾不振、體重下降、貧血者；  
Unexplained loss of appetite, weight loss, anemia, etc.;
- 普通體檢之需要；  
Need for general physical examination;
- 高危人群的篩查；  
Screening of high-risk groups;
- 臨床診斷、治療需要者（例如需要胃鏡下活檢病理檢查明確診斷、術後隨訪複查、息肉切除、胃鏡下止血等）。  
Clinical diagnosis and treatment requirements (such as biopsy and pathological examination, postoperative follow-up review, polypectomy, gastroscopic hemostasis, etc.).



### 結腸鏡檢查Colonoscopy

- 大便習慣改變者；  
Change of bowel habits;
- 原因不明的腹脹、腹痛、便血、消瘦、貧血者；  
Unexplained abdominal distension, abdominal pain, hematochezia, emaciation or anemia;
- 大便隱血試驗陽性者；  
Positive fecal occult blood test;
- 需要大腸疾病篩查者；50歲以上，應作大腸篩查；或40歲以上、近親患有腸癌者，基於國際指引，應作大腸篩查；  
Need to be screened for colon diseases; over 50 years old, or over 40 years old with strong family history in accordance with international guidelines;
- 臨床診斷、治療需要者（例如需要結腸鏡下活檢病理檢查明確診斷、術後隨訪複查、息肉切除、腸鏡下止血、手術中輔助需要等）。  
Clinical diagnosis and treatment requirements (such as biopsy and pathological examination, postoperative follow-up review, polypectomy, endoscopic hemostasis, auxiliary needs in surgery, etc.).

# 交通安排

## Transport

乘坐本院的免費穿梭巴士(週一至日, 包括公眾假期。)  
Free shuttle bus service from Monday to Sunday including Public Holidays.

由科大醫院正門開出時間 Leaving the main entrance of UH at :  
09:30 10:30 11:30 12:30 13:30 14:30  
15:30 16:30 17:30 18:30 19:30 20:30\*

\*如尾班車沒有乘客, 該班車則自動取消。  
\*Please note that the last shuttle may be canceled when there is no passenger.

抵達澳門時間  
(南灣大馬路241-253號德豐大廈門前; 僅可上落車, 不能停車。)  
Arriving in Macau (In front of Edf. Tak Fong, No. 241-253, Avenida da Praia Grande; for pick-up and drop off only) at :  
09:40 10:40 11:40 12:40 13:40 14:40  
15:40 16:40 17:40 18:40 19:40

抵達科大醫院正門時間 Back to the main entrance of UH at :  
10:00 11:00 12:00 13:00 14:00 15:00  
16:00 17:00 18:00 19:00 20:00

自駕車 Self-drive

本院設有收費停車場, 每小時收費MOP10。  
Car park is available at UH. Charges: MOP 10 per hour.

乘坐專線巴士 Public bus services

26, 35, 36, 50B, 51, 51A, AP1, AP1X, MT1, MT4, N2, N5, N6

## 本院地址及聯絡方式

UH Address and Contact

地址: 澳門氹仔偉龍馬路澳門科技大學H座  
Add.: Block H, Macau University of Science and Technology,  
Avenida Wai Long, Taipa, Macau

電話 Tel.: (853) 2882 1838

傳真 Fax: (853) 2882 1788

電郵 E-mail: hospital\_enquiry@must.edu.mo



## 胃鏡檢查

### During the Procedure



整個檢查過程需時約10至30分鐘;  
Usually it takes 10-30 minutes;



在檢查前, 病人作左側臥式;  
Before the procedure, patient is required to lie on the left side;



咽喉部先噴上局部麻醉藥;  
Spray anaesthesia medicine onto throat;



醫生會因應患者需要而給予注射鎮靜劑;  
Intravenous sedatives or painkiller according to patient's condition;



醫生會將一支柔軟的內視鏡, 經口放進患者體內, 對食道、胃部及部份十二指腸之內壁作檢查。  
A soft endoscope will be inserted into oesophagus, stomach and part of duodenum through mouth.

## 結腸鏡檢查

### Colonoscopy



整個檢查過程需時約30至60分鐘;  
Usually it takes 30-60 minutes, depending on what is found and if any additional procedures are to be performed;



病人作左側臥式, 雙膝屈曲;  
Before the procedure, patient is required to lie on the left side and bring both knees towards the chest;



檢查前會先注射止痛劑或鎮靜劑;  
Intravenous sedatives or painkiller will be given according to patient's condition;



潤滑劑塗抹肛門附近, 檢視鏡由肛門引進至結腸;  
Lubricating jelly will be applied to the anus and then a colonoscope will be passed through the anus to reach rectum and colon;



檢查期間會輸入氣體(空氣或二氧化碳)令摺疊的腸道輕微脹起, 以便觀察腸內情況。  
During the procedure, oxygen will be injected (air or carbon dioxide) for blowing up the bowel lumen so the doctor may see the inner wall of the bowel clearly.

## 注意

### Remarks

檢查後受鎮靜劑或麻醉藥影響24小時內不能駕駛車輛。

Do not drive or operate machinery device within 24 hours after receiving a sedative or anaesthesia.

## 服瀉藥指引

### Bowel Preparation Regime

檢查前須依醫生指示飲用瀉藥, 服用瀉藥指引如下:  
Comply with the below preparation regimes according to the doctor's instruction:

### A Klean prep (兩包)



a) 檢查前3天(即由\_\_\_月\_\_\_日起)須避免進食高纖維食物及紅肉(例如: 不能進食青菜、水果, 可進食白飯、魚、豬、雞、蛋和牛奶等);  
Start low residue diet 3 days before (date \_\_\_\_\_) and red meat, vegetables and fruit are not allowed. Fish, pork, chicken or eggs are recommended;

b) 檢查前1天(即由\_\_\_月\_\_\_日起)須進食半流質(如肉粥、魚粥、布甸、牛奶、清湯、芝士蛋糕、白麵包、蒸蛋等), 直至檢查前6小時完全禁食, 包括不能飲用清水及電解質飲料;  
Keep a semi-fluid diet for one day before the procedure, and keep fasting for 6 hours before the procedure, including not allowing to drink water or a electrolyte drinks;

c) 每包粉劑用1公升水稀釋;  
Dilute each sachet into one litre of water;

d) 檢查前1晚(即由\_\_\_月\_\_\_日起)晚上6時開始飲用已稀釋的瀉藥。每隔15分鐘飲250毫升, 2小時內服完。之後可以繼續飲清水;  
Start Klean prep at 6:00 pm the night before the procedure (date \_\_\_\_\_); Drink 250 ml Klean prep solution every 15 minutes (finish the one litre within 2 hours);

e) 服食口服瀉劑1小時後, 會開始感到腹瀉, **直到大便呈清水狀(沒有渣滓)才符合腸道準備標準**(注意: 如服藥一小時後感到腹脹, 可步行片刻)。  
One hour after taking the solution, you may have diarrhea and watery stool. **Keep defecating until the stool is clear (with no residue) before the procedure.** (Note: If abdominal bulging occurs, walk for a while as it may reduce the discomfort).

### B PICOPREP (兩包)



詳見PICOPREP服藥指引。

Please refer to PICOPREP Patient Instruction.

## 注意

### Remarks

如服食瀉藥後腸內仍有太多渣滓, 醫生需排期再作檢查。

Examination may be rescheduled by the doctor if there is a lot of residue inside the bowel.

## 胃鏡及腸鏡檢查

### Gastroscopy And Colonoscopy

病人姓名

Name of Patient: \_\_\_\_\_

出生日期

Date of Birth: \_\_\_\_\_(年)\_\_\_\_\_(月)\_\_\_\_\_(日)

病歷號碼

Medical Record No.: \_\_\_\_\_

性別

Gender: \_\_\_\_\_

檢查日期

Examination Date: \_\_\_\_\_(年)\_\_\_\_\_(月)\_\_\_\_\_(日)

檢查時間

Examination Time: \_\_\_\_\_(上午/下午)  
(AM/PM)

藥物過敏史

Allergy:  No  Yes, please specify: \_\_\_\_\_

目前服藥的情況

Current Status of Medication: \_\_\_\_\_

門診病人請於檢查前30分鐘到達本院1樓掛號處辦理登記手續。

For outpatients, please register at the Registry on the 1F of UH 30 minutes before the procedure.

需麻醉的病人, 請於檢查前1小時到達本院2樓內視鏡中心作麻醉評估; 如檢查時間為9:15am, 請於8:45am到達內視鏡中心。

Please arrive at the Endoscopy Centre on the 2F of UH one hour before the procedure for preoperative assessment if general anaesthesia is required; for 9:15am appointment, please arrive at the Endoscopy Center at 8:45am.

未滿18歲或年老體弱人士須由家長或家人陪同。

Patients under 18 years old, with poor health situation or the elders should be accompanied by parents/ guardians or relatives.

## 懸掛颱風訊號時的服務安排

### Service Arrangement during Typhoon Signal being Hoisted

颱風期間請注意安全, 盡量留在室內及避免外出。如需來院, 建議先與院方聯絡。科大醫院於懸掛八號或以上颱風信號時, 除血液透析服務將維持不變外, 其他服務將作以下安排:

For your safety, please stay indoors and avoid outdoor activities during typhoon. Patients are strongly advised to contact the Hospital before visiting. When tropical cyclone signal no.8 or above is being hoisted, the hemodialysis service will still be available, while other services will be adjusted as below:

● 門診服務暫停, 並於八號颱風信號除下後兩小時內恢復。  
Outpatient service will be temporarily suspended and resumed within 2 hours after signal no.8 is lowered or canceled.

● 所有預約將被取消, 並須於八號颱風信號除下後重新進行預約。  
All affected appointments will be canceled and patients need to make a new appointment.

● 對於颱風期間已抵達或已留院之病人, 醫院只能提供有限度服務, 並將收取百分之五十的附加費。  
Limited services will be available for patients in the hospital during typhoon. And 50% surcharge will be applied for those services.