

結腸鏡檢查前的準備 Preparation for Colonoscopy

為了進行安全有效的結腸鏡檢查，徹底清潔腸道非常重要。請必須遵循飲食指引，並按指示服用瀉藥。

For a safe and effective colonoscopy, it is important to have your bowel thoroughly cleaned out. Please strictly follow the dietary instructions and take the laxatives as explained.

藥物諮詢 Medications Advice

- 檢查前 7 天停止服用鐵片及血小板抑制劑，例如阿士匹靈或氯吡多(clopidogrel)。
Stop any iron tablets and antiplatelet e.g. Aspirin or Plavix (clopidogrel) 7 days before the test.
- 檢查前 5 天停止服用抗凝血劑，例如華發林(warfarin)及活血中藥，例如田七、銀杏、丹參等。手術前或需進行血液檢查，建議您提前與醫生商討。
Stop anticoagulants e.g. warfarin, and any Chinese medicine that activates blood circulation e.g. Tian Qi, Ginkgo, Salvia 5 days before the test; you may require special arrangement including a blood test before the procedure.
- 遵照主診醫生其它的停藥及服藥指示，如患有慢性心臟病、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。
Follow other medication instructions from doctor (if any), e.g. prophylactic antibiotic may be given to patients with chronic heart disease, valvular disease and/or infective endocarditis before the procedure.
- 檢查當日，如正服用口服降血糖藥物或注射胰島素，須暫停直至檢查完畢及恢復正常飲食。
On the day of procedure, withhold oral hypoglycaemic agents or insulin injection on the procedure day until normal diet is resumed.

檢查前一天 One day before Examination

您需要使用以下其中一種腸道準備藥物：

You will need to use one of the bowel preparations below:

☐ Klean prep ☐ GI Klean

1. 標準劑量包含一盒 2 小袋。
Standard dose consists of 2 sachets in one box.
2. 每袋粉劑以 1 公升冷開水稀釋。
Mix each sachet of Klean prep or GI Klean into 1L of cold water.
3. 由下午 6 時開始，每隔 15 分鐘飲用 250 毫升稀釋粉劑，2 小時內服完後可繼續飲用開水以保持充足水份。
From 18:00, start taking 250ml of mixture at every 15 minutes interval until all are finished in 2 hours. Continue to drink clear fluid to stay well hydrated.
4. 請盡量留在洗手間附近，第一次排便通常會在 1-2 小時內發生。
Stay close to the bathroom, the first bowel movement usually occurs within 1-2 hours.

□ Picoprep®

1. 標準劑量包含一盒 2 小袋。

Standard dose consists of 2 sachets in one box.

2. 請於下午 4-6 時，把一小袋倒入一杯冷開水中，攪拌 2-3 分鐘直至粉末溶解。

At 16:00-18:00, empty 1 sachet into a glass of cold water and stir for 2-3 minutes until the powder is dissolved.

3. 服用完此混合物後，請您必須飲用 1-2 升清澈流質以保持充足水份。

After finish taking this mixture, you must drink 1-2L of clear fluid to stay well hydrated.

4. 請盡量留在洗手間附近，第一次排便通常會在 1-2 小時內發生。

Stay close to the bathroom, the first bowel movement usually occurs within 1-2 hours.

5. 請於晚上 8-10 時，服用第二劑。

At 20:00-22:00, repeat the previous steps with the 2nd sachet as above.

6. 如果您的檢查被安排在中午或下午時間，您可以在檢查時 3-4 小時的早上服用第二劑。

If your colonoscopy is scheduled near noon-time or in the afternoon, then you may take the 2nd sachet of Picoprep® in the morning 3-4 hours before the test.

注意 Note:

- 如服藥一小時後感到腹脹，可步行片刻。

If abdominal bulging occurs, walk for a while to reduce discomfort.

- 如服食瀉藥後腸內仍有太多渣滓，醫生需排期再作檢查。

If residue is found inside the bowel, examination may need to be rescheduled.

飲食限制 Dietary restriction

	允許 Allowed	不允許 Disallowed
7 日前 7 Days Before	除非醫生指示，所有其他常規藥物必須持續使用。 All other regular medications must be continued unless instructed otherwise	鐵片、阿士匹靈、氯比多 Iron tablets, Aspirin, Plavix (clopidogrel)
3 日前 3 Days Before	進食少量或無纖維的食物，例如：嫩肉、家禽、雞蛋、魚、大米、麵條、通粉、餅乾、白麵包、沒有果肉和種子的水果和蔬菜汁、去皮馬鈴薯、多喝流質。 Food with little or no fibre, such as tender meat, poultry, eggs,	含纖維及全穀物食物，例如粗糙和堅韌的肉類、全麥麵包和穀物、糙米、整個水果和蔬菜、干豆類、豌豆和堅果類、牛奶和奶製品。 Food that contain fibre and is whole grain, such as coarse and tough meat, whole grain bread

	fish, rice, noodles, pasta, crackers, plain bread, fruit and vegetable juice without pulp and seed, skinless potatoes, and drink more fluid.	and cereal, brown rice, whole fruits and vegetables, dried beans, peas, and nuts, milk and dairy products.
1 日前 1 Day Before	盡量多喝清澈流質食物，例如蘋果汁、葡萄汁、汽水、紅茶、咖啡、清湯、蜂蜜水、運動飲料 Drink as much clear fluid as you can comfortable manage, such as apple juice, grape juice, soft drinks, black tea, coffee, clear broth, honey water, sports drink	除清澈流質以外的所有食物，包括紅色或紫色的飲料。 All others except clear fluid diet, including red or purple coloured beverage.

注意 Note:

- 請勿在午夜後進食或飲用任何飲料。
Please do not take any food or drink after midnight.

溫馨提示 Reminder :

- 未滿 18 歲或年老體弱人士須由家長或家人陪同檢查；
Patients under 18 years old, elders or with poor health condition should be accompanied by parents, guardians or relatives for examination.
- 檢查時不能配戴金屬物品 (例如假牙、飾物和手錶等)；
Do not wear jewelry and metallic articles e.g. watch, ring, necklace, earrings, etc during the procedure.
- 門診病人需於檢查前 30 分鐘到達本院 1 樓掛號處辦理登記手續；
Outpatients should arrive the 1/F Registration 30 minutes before the examination.
- 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 9:45am，需於 8:45am 到達內視鏡中心。)
If general anaesthesia is required, please arrive 2/F Endoscopy Centre 60 minutes before examination for preoperative assessment. (e.g. Arrive at 8:45 a.m. if examination is scheduled at 9:45 a.m.)
- 因檢查後 24 小時內不得駕駛，請提早考慮檢查完畢後的交通安排。
No driving is allowed within 24 hours after the examination, please plan your transportation ahead.
- 檢查後如有任何不適，須立即求醫。
If you become unwell after the examination, visit a doctor immediately.
- 如您對結腸鏡檢查前的準備有任何問題，歡迎致電(853) 2882 1819 查詢。
If you have any question regarding the bowel preparation, please do not hesitate to contact us at (853) 2882 1819.