

提前 1 天使用 Golytely 或 Nulytely 进行肠道准备

1 Day Bowel Prep With Golytely or Nulytely

Preparing for Your Colonoscopy or Procedure

Review this information when you receive it so that you are prepared for your procedure.

Look for more information from Endoscopy Scheduling or check with your doctor.

Important to know:

- You may need to make changes to your medicines up to 10 days before your procedure.
- You will need to change your diet starting 5 days before and begin this bowel prep at 3 p.m. the day before.
- You need to have an adult come with you to your procedure.
- If there are major changes to your health, please contact the health care provider who is doing your procedure. Your procedure may need to be changed for your safety.

Pick up prescription at the pharmacy 1 week before

Your kit includes:

- Large plastic container with medicine powder inside
- Flavor packet (unless the flavor is already mixed in)

准备结肠镜检查或手术

收到本信息后，请立即查看，以便为您的检查做好准备。从《内镜检查安排表》中查找进一步信息或咨询医生。

重要信息：

- 在检查前 10 天内，您可能需要改变用药习惯。
- 在检查前 5 天，您需要开始改变饮食，并在检查前一天的下午 3 点开始肠道准备。
- 您需要由一名成人陪同您接受检查。
- 如果您的健康状况发生重大变化，请联系为您进行治疗的医疗服务人员。为了您的安全，您的检查可能需要改期。。

检查 1 周前，在药房领取处方药

您的准备包包括：

- 装有药粉的大型塑料容器
- 风味包（除非药粉已混有风味）



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

wexnermedical.osu.edu

从检查前 5 天起，不得食用下列食物：

Starting 5 days before your procedure, do not eat:

玉米
Corn



坚果
Nuts



绿叶蔬菜
Leafy greens



爆米花
Popcorn



带皮或籽的水果
Fruit with skin or seeds



全谷物或
高纤维食品
Whole grain or
high fiber foods



切勿服用补铁维生素、补铁片剂或纤维补充剂。

Do not take vitamins with iron, iron tablets, or fiber supplements.



Medicine changes

- **Tell your doctor ALL the medicines you take**, including vitamins, supplements, and herbal remedies. Your doctor will tell you if you should stop taking any of them before this procedure and how soon to do it.
- **If you take medicines for diabetes:** Do not take oral diabetes medicines on the day of your procedure. If you take injection medicines for diabetes, such as insulin, ask the doctor who ordered the medicines how to adjust your medicines for this procedure.
- **If you take a blood thinner (anticoagulant or antiplatelet) medicine:** Your doctor may tell you to stop taking it a certain number of days before your procedure. Or your doctor may tell you to keep taking it. Make sure that you understand **exactly** what your doctor wants you to do.

用药改变

- **告诉您的医生您服用的所有药物**，包括维生素、补充剂和草药。您的医生会告知您是否应在检查前停用任何药物，以及停用时间。
- **如果您服用治疗糖尿病的药物：**检查当天切勿服用口服糖尿病药物。如果您需要注射治疗糖尿病的药物，如胰岛素，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。
- **如果您服用血液稀释剂（抗凝血剂或抗血小板药物）：**您的医生可能会告知您在检查前几天停用此类药物。或者您的医生可能会告知您可继续服用此类药物。确保您

- ▶ **Ask the doctor who ordered this medicine** if it is safe for you to stop taking it before this procedure.
- ▶ **If you have had a stent**, especially a stent in your heart or brain, **DO NOT STOP** taking your blood thinner medicine until you are instructed by the doctor who placed the stent.
- ▶ **If your doctor has told you NOT to stop taking these medicines before this procedure, please contact the health care provider who is doing your procedure.** Ask to speak to a nurse.
- **If you take aspirin or NSAIDs**, such as ibuprofen (Advil, Motrin, and Nuprin), naproxen (Aleve), or celecoxib (Celebrex) for pain, you do NOT need to stop taking these medicines before this procedure.
- You should continue all your other medicines with a sip of water unless you are instructed to make a change before this procedure.

About this prep

- You will drink a medicine mixture to clear your 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.
- The prep medicine may not taste good. You need to take all of it so your bowels are clear. Your bowels are clear when you are passing pale yellow liquid without any stool.
- **If you vomit up your prep medicine, have not had any bowel movements, or your bowels are not clear after this prep, please contact the health care provider who is doing your procedure.** The procedure may need to be rescheduled.

完全理解您的医生的指示。

- ▶ **向开药医生咨询**，在此检查前停用此类药物是否安全。
- ▶ **如果您体内有支架置入**，尤其是心脏或大脑中有支架，除非置入支架的医生明确指示，否则**请勿停用**血液稀释剂。
- ▶ **如果医生建议您在检查前不要停用此类药物，请联系为您进行治疗的医疗服务人员。**要求与护士沟通。
- **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（Advil、Motrin 和 Nuprin）、萘普生（Aleve）或塞来昔布（Celebrex），在此检查前无需停用此类药物。
- 您应继续小口饮水服用所有其他药物，除非您在检查前收到不同要求。

关于本次准备

- 您需要饮用混合药物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。
- 准备药物可能味道不佳。您需要将其全部饮用完毕，以便能排空肠道。当您排出不含任何大便的淡黄色液体时，肠道已排空。
- **如果您的准备药物呕出，无任何排便或准备后肠道仍未排空，请联系为您进行治疗的医疗服务人员。**检查可能需要重新择期进行。。

Day before your procedure

Start Clear Liquid Diet

Do not eat any solid food or eat or drink any milk products until after your procedure is done. Drink only clear liquids. You can drink clear and light colored liquids up to 4 hours before your procedure. Do not have anything with red or purple dye.

Okay to have:



水、调味水或冰块
Water, flavored water, or ice chips



未添加牛奶或奶油的咖啡或茶
Coffee or tea with **no** milk or cream



姜汁汽水或柠檬味汽水
Ginger ale or lemon-lime soda



透明果汁，如苹果汁或白葡萄汁
Fruit juices you can see through, such as apple or white grape



Gatorade、其他运动饮料或 Kool-Aid 等其他混合饮料
Gatorade, other sports drinks, or other drink mixes like Kool-Aid



冰棍
(未添加水果或奶油)
(非红色或紫色)
Popsicles (**no** fruit or cream) (**no** red or purple)



果冻或其他明胶，不含水果 (非红色或紫色)
Jell-O or other gelatin, without fruit (**no** red or purple)



清炖肉汤或肉汁
Clear broth or bouillon

Do NOT have:

- Alcoholic drinks
- Milk
- Smoothies
- Milkshakes
- Cream
- Yogurt
- Orange juice
- Grapefruit juice
- Tomato juice
- Soup (other than clear broth)
- Red or purple drinks



禁食项目包括:

- 酒精饮料
- 牛奶
- 冰沙
- 奶昔
- 奶油
- 酸奶
- 橙汁
- 葡萄柚汁
- 番茄汁
- 汤 (清炖肉汤除外)
- 红色或紫色饮料

Between 3 and 5 p.m., mix your prep mixture:

1. Open the container that has the medicine powder.
2. If there is a flavor packet, pour it into the container.
3. Fill the container with warm water to the “Fill to Here” line on the container. Warm water helps to dissolve the powder.
4. Put the cap on the container and shake it to dissolve the powder.
5. Place the container with the mixture into the refrigerator to cool.



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打开装有粉末的
容器

Open container with
powder

加入风味包（如
有）

Add flavor packet
(if there is one)

加入温水至标线处
Add warm water to
fill line

振摇混合
Shake to mix

保持低温
Keep cold

At 6 p.m., drink one (8-ounce) glass of the mixture every 10 to 15 minutes until you finish half of the mixture (64 ounces total). Put the rest back in the refrigerator. Keep drinking other clear liquids all evening.

下午 6 点，每隔 10 至 15 分钟饮用一玻璃杯 8 盎司的混合药物，直至饮入一半（共 64 盎司）。将另一半放回冰箱。整晚可饮用其他透明液体。



饮用一半混合药物

Drink half of mixture



Morning of your procedure

6 hours before your procedure, drink one (8-ounce) glass every 10 to 15 minutes until you finish the rest of the mixture. Then drink two (8-ounce) glass of clear liquids after that. You can drink clear liquids up to 4 hours before your procedure.

将剩下的混合药物饮用完毕
Drink rest of mixture



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饮用 2 茶杯透
明液体
Drink 2 cups clear
liquids

You can take a small sip of water to take any allowed medicines within 2 hours of your procedure. Your procedure will be delayed or canceled if you drink anything other than a sip of water with medicines. This is important to make sure it is safe to give you sedation or anesthesia.

If you have illegal drugs or alcohol in your system, your procedure may be rescheduled for your safety.

Arriving for the procedure

Arrive by the arrival time on your letter, so the staff can get you ready. Expect to be here 2 to 4 hours for your procedure and recovery time.

- Please leave all valuables and jewelry, including piercings, at home.
- Female patients may need to give a urine sample if a pregnancy test is needed.
- Bring these with you to your procedure:
 - List of all medicines, including prescription and over the counter medicines, and any vitamin or herbal products you are taking

检查当天早晨

检查前 6 小时，每隔 10 至 15 分钟饮用一玻璃杯（8 盎司）药物，直至将剩下的混合药物饮用完毕。然后饮用两玻璃杯（8 盎司）透明液体。最晚在检查前 4 小时饮用透明液体。

在检查前 2 小时内，您可小口饮水服用任何允许的药物。服药时，如果您除小口饮水以外饮用其他任何饮料，您的检查将推迟或取消。这对于确保镇静或麻醉安全极为重要。

如果您体内有非法药物或酒精，为了您的安全，可能会重新安排您的检查。

抵达进行检查

根据您的排号按时抵达，以便工作人员能帮您做好准备。预计检查及恢复时间约需 2 至 4 小时。

- 请将所有贵重物品和珠宝留在家中，包括穿刺饰品。
- 女性患者可能需要提供尿液样本，以备妊娠检测。
- 前来接受检查时随身携带以下物品：
 - 一份您正在服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

- List of your allergies
- List of medical conditions and previous surgeries
- Copy of your advanced directive, such as a living will or power of attorney
- Photo identification, insurance card, and co-payment, if needed

- 一份您的过敏清单
- 一份病情和既往手术的清单
- 一份事前声明，如生前遗嘱或授权委托书
- 带照片的身份证明文件、保险卡和共付额证明（如需要）

You need to have an adult come with you to your procedure

You will be given medicine to help you relax during the procedure. For your safety, you will need a **responsible adult to drive you home after the procedure**. Your driver needs to check in for the procedure with you. If your driver doesn't check in with you, we will need to speak to your driver before we can start your procedure. **Your procedure will be delayed or canceled if we cannot speak to your driver.**

- If your driver leaves the facility during the procedure, they need to give the staff a phone number where they can be reached. Your driver needs to be **within 30 minutes** of the procedure location.
- If you take a cab, bus, or medical transportation, an adult other than the driver needs to ride with you for your safety.
- You should have an adult with you to help you at home after the procedure for at least 6 hours.
- You should not drive, operate machinery, drink alcohol, or make any legal decisions until the day after your procedure.

您需要由一名成人陪同您接受检查

医生会为您提供一些药物来帮助您在检查时放松。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返家**。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，您的检查将推迟或取消。**

- 如果驾驶员在检查期间离开检查设施，其需要向工作人员提供电话号码，以便能随时与其联系。驾驶员需要在距检查位置 **30 分钟的路程内**。
- 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，您需要由除驾驶员以外的一名成人陪同，以确保您的安全。
- 检查后返家的至少 6 小时内您应由一名成人陪同，为您提供帮助。
- 在检查后的第二天之前，您不应开车、操作机器、饮酒或做出任何法律决定。

如果您对检查前的准备工作有所疑问或担心，请联系为您进行治疗的医疗服务人员。关于在俄亥俄州进行结肠镜检查的进一步信息，请访问, go.osu.edu/colonoscopy.

If you have questions or concerns about the prep for your test, please contact the health care provider who is doing your procedure. For more information about having a colonoscopy at Ohio State, go.osu.edu/colonoscopy.