

提前 1 天使用 MiraLAX 和 Dulcolax 进行肠道准备

1 Day Bowel Prep With MiraLAX and Dulcolax

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 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.

Medicine Changes Before Your Procedure

You may need to make changes to your medicines many days before your procedure. Read carefully the medicine change information at go.osu.edu/pted5355 or review the copy with these instructions. These include blood thinners, medicines for diabetes, weight loss, heart conditions, and others. **If you do not review and make the needed medicine changes, your procedure may need to be rescheduled.**

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 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。

手术前药物变更

您可能需要在手术前几天变更药物。请访问 go.osu.edu/pted5423，仔细阅读药物变更信息，或查看提供这些说明的副本。包括血液稀释剂、糖尿病药物、减肥药物、心脏病药物等。如果您没有查看并作出必要的药物变更，您的手术可能需要重新安排。



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

wexnermedical.osu.edu

Buy at the store:

- Large bottle (8.3 oz or 238 gm) of laxative polyethylene glycol 3350, such as MiraLAX
 - 4 Dulcolax laxative tablets (5 mg each)
 - Total of 64 ounces of a sports drink, such as Gatorade (no red or purple)
- For diabetes: use sugar free option

在药店购买下列物品:

- 大瓶（8.3 盎司或 238 克）泻药聚乙二醇 3350，如 MiraLAX
 - 4 片 Dulcolax 通便片（每片 5 毫克）
 - 总共 64 盎司的运动饮料，如佳得乐 (Gatorade)（无红色或紫色）
- 对于糖尿病患者：使用无糖款



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.



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.
- **If you have a history of heart failure, kidney disease, cirrhosis of the liver, electrolyte problems, or chronic constipation, you may need a different bowel prep medicine.** Please contact the nurse for instructions.
- You should not smoke or vape the day before and on the day of your procedure.
- **If you have an implanted stimulator device,** it should be turned off before your procedure. Please bring the remote with you on the day of the procedure.

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。

如果您有心力衰竭、肾病、肝硬化、电解质问题或慢性便秘病史，您可能需要不同的肠道准备药物。请咨询护士，以获得相应指导。
- 您不应该在手术前一天和当天吸烟或使用电子烟。
- 如果您有一个植入式刺激装置，在手术前应该将其关闭。请在手术当天随身携带遥控器。

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

检查前一天

开始透明液体饮食

不要食用任何固态食物或食用或饮用任何乳制品，直至检查结束。仅饮用透明液体。最晚在检查前 4 小时饮用透明和浅色液体。切勿饮用任何带有红色或紫色染料的液体。

可食项目包括：

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

At 3 p.m., take 4 Dulcolax tablets.

下午 3 点， 服用 4 片 Dulcolax 片。



Pour all of the MiraLAX and 64 ounces of sports drink into a larger container and shake well. Put it into the refrigerator to keep cool.

将所有 MiraLAX 和 64 盎司运动饮料倒入一个更大的容器中并摇匀。将其放进冰箱中保持冷却状态。



At 6 p.m., drink one (8-ounce) glass of the mixture every 10 to 15 minutes until you finish half of it. It may help to use a straw. Put the rest back in the refrigerator.

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。使用吸管可能会有所帮助。将另一半放回冰箱。



6 hours before your procedure

6 hours before your procedure, drink the rest of the mixture. You may need to set your alarm to get up to finish your prep medicine. Drink two (8-ounce) glasses of clear liquids after you finish the mixture. You can drink clear liquids up to 4 hours before your procedure.

检查前 6 小时

检查前 6 小时，将剩下的混合药物饮用完毕。您可能需要设定起床闹钟，以便将准备药物饮用完毕。将混合药物饮用完毕后，请饮用两玻璃杯（8 盎司）透明液体。最晚在检查前 4 小时饮用透明液体。



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 alcohol, marijuana, or illegal drugs 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.

- Please leave all valuables and jewelry, including piercings, at home.
- Patients who can become pregnant may need to give a urine sample in case 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
 - 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

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。

如果您体内有酒精、大麻或非法药物，为了您的安全，我们会重新安排您的手术。

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。

- 请将所有贵重物品和珠宝留在家中，包括穿刺饰品。
- 可能怀孕的患者需要提供尿样，以防需要进行妊娠检查。
- 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
 - 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 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.

内窥镜检查前的用药变更

Medicine Changes Before Your Endoscopy Procedure

Some medicines need to be stopped a certain number of days before your procedure. Review these instructions as soon as you get them to see if you are taking any of these types of medicines. Common brand names are listed, but there may be other brand names not listed.

If you take a blood thinner (anticoagulant or antiplatelet) medicine

Your doctor may tell you to stop taking this medicine 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.

- 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.

有些药物需要您在接受检查前停用一定天数。请在收到本指示后尽快阅览,以了解您是否正在服用任何此类药物。本指示中已列出药物的常见品牌名,但也可能存在未列出的其他品牌名。

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。确保您完全理解您医生的指示。

- 向开药的医生咨询,在接受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。



- 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 and ask to speak to a nurse.
- **Anticoagulant and antiplatelet medicines:** Below is a list of common blood thinner/stent medicines. If your blood thinner/stent medicine is not listed, contact the doctor who ordered your medicine for instructions:
 - apixaban (Eliquis)
 - clopidogrel (Plavix)
 - dabigatran (Pradaxa)
 - edoxaban (Savaysa)
 - enoxaparin (Lovenox)
 - fondaparinux (Arixtra)
 - heparin
 - rivaroxaban (Xarelto)
 - ticagrelor (Brilinta)
 - vorapaxar (Zontivity)
 - warfarin (Coumadin, Jantoven)
- 如果医生建议您在接受检查前不要停用此类药物, 请联系将为您提供检查的医疗保健提供者, 并要求与护士沟通。
- **抗凝血剂或抗血小板药物:** 以下是常见的血液稀释剂/支架药物的清单。如果您使用的血液稀释剂/支架药物未列于其中, 请联系为您开药的医生, 以获取指示:
 - 阿哌沙班 (apixaban) (Eliquis)
 - 氯吡格雷 (clopidogrel) (Plavix)
 - 达比加群酯 (dabigatran) (Pradaxa)
 - 依度沙班 (edoxaban) (Savaysa)
 - 依诺肝素 (enoxaparin) (Lovenox)
 - 磺达肝葵钠 (fondaparinux) (Arixtra)
 - 肝素钠 (heparin)
 - 利伐沙班 (rivaroxaban) (Xarelto)
 - 替格瑞洛 (ticagrelor) (Brilinta)
 - 沃拉帕克 (vorapaxar) (Zontivity)
 - 华法林 (warfarin) (Coumadin、Jantoven)

If you take any of these medicines for diabetes, weight loss, or another reason

- If you take insulin, ask the doctor who ordered the insulin how to adjust before for your procedure.
- Do not take oral (by mouth) diabetes medicines on the day of your procedure.

如果您因为糖尿病、减肥或其他原因而使用任何此类药物

- 如果您使用胰岛素, 请咨询给您开胰岛素的医生在接受检查前如何调整用药。
- 检查当天切勿服用(口服)糖尿病药物。

- **If you take any of these oral medicines listed below, stop taking it for the following number of days before your procedure:**

药物/[Medicine]	接受检查前应停药的天数/[Number of days to stop taking before procedure]
<ul style="list-style-type: none"> ▶ 艾瑞格列净 (ertugliflozin) (Steglatro) 	4 天/[4 days]
<ul style="list-style-type: none"> ▶ 贝格列净 (bexagliflozin) (Brenzavvy) ▶ 卡格列净 (canagliflozin) (Invokana) ▶ 达格列净 (dapagliflozin) (Farxiga) ▶ 恩格列净 (empagliflozin) (Jardiance) ▶ 索格列净 (sotagliflozin) (Inpefa) 	3 天/[4 days]
<ul style="list-style-type: none"> ▶ 赛马格鲁肽 (semaglutide) (Rybelsus) 	1 天/[1 day]

- **如果您服用下列任何口服药物, 请在接受检查前根据以下天数规定停用相应药物:**

- **If you use one of these injection medicines, stop taking it before your procedure as listed below:**

药物/[Medicine]	接受检查前应停药的天数/[Number of days to stop taking before procedure]
<ul style="list-style-type: none"> ▶ 度拉糖肽 (dulaglutide) (Trulicity) ▶ 艾塞那肽 (exenatide) (Bydureon BCise, Byetta) ▶ 利拉鲁肽 (liraglutide) (Saxenda, Victoza) ▶ 赛马格鲁肽 (semaglutide) (Ozempic, Wegovy) ▶ 替西帕肽 (tirzepatide) (Mounjaro, Zepbound) 	<ul style="list-style-type: none"> ▶ 如果您每天都使用此类注射剂: 检查当天请勿使用/[If you use the injection daily: do not use on day of procedure] ▶ 如果您每周使用一次此类注射剂: 请在接受检查前一周暂停使用此类药物/[If you use the injection weekly: stop taking 1 week before the procedure] ▶ 如果您仅出于减肥目的而每周使用一次此类注射剂: 请在接受检查前两周暂停使用此类药物/[If you use the injection weekly for weight loss only: stop taking for 2 weeks before the procedure]

- **如果您使用此类注射药物中的任意一种, 请在接受检查前根据以下说明停用相应药物:**

- **If you take phentermine (Adipex), phentermine/topiramate (Qysmia), or naltrexone/bupropion (Contrave), please contact your prescribing provider to taper off the medicine before your procedure. These medicines should be stopped slowly by taking smaller doses overtime as directed by your provider.**

- **如果您服用苯丁胺 (phentermine) (Adipex)、苯丁胺/托吡酯 (topiramate) (Qysmia) 或纳曲酮 (naltrexone)/安非他酮 (bupropion) (Contrave), 请联系给您开立处方药的提供者, 以便在您接受检查前逐渐减少药量。您应在提供者的指导下, 通过逐渐减少用药剂量来慢慢停用这些药物。**

Other medicines

- If you take aspirin or NSAIDs, such as ibuprofen (Advil, Motrin, and Nuprin), naproxen (Aleve), or celecoxib (Celebrex) for pain, you **CAN** keep 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.

其他药物

- 如果您服用阿司匹林 (aspirin) 或非甾体抗炎药 (Nonsteroidal Anti-inflammatory Drug, NSAID), 如止痛药布洛芬 (ibuprofen) (Advil、Motrin 和 Nuprin), 萘普生 (naproxen) (Aleve) 或塞来昔布 (celecoxib) (Celebrex), 您**可以**在接受检查前继续服用此类药物。
 - 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指示。

本宣传材料仅供参考。如果您对您的护理有任何疑问, 请咨询您的医生或医疗保健团队。如需了解更多健康信息, 请拨打 614-293-3707 或发送电子邮件至 health-info@osu.edu 与健康信息图书馆 (Library for Health Information) 联系。

[This handout is for informational purposes only. Talk with 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 health-info@osu.edu.]