



如何為下消化道攝影檢查做準備

本手冊為將要在華盛頓大學醫學中心做下消化道攝影檢查的大部分病人給出指示。

如何為此項檢查做準備？

如果你有哈特曼氏囊、J袋、另一種腸道設備，或者如果此項檢查是用於回腸造口除掉術，那麼，你無需為這次檢查做準備。

如果你有任何以下健康狀況，請在執行這些指示之前諮詢你的家庭醫生：腎病、引起痙攣的腹痛、嚴重腹瀉、嚴重的腸道出血，或者發炎性腸道疾病。

- 告訴你的醫生有關你最近患過的任何疾病或其他疾病，以及你對藥物可能會有的任何過敏。
- 如果你懷孕了，或者如果你有可能懷孕，告訴你的醫生或 X 光放射師。
- 到藥房買以下 3 種藥（不需要處方）：
 - 8 盎司瓶裝液體檸檬酸鎂瀉藥
 - 一包 Dulcolax（樂可舒）藥片
 - 一包 Dulcolax 栓劑

回到家後，將檸檬酸鎂放進冰箱裏。這種藥冷凍後味道會更好。

檢查前 2 天

- 只喝透明液體（可以看穿的液體）。
不能喝任何其他液體或吃固體食物。
- 三餐可以包括清湯、透明的或濾過的果汁（無果肉）、茶、咖啡、碳酸飲料或果凍。



檢查前 2 天只能喝透明液體（可以看穿的液體）。

檢查前一天

檢查前一天，請遵循以下指引。除了你已經在喝的透明液體之外，你還可以：

- 下午 1 點： 喝 8 盎司透明液體。
- 下午 2 點： 喝 8 盎司瓶裝檸檬酸鎂瀉藥（冷凍的）。
- 下午 3 點： 喝 8 盎司透明液體。
- 下午 6 點： 服 4 片 Dulcolax，並喝 8 盎司透明液體。
- 晚上 7 點： 喝 8 盎司透明液體。
- 晚上 10 點： 喝 8 盎司透明液體。
- 睡覺前： 喝 8 盎司透明液體。

檢查當天

- 早上，喝至少 8 盎司的咖啡、茶，或者透明的或濾過的果汁（無果肉），但切勿進食或飲用任何其他東西。
- 前來檢查前 2 小時：
 - 將 1 顆 Dulcolax 栓劑塞進你的直腸。
 - 等至少 15 分鐘才去如廁。
- 按約診時間來到放射科。

有任何問題嗎？

你的問題很重要。如果你有任何問題或疑慮，請致電你的醫生或保健服務提供者。

造影服務部：
206-598-6200

How to Prepare for Your Lower GI Exam

This handout gives instructions for most patients who are having a lower GI exam at University of Washington Medical Center.

How should I prepare for the exam?

You do not need to prepare for this exam in a special way if you have a Hartmann's pouch, J pouch, another intestinal device, or if the exam is for an ileostomy takedown.

Please talk with your primary care provider before you follow these instructions if you have any of these conditions: kidney disease, abdominal pain that causes cramps, severe diarrhea, severe intestinal bleeding, or inflammatory bowel disease.

- Tell your doctor about any recent illnesses or other medical conditions, as well as any allergies to medicines you might have.
- Tell your doctor or X-ray technologist if you are pregnant or if there is any chance you are pregnant.
- Buy these 3 items at your pharmacy (you do not need a prescription):
 - 8-oz. bottle of liquid magnesium citrate laxative
 - Package of Dulcolax tablets
 - Package of Dulcolax suppositories

When you get home, put the magnesium citrate in your refrigerator. It will taste better when it is cold.

For 2 Days Before Your Exam

- **Have only clear liquids (fluids you can see through). You cannot have any other liquids or solid foods.**
- Meals may include clear broth, clear or strained fruit juices (no pulp), tea, coffee, carbonated beverages, or Jell-O.



You may have only clear liquids (fluids you can see through) for 2 days before your exam.

On the Day Before Your Exam

On the day before your exam, follow these guidelines. **This is in addition to the clear liquids you are already drinking.**

- **1 p.m.:** Drink 8 oz. clear liquid.
- **2 p.m.:** Drink 8 oz. bottle of magnesium citrate laxative (cold).
- **3 p.m.:** Drink 8 oz. clear liquid.
- **6 p.m.:** Take 4 Dulcolax tablets with 8 oz. of clear liquid, by mouth.
- **7 p.m.:** Drink 8 oz. clear liquid.
- **10 p.m.:** Drink 8 oz. clear liquid.
- **Bedtime:** Drink 8 oz. clear liquid.

On the Day of Your Exam

- In the morning, drink at least 8 oz. of coffee, tea, or clear or strained fruit juice (no pulp), but do **not** have anything else.
- 2 hours before leaving for your exam:
 - Insert 1 Dulcolax suppository into your rectum.
 - Wait at least 15 minutes before using the toilet.
- Come to the Radiology department at your appointment time.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Imaging Services:
206-598-6200