

Miralax 和 Dulcolax 肠道准备

Miralax and Dulcolax Bowel Prep

A bowel prep is done to clear the bowel or large intestines and rectum, of all solid matter before certain tests or procedures. Please review these instructions as soon as you get them and then follow the instructions to prepare.

Begin the bowel prep 1 day before your scheduled procedure.

To Prepare

- Tell your doctor if you have diabetes or take blood thinners. You may need to stop some of your medicine a few days before your test.
- Ask your doctor if you should take any of your medicines the morning of your test. If so, take with sips of water only.
- You will need to buy 2 laxative medicines from a pharmacy:
 - Miralax (Polyethylene Glycol 3350) in large bottle (8.3 ounces or 238 grams)
 - 4 Dulcolax (bisacodyl) laxative tablets (5 milligram tablets) – Often sold in boxes of 10 or more tablets

There may be store brands of these products that cost less. Ask the pharmacist to help you find what you need.

- Buy a large 64-ounce bottle of sports drink such as Gatorade, Powerade or other sports drinks that are not red in color. If you have diabetes, buy a no or low calorie drink such as Crystal Light instead. This will be used to mix your Miralax the day before your test. Do not use carbonated beverages.

在进行某些检查或程序之前，需进行肠道准备，排空小肠或大肠和直肠中的所有固态物质。收到本说明后，请立即阅读，然后按照说明进行准备。

在预定程序的前一天开始肠道准备。

准备

- 告诉医生您是否患有糖尿病或正在服用血液稀释剂。在检查之前几天内，您可能需要停止服用某些药物。
- 向医生咨询检查当天上午是否需要服用任何药物。若需服药，请仅用少量水送服。
- 您需要从药房购买 2 种泻药：
 - 大瓶装 Miralax (聚乙二醇 3350) (8.3 盎司或 238 克)
 - 4 片 Dulcolax (bisacodyl) 泻药片 (5 毫克片) – 市售产品通常一盒 10 片或以上

某些药店可能会自配这种药物，价格可能更低。请药剂师帮您找到所需的药物。

- 购买一大瓶 64 盎司的运动饮料，例如佳得乐、Powerade 或其他非红色的运动饮料。如果您患有糖尿病，请购买不含糖或低卡路里的饮料，例如 Crystal Light。在检查前一天，将用此饮料混合 Miralax。切勿选择碳酸饮料。

- You may also want to buy some other clear liquids from the list below to drink the day before your test.
- Arrange to have an adult bring you to your appointment and take you home after your test.

5 Days before your test and until your test is done:

- Do not take iron tablets or vitamins with iron.
- Do not take fiber supplements like Metamucil, Citrucel or Fiberall.
- Do not eat popcorn, corn, nuts, seeds or green leafy vegetables such as kale or spinach.

On the day before your test

- **Starting in the morning, drink only clear liquids** on this list and **avoid all red colored liquids**. Clear liquids for your prep include:
 - Water
 - Fruit juices you can see through and have no pulp such as apple, white cranberry or white grape
 - Popsicles
 - Ice
 - Soft drinks such as ginger ale or lemon lime soda
 - Gatorade, Powerade or other sports drinks
 - Clear broth or bouillon
 - Jello
 - Kool Aid or other drink mixes
 - Coffee or tea with no milk or cream added

- 您也可以购买以下建议的其他透明液体，在检查前一天饮用。
- 安排一名成人与您共同就诊，在检查后带您回家。

检查前 5 天以及检查完成之后：

- 切勿服用任何铁剂或含铁维生素。
- 切勿服用纤维补充剂如 Metamucil、Citrucel 或 Fiberall。
- 切勿进食爆米花、玉米、坚果、种子或羽衣甘蓝或菠菜等绿叶蔬菜。

检查前一天

- 从早上开始，只饮用此清单上的透明液体，避免任何红色液体。用于肠道准备的透明液体包括：
 - 水
 - 不含果肉的透明果汁，例如苹果汁、白蔓越莓汁或白葡萄汁
 - 冰棒
 - 冰
 - 软饮料，如姜汁汽水或柠檬酸橙苏打
 - 佳得乐、Powerade 或其他运动饮料
 - 清炖肉汤或肉汁
 - 果冻
 - 酷艾 (Kool Aid) 或其他混合饮料
 - 未添加牛奶或奶油的咖啡或茶

- Do not eat any solid food or milk products until your test is done.
- Drink at least 4 (8-ounce) glasses of water through the day as well as other clear liquids.
- 请勿食用任何固态食物或奶制品，直至检查结束。
- 全天至少饮用 4 杯 (8 盎司) 水以及其他透明液体。

Taking Your Prep Medicines

You will take some pills and drink a medicine mixture that will clear your bowels of all solid matter. You will need to go to the bathroom often and your bowel movements will become very watery. The medicines may cause you to have cramps or feel bloated.

Be sure you take all of the prep medicines as directed, so your bowels are clear for your test. If your bowels are not cleared, you may have to have the test rescheduled and do another prep.

The bowels are clear or clean when there is only pale yellow fluid without flecks of stool.

Many people start the medicines early in the afternoon at about 3:00 PM. If you are working the day before your test, you may want to wait until you are home in the early evening, about 6:00 PM.

At 3:00 PM or when you are home from work:

- Take 4 Dulcolax tablets with a drink of clear liquids.
- Mix the Miralax in a 64-ounce bottle of Gatorade or other clear liquid of choice.
 - To make room for the Miralax in the sports drink bottle, pour out a cup of the sports drink and drink it.
 - Pour the Miralax powder into the sports drink bottle. Cap the bottle and shake the bottle to dissolve the powder.
 - Most people prefer to drink the liquid chilled, so you may want to place it in the refrigerator.

服用您的准备药物

您将服用一些药丸并饮用一种混合药物，排空肠道中的所有固态物质。您将需要频繁如厕，且大便呈高度水样。这些药物可能会导致您产生痉挛或腹胀的感觉。

请按照指示服用所有准备药物，以便检查时肠道已排空。如果肠道未排空，您可能需要重新安排检查，再次进行准备。

如果您的排便只有淡黄色液体，没有粪便斑点，代表肠腔已清空。

许多人会选择在下午 3:00 左右开始服药。如果您在检查前一天需要工作，可以等到傍晚回家后 (大约 6:00 左右) 服用。

在下午 3:00 或下班回家时：

- 用透明液体送服 4 片 Dulcolax。
- 将 Miralax 混合在 64 盎司瓶装佳得乐或其他所选透明液体中。
 - 为了在饮料瓶中为 Miralax 预留空间，事先倒出一杯运动饮料喝下。
 - 将 Miralax 粉末倒入运动饮料瓶中。盖好瓶盖并摇动，使粉末溶解。
 - 大多数人喜欢喝冰镇的液体，您可以将其放入冰箱。

3 hours after taking the Dulcolax tablets

- Start to drink the Miralax mixture. Drink one glass every 10 to 15 minutes. Drink it quickly rather than sipping small amounts because it does not taste that good. Finish drinking half of the mixture.
- Place the other half of the mixture into the refrigerator. You will need to drink the rest of the mixture in the morning, 6 hours before your test.
- Continue to drink other clear liquids through the evening.
- Set an alarm for the morning to get you up 6 hours before your test time.

The Morning of Your Test or Procedure

6 hours before your test:

- Drink the rest of your Miralax mixture as before.
- Drink 2 (8-ounce) cups of clear liquids after you finish the Miralax mixture.
- You can drink clear liquids up to 4 hours before your test.
- If you are to take morning medicines before your test, take with a small sip of water within 2 hours of your test time. Your test will be delayed or canceled if you drink anything other than a sip of water with your medicines.

服用 Dulcolax 药片后 3 小时

- 开始饮用 Miralax 混合物。每 10 至 15 分钟饮用一杯。不要小口喝，因为它的味道不佳，请尽快喝完，喝完混合药物的一半。
- 将另一半混合药物放入冰箱。次日早晨，您需要在检查前6小时将另一半混合药物喝完。
- 继续饮用其他透明液体，直至晚上。
- 设置清晨闹钟，比检查时间提前 6 个小时起床。

检查或程序当天早上

检查前 6 小时:

- 按照前述方法喝完剩下的一半 Miralax 混合物。
- 喝完 Miralax 混合物后，请饮用 2 杯（8 盎司）透明液体。
- 最晚在检查前 4 小时前饮用透明液体。
- 如果检查前还需要服用药物，请在检查前 2 小时内用一小口水送服。服药时，如果您除小口喝水以外喝下其他任何饮料，您的检查将被推迟或取消。

- Bring all medicines you usually take (in their original containers) to the hospital with you.
- You will need to have an adult with you to take you home after your test. You will not be able to leave by yourself and it will not be safe for you to drive because of the medicine you are given at the start of the test.
- You may be told to arrive up to 1 hour before your test is scheduled so that staff can get you ready.

Expect to be here for 2 to 4 hours for your test and recovery time.

Talk to your doctor or nurse if you have any questions or concerns.

- 将您平时服用的所有药物（ 装在原包装中 ） 带到医院。
- 检查后， 您需由一名成人护送回家。 您无法自行离开。 由于检查开始时使用的药物， 您独自驾车也不安全。
- 可能会要求您在预约时间前 1 小时到达， 以便工作人员为您做好准备。

预计整个过程需要 2 至 4 小时， 包括进行检查和恢复。

如果有任何疑问或担心， 请咨询医生或护士