

## 胃窺鏡檢驗/治療指引

### **(Oesophago-gastro-duodenoscopy / therapeutic Instruction)**

1. 請依照預約單上之日期、時間到本院辦理手續以作上項檢驗。
  2. 未足 18 歲者，必須由父 / 母親或監護人陪同到院。
  3. 檢驗完畢，最好由一成年之親友陪同回家。  
如有需要，或需留院觀察。
  4. 胃窺探前準備：  
**此檢驗一定要胃部空虛方可進行**  
 檢驗在上午施行，請於檢驗前一晚，晚上十二時起至翌日到院期間，禁止進食及飲水。  
 檢驗在下午施行，請於檢驗當日早上七時四十五分前進食少量易消化的早餐之後，禁止進食及飲水。
  5. 若檢查前有疑問，可於辦公時間內致電 2379 9611 專科門診部查詢。
  6. 若需取消或更改檢驗日期，可於辦公時間內致電 3513 4495 內視鏡診療中心查詢。
  7. 檢查當日，如天文台懸掛 8 號或以上之颱風訊號或黑色暴雨警告訊號，此服務會停止，而閣下的檢驗日期將會延期直至另行通知；如有任何查詢，請於辦公時間內致電 3513 4495 內視鏡診療中心。
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1. Please register according to the appointment slip's date and time for the above procedure.
  2. For those under the age of 18, one of the parents should accompany them to the hospital.
  3. It is preferable that you are accompanied home by an adult relative/friend after the above procedure.  
You may stay in hospital for observation after the above procedure.
  4. Preparation on the day before examination:  
**Successful and safe examination requires an empty stomach.**  
 For morning examination, you must not eat or drink from 12 mid-night onwards until coming into hospital.  
 For afternoon examination, you can take light breakfast before 7:45 am and do not eat or drink onwards until the examination to be done.
  5. Please contact Special Out Patient Department (Tel no. 2379 9611) during office hours for any enquiry.
  6. Please contact Endoscopy Centre (Tel no. 3513 4495) during office hours for cancellation or re-schedule of appointment date.
  7. On the day of procedure, the service will be suspended when typhoon signal no. 8 or Black Rainstorm Warning is hoisted. Your examination date will be postponed until further notice; Please contact Endoscopy Centre (Tel no. 3513 4495) during office hour for any enquiry.

## 膽管胰腺管逆行性內窺鏡造影術指引 ( ERCP Instruction)

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4. 膽管胰腺管逆行性前準備：  
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5. 若檢查前有疑問，可於辦公時間內致電 23799611 專科門診部查詢。
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## 外科支氣管窺鏡檢驗 ( Surgical Bronchoscopy )

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**內科支氣管窺鏡檢驗**  
**( Medical Bronchoscopy )**

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**膀胱窺鏡檢驗**  
**( Cystoscopy )**

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# 基督教聯合醫院 大腸窺鏡檢查指引

Please use label if available or use block letters

Name: \_\_\_\_\_

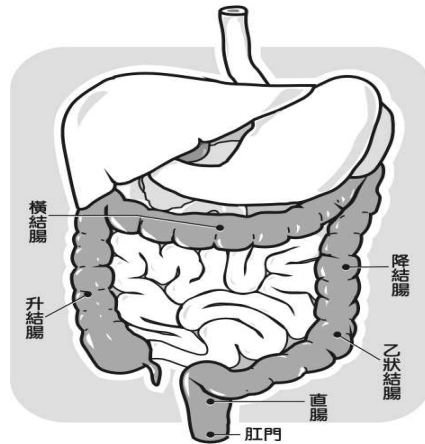
MRN: \_\_\_\_\_

ID No: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_

Dept: \_\_\_\_\_ Ward / Bed: \_\_\_\_\_

## 何謂大腸窺鏡檢查

大腸窺鏡是一條長約140cm可彎曲的纖維軟管，末端裝有一個微型攝影機。施行檢查時，將窺鏡由肛門進入大腸，與其他輔助儀器配合，可以自螢光幕觀察大腸情況。需要時，可取組織檢驗或作大腸息肉切除。

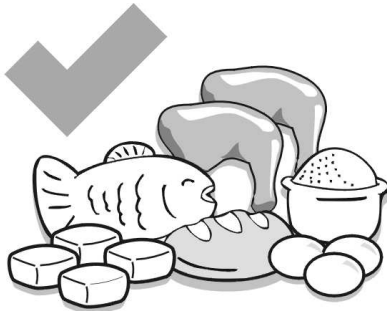


## 檢查前之準備

1. 病人需在檢查前一天或當天入院。
2. 檢查完畢，一般會於即日出院，請盡量安排一位成年親友陪同回家。
3. **檢查前二天**

(\_\_\_\_年\_\_\_\_月\_\_\_\_日), (\_\_\_\_年\_\_\_\_月\_\_\_\_日) :

進食**低渣餐**，目的減少糞便積存腸內，方便進行大腸鏡檢查。



a. 要進食低渣食物如魚、豆腐、滑肉或已去皮去核之瓜類等



b. 不可進食粗纖維食物如蔬菜、水果及麥皮類食物

4. **檢查前一天** (\_\_\_\_年\_\_\_\_月\_\_\_\_日)

晚上六時: 進食稀粥晚餐，並按常服藥。

晚上七時: 服食**第一次**瀉劑 (詳情請參照服用指示)

5. **檢查當日** (\_\_\_\_年\_\_\_\_月\_\_\_\_日)

早上六時三十分: **必須**按常服**降血壓藥**(糖尿病藥物除外)

早上七時 : 服食**第二次**瀉劑 (詳情請參照服用指示)

6. 服用瀉劑期間，**只可飲用開水、清茶、清湯**；**不可進食**固體食物，**不可飲用**牛奶或奶類飲品(如奶茶、咖啡)，紅色或紫色果汁，直至檢查程序完畢。

7. **注意:**

病人必須按醫生指示服食共**兩次**瀉劑，確保腸道清潔，以便能清楚觀察腸腔情況。

## 檢查程序

1. 在檢查日 **下午**才進行，檢查程序會在內視鏡診療中心或手術室內進行。
2. 如有需要，醫生會替病人注射鎮靜劑。
3. 病人須作左側臥式，雙膝屈曲。
4. 醫生將大腸鏡慢慢由肛門放入，注入空氣，使大腸內腔擴張，以方便觀察。病人會感到腹部脹迫感及有便意，此時病人應要深呼吸放鬆自己。
5. 如有需要，病人會更換臥式，以配合檢查。



## 檢查後注意事項

1. 檢查後稍作休息，病人便可以進食及下床活動。
2. 初期因為空氣積聚於大腸內，病人可能感到腹脹不適，但數小時後會漸漸消失。
3. 若病人情況滿意，便可以由一成年親友陪同出院。

## 病人出院指引

1. 可如常進行日常家居生活及飲食。
2. 如曾切除瘻肉或取組織檢驗者，大便可能帶血，但會逐漸減少。
3. 大腸窺鏡是一個簡單檢查程序，但亦可能引致腸穿破之併發症，故若有下列情況，須及早回院就診：
  - a. 持續性腹痛
  - b. 大便帶血量多
4. 請依指示服藥及覆診。

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# United Christian Hospital Guidelines for Colonoscopy

Please use label if available or use block letters

Name: \_\_\_\_\_

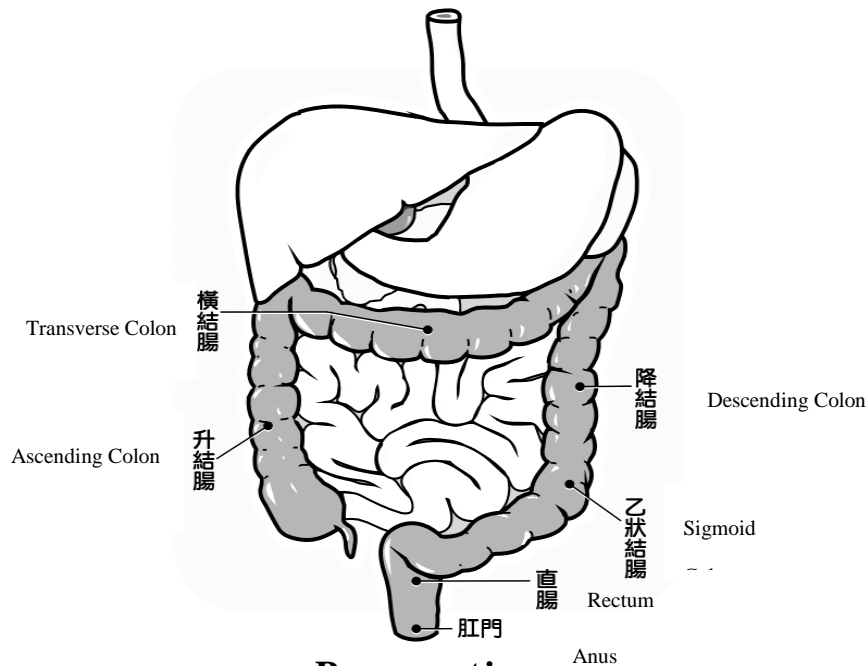
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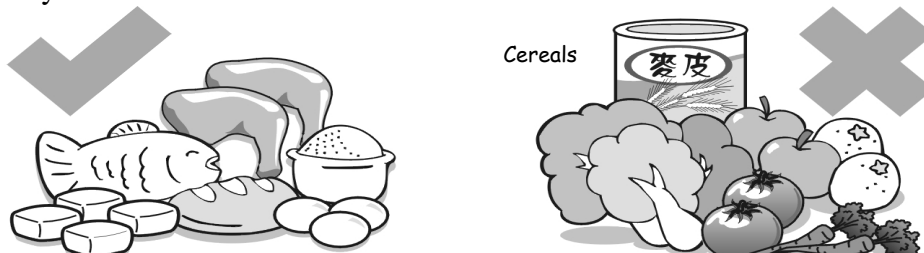
## What is colonoscopy?

Colonoscopy is a 140cm flexible optical fiberscope. When the endoscope is passed through anus to colon, the capture image will be displayed on T.V. screen for better visualization. It enables the removal of colonic polyp or tissue taken for investigation if necessary.



## Preparation

1. Patient will be admitted one day before or on the day of procedure.
2. Usually patient will be discharged on the same day. Please arrange a responsible adult to accompany home.
3. To enhance good and effective bowel preparation as well as facilitating the procedure, patient must follow the instructions 2 days before



a. Encourage low residue diet e.g. Fish, bean curd, minced meat or pitted and skin-off melon.

b. Forbid to take high fibres e.g. Vegetables, fruits and cereals

4. Night before procedure, patient can take congee or liquid diet for dinner. Afterwards, do not eat any more solid food or dairy products except "CLEAR FLUID" until after hospital appointment.

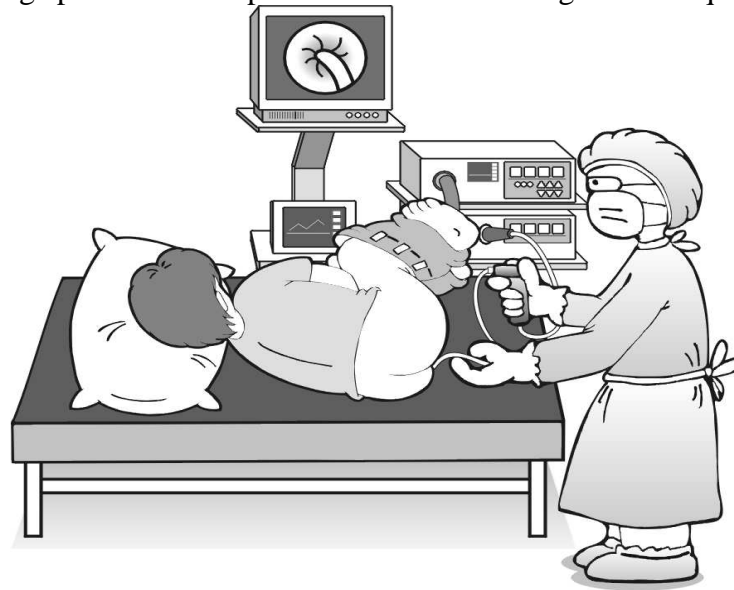
"CLEAR FLUID" means water; clear soup or soup that has been strained to remove any solids; fruit juices without pulp (but not red or purple coloured juices); black tea or coffee; and clear fizzy/non fizzy drinks e.g. lemonade.

5. Straight afterwards patient takes the first dose of oral laxative as the given instruction (except inpatient).
6. After admission, patient needs to take the oral laxative or bowel washout to ensure bowel cleanness and adequate visualization.



## On the day of procedure

1. The procedure will be performed in the afternoon in Endoscopy Centre or Operating theatre.
2. Patient will be given sedation intravenously if necessary.
3. Patient needs to lie on left lateral position with both knees bent.
4. The endoscopist will pass the endoscope through anus to colon. To facilitate visualization, colon will be distended by feeding air. Thus patient needs to take deep breaths to release abdominal distension and bowel urging feeling.
5. Patient may need to change position to cooperate for further investigation if required.



## After procedure

1. After a rest, patient can take food and walk about.
2. Initially, patient may still feel abdominal discomfort due to retained bowel gas; but it should be released gradually within few hours.
3. After assessment, patient will be accompanied home by a responsible adult.

## Discharge instructions

1. Patient can have daily activities and diet as usual.
2. If patient has proceeded for colonic polypectomy or biopsy taken, he/she may have blood stained faecal matter; but it will gradually disappear.
3. Although it is a simple procedure, but it may have complications such as bowel perforation. Thus you should seek for medical advice if you develop :
  - a. Consistent abdominal pain
  - b. Massive bloody faecal matter
4. Please take medication and follow-up appointment as instructed.

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Information provider: Department of Surgery, UCH

Operating Room, UCH

Editor: Health Resource Centre, UCH

1<sup>st</sup> edition: September, 2004