

## 大腸鏡之瘰肉切除後注意事項 Post Colonoscopy and Polypectomy Patient Instructions

1. 檢查後腹部會有排氣、腹脹、便意之情形，乃正常現象，可多走動以助排氣。  
It is normal to experience bloating, flatulence and the urge to move bowels. Walking may help release the excessive gas.
2. 檢查後無不適症狀於\_\_\_\_點開始進食流質，再漸進式回復到正常飲食。  
If there is no discomfort after the examination, start on a liquid diet at \_\_\_\_ o'clock then gradually return to a normal diet
3. 避免吃易引起腹瀉的藥物與食物（如生食海鮮等）、及刺激性食物（如辣椒、酗酒）。  
Refrain from taking any medicine or food that may cause diarrhea (e.g. raw seafood), and avoid pungent/spicy food (e.g. chili pepper and alcohol).
4. 一星期內避免劇烈運動、尤其腹部用力的動作（如打球、游泳等）、搬動重物、抱小孩。不宜騎機車、泡澡。  
Please avoid the following activities during the first week after the procedure:
  - Lifting heavy objects and carrying children.
  - Strenuous exercises, especially those require the use of the abdominal muscles, such as ball sports, swimming, etc...No riding motorcycles and bathing (shower only).
5. 門診病患檢查後注意大便情形，少量出血是正常現象。但如有腹部變硬、劇烈腹痛、大量出血、或發燒等情形，請直接至急診室掛號，並請急診醫師聯絡內視鏡科醫師處理。  
For outpatients, please observe your stool condition. A small amount of rectal bleeding is normal. However, please go to the emergency room immediately if you are experiencing severe abdominal pain, abdominal hardness, excessive bleeding or fever etc. Please ask the ER physician to contact the endoscopic specialist.
6. 住院與急診病患若有任何術後之醫療問題，請和您的主治醫師連絡。  
For inpatients and emergency room patients, if you have any medical problems, please contact your primary doctor.
7. 一星期後掛門診看報告。  
Please make an appointment with your primary doctor a week after the exam for the results.

祝您早日康復

Wishing you a speedy and full recovery