

常見問題及解答

Commonly Asked Questions and Answers

1. 做結腸或大腸鏡檢查會痛嗎？

大部份的人做了結腸或大腸鏡檢查後並不感到疼痛，只感到少許不適。大腸鏡檢查時會使用鎮靜劑，病人在檢查期間處於昏睡狀態。大部份人說檢查並不如他們想像中那麼難受。

2. 結腸鏡檢查或大腸鏡檢查需時多久？

結腸鏡檢查只需10-15分鐘。大腸鏡檢查大約需要30分鐘。

3. 結腸鏡檢查或大腸鏡檢查時會使人感到尷尬嗎？

醫生及護士會在一間單獨房間為你檢查，並用被單或毛毯蓋住病人下身。他們都會非常尊重病人的隱私。

4. 收集糞便是否會弄得很髒？

收集糞便時用一小木條，挑起一些糞便，塗抹在測試卡上。你無需用手觸及糞便。此過程可在家中浴室進行。

1. Does sigmoidoscopy or colonoscopy hurt?

Most people who have had sigmoidoscopy or colonoscopy say it is not painful, but it is a little uncomfortable. Sedation is used with colonoscopy. Many people sleep though the procedure. Most people say it is not as bad as they expected.

2. How long does sigmoidoscopy or colonoscopy take?

Sigmoidoscopy takes about 10-15 minutes. Colonoscopy takes longer (about 30 minutes).

3. Is having sigmoidoscopy or colonoscopy embarrassing?

Doctors and nurses perform both procedures in a private room. They will cover your private areas with a sheet or a blanket. They are very respectful of your privacy.

4. Is collecting my stool dirty or messy?

The kit has small sticks to pick up some stool and put on the card. You don't have to touch your stool. This is done privately in your own bathroom.

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5. 我覺得身體很健康。我是否仍要做檢查？

是的，雖然您很健康，您仍需做檢查。生長的息肉或癌症有時是毫無癥兆的。如果發現息肉，醫生可以幫你即時切除，而不用做手術。如果癌症及早發現通常是可以痊癒的。

6. 對於那些沒有明顯症狀的人來說，大腸癌檢查是否包括在州醫療保健計劃？

州政府將大腸癌檢查包括在州醫療保健計劃(Medicaid)。但是，與聯邦保健計劃(Medicare)不同的是，州政府並不保證醫療保健計劃是否承保那些沒有明顯症狀的人所需之檢查費用。

7. 五十歲之前是否不用做大腸癌檢查？

曾經患過腸道炎症或有家族病史的人仕，可能要早些接受大腸癌檢查。向你的醫生諮詢你是否要在五十歲前做檢查。

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5. I feel healthy. Do I need to be tested?

YES, you need to be tested. You can have polyps or cancer without any symptoms. If polyps are found, they can often be removed without surgery. If cancer is found early, it can usually be cured.

6. Does Medicaid cover colon cancer testing in individuals who have no symptoms?

States are authorized to cover colon testing under their Medicaid programs. Unlike Medicare, however, there is no federal assurance that all state Medicaid programs must cover colon cancer testing in individuals who have no symptoms.

7. Is it ever necessary to start screening before age 50?

Yes, for a small proportion of people who have certain inflammatory conditions of the bowel or have parents or a brother or a sister with colon cancer. Ask your doctor.

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8. 如果我是吃素的，或在我的飲食習慣裡已經很少吃脂肪和紅肉，我是否仍需要做大便潛血檢查，結腸鏡或大腸鏡檢查？

健康的飲食能降低患上大腸癌的機率，但你仍需要定期做大腸癌檢查。

9. “我現在無能為力，因我注定會患上大腸癌。”

有些人相信健康是由個人命運一早注定，自己是無能為力的。但是我們沒有意識到，有時我們的確是可以改變自己的命運的。我們每天的行為都會影響到自己的健康。接受檢查來預防大腸癌是對自己健康負責，並值此改善身體健康的一個積極行動。

10. 我可以吃中草藥或一些清理腸胃的特別食物來預防大腸癌嗎？

中草藥有它的優點，但不足以預防大腸癌。最好的預防大腸癌的方法是接受檢查。

Commonly Asked Questions and Answers

8. Do I need to have FOBT, sigmoidoscopy or colonoscopy if I am a vegetarian or if I eat a healthy diet with very little fat or red meat?

Your healthy diet may decrease your chance of getting colon cancer, however you still need to be screened.

9. “There is nothing I can do about it now, because I am destined to get colon cancer.”

Some of us believe that our health is pre-determined in our fate. We are powerless and it is beyond our control. We may not realize that we can control many things in our lives. Our daily actions have an effect on our health. Getting screened to prevent colon cancer is a way to be responsible and improve our health.

10. Can I prevent colon cancer by taking Chinese herbal medicine or eating special foods to cleanse my digestive system?

Chinese herbal medicine has its own merits, but it is not enough to prevent colon cancer. The best way to prevent colon cancer is to get screened.

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11. 做大腸癌檢查是否有風險存在？

無論做大腸鏡，結腸鏡抑或鋇餐灌腸檢查，所冒風險極微，不會對身體造成損害。但若能夠通過檢查早期發現大腸癌，所受益處無法比較。詳情請諮詢醫生。

12. 我決定要做大腸癌檢查。下一步該怎做？

與醫生討論哪種檢查適合你。醫生會指示你做好檢查的準備。

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11. Are there any risks associated with the screening tests?

There are very small risks associated with colonoscopy, sigmoidoscopy and barium enema, but the benefit of finding colon cancer early outweighs the risks. Talk with your doctor.

12. I have decided to get tested. What do I do now?

Make an appointment with your doctor and discuss which test is recommended for you. Your doctor will give you instructions about how to prepare for the test, and what to do.

