



健康大腸

健康人生

Healthy Colon Healthy Life



雖然任何人都有可能患上大腸癌，但五十歲以上的人仕罹患此症的機率較高。很多大腸癌的患者全然沒有症狀。所以五十歲以上身體健康的人仕也應例年做大腸癌的常規檢查。按時檢查可以預防大腸癌。與你的醫生商討一下你應作何種或那幾種合併的檢查。

我應該做那種大腸癌檢查？

你的醫生可能向你建議以下其中一種檢查：

- 大便潛血檢查 - 每年一次
- 結腸鏡檢查 - 每五年一次
- 大腸鏡檢查 - 每十年一次
- 鋇劑灌腸攝影檢查 - 每五年一次
- 每年大便潛血檢查並每五年做結腸鏡檢查

甚麼是大便潛血檢查 (Fecal Occult Blood Test or FOBT) ?

這檢查可測試你的大便裡是否有肉眼看不到的血。醫生會給您三張測試卡，帶回家去收集大便。在三次不同的大便中，每次取小量的糞便抹在測試卡上。最後把這三張測試卡交回化驗所。(這檢查有別於裝在小瓶的寄生蟲檢查)

ANYONE can get colon cancer, although it is more likely to occur in people over the age of 50. Many people with colon cancer do not have any symptoms at all. You need to get tested if you are 50 or over, even if you feel healthy. Regular screening can help prevent colon cancer. Talk with your doctor to find out which test or combination of tests is best for you.

WHICH COLON CANCER TEST SHOULD I HAVE?

Your doctor may recommend one of the following:

- Fecal Occult Blood Test (FOBT) - every year
- Sigmoidoscopy - every 5 years
- Colonoscopy - every 10 years
- Double Contrast Barium Enema - every 5 years
- Combination of FOBT every year plus Sigmoidoscopy every 5 years

WHAT IS A FECAL OCCULT BLOOD TEST (FOBT)?

A fecal occult blood test is also known as a stool blood test. It is done at home using a set of 3 cards to determine whether the stool contains blood. You smear a sample of your fecal matter or stool on a card from 3 separate bowel movements and return the cards to be tested. It is different from the test for parasite that uses small bottles of liquid.

結果：

- 正常：糞便裡沒有發現血。
- 不正常：發現糞便裡有血。可能要作進一步檢查以確定甚麼原因令大便帶血。因為除了癌症外，還有很多其他原因令到檢查不正常，如痔疾，某些食物和藥物等。若結果不正常，通常醫生會建議你做進一步的檢查。

甚麼是結腸鏡檢查 (Sigmoidoscopy) ?

醫生用一條帶燈的幼管放進直腸裡，以觀看直腸及結腸下部。在進行結腸鏡檢查時，你不需要服食令你入睡的藥物。檢查過後，你可以開車回家或進行照常平時的活動。

結果：

- 正常：沒有發現異樣。
- 不正常：通常指發現息肉或異常的組織，如發現息肉的話，醫生通常可以在檢查的過程中將息肉切除。醫生可能會建議你進行大腸鏡檢查以便全面檢查你的結腸。

甚麼是大腸鏡檢查 (Colonoscopy) ?

大腸鏡檢查是檢查結腸及直腸。醫生用一條較長的帶燈幼管觀看全部的結腸。在接受大腸鏡檢查前，您需要喝下一些液體以清洗您的大腸。並在手臂部份，打一支針使你昏醒，才接受檢查。基於這原因，您需要有人接送，及可能要取消當日的活動。

結果：

- 正常：沒有發現異樣。
- 不正常：如果發現息肉或異常的組織，醫生通常會將其切除，或抽取小塊做樣本以作進一步的化驗。如果發現是癌症，醫生會和您討論治療的方法。

甚麼是鋇劑灌腸攝影檢查 (Double Contrast Barium Enema) ?

這檢查是將鋇劑及液體灌進腸裏，然後拍攝大腸的X光照片。

結果：

- 正常：沒有發現異樣。
- 不正常：如果發現不正常之處，醫生可能會建議你進行大腸鏡檢查以便作進一步檢查。

Result:

- Normal: This means that no blood was found in the stool.
- Abnormal: This means that blood was found in the stool. However, there can be other reasons besides cancer for an abnormal test (like hemorrhoids, certain types of foods, or certain medications). Usually when the result is abnormal, another test is recommended to take a closer look.

WHAT IS A SIGMOIDOSCOPY?

A sigmoidoscopy is a test that examines the colon using a narrow, lighted tube that is inserted in the rectum. This test only examines the lower part of the colon. For sigmoidoscopy, you do not receive medication to make you sleepy. You are awake; you are able to drive yourself home and you are able to resume your normal activities.

Result

- Normal: This means that no abnormalities were found.
- Abnormal: This usually means that a polyp or abnormal tissue was found. If a polyp is found, it can usually be removed during the exam. A colonoscopy to look at the entire colon is usually recommended.

WHAT IS A COLONOSCOPY?

A colonoscopy is a test that examines the colon using a longer, narrow, lighted tube that is inserted in the rectum. This test examines the entire colon. Before a colonoscopy is done, you are given a liquid to drink to cleanse your colon and are usually given medication through a needle in your arm to make you sleepy. You need someone to drive you home after the test and you may need to take the rest of the day off from your usual activities.

Result:

- Normal: This means no abnormalities were found.
- Abnormal: If a polyp or abnormal tissue was found, the doctor may remove it or take a small piece of it (a biopsy) for more testing. If cancer is found, your doctor will discuss treatment options.

WHAT IS A DOUBLE CONTRAST BARIUM ENEMA?

This is a test using x-rays of the colon after giving a person an enema with a liquid called barium.

Result:

- Normal: This means no abnormalities were found.
- Abnormal: If abnormalities are seen, the doctor may recommend a colonoscopy for further testing.

常見問題

做結腸鏡檢查或大腸鏡檢查會痛嗎？

大部分的人做了結腸鏡檢查或大腸鏡檢查後都只感到少許不適（肚脹或胃部絞痛）。大部份人說檢查並不如他們想像中那麼難受。

結腸鏡檢查或大腸鏡檢查需時多久？

- 結腸鏡檢查只花你 10-15 分鐘。
- 大腸鏡檢查需要大約 30 分鐘。

我覺得身體很健康。我是否仍要做檢查？

是的，您是需要做檢查的。雖然您很健康，但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。

是否五十歲之前不用開始做大腸癌檢查？

曾經患過大腸炎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。

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，我是否仍需要做結腸鏡及大腸鏡檢查？

健康的飲食，多吃蔬菜水果，少吃脂肪及紅肉可能會降低患上大腸癌的機率，但你仍需要定期做大腸癌檢查。



Common Questions

Does sigmoidoscopy or colonoscopy hurt?

Most people who have had a sigmoidoscopy or colonoscopy say it is not painful, but it is a little bit uncomfortable (bloated or stomach cramps). Most people say it is not as bad as they expected.

How long does a sigmoidoscopy or colonoscopy take?

- A sigmoidoscopy only takes about 10-15 minutes
- A colonoscopy takes about 30 minutes

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.

Do I ever need to check for colon cancer before age 50?

People with certain conditions or family history may need to start checking for colon cancer earlier. Talk with your doctor about whether or not you need to start checking before age 50.

Do I need to get a sigmoidoscopy or colonoscopy if I am a vegetarian or if I eat a healthy diet with very little fat or red meat?

Eating a healthy diet with plenty of fruits and vegetables, very little fat and red meat may help to decrease your chances of getting colon cancer. However, you still need to have a test to check for colon cancer.

做檢查之前的準備

做大便潛血反應檢查的準備:

- 檢查的三日前你要停止進食某些食物。
- 停止服用阿斯匹靈或類似阿斯匹靈的藥物。
- 醫生會告知你不該進食的食物或藥物。

做結腸鏡檢查的準備:

- 在檢查之前幾日，你要停止服用某些藥物。醫生會告知你不該服用那些藥物。
- 在檢查前一日，你會使用灌腸劑來清腸。

做大腸鏡檢查的準備:

- 在檢查之前幾日，你要停止服用藥物。醫生會告知你不該服用那些藥物。
- 在檢查前一日，你要停止進食某些食物。你會飲一些特別的飲料來清理腸部。
- 檢查當天的早上，你不能進食任何食物。
- 在檢查前，醫生會給你一些藥物令入睡。檢查之後，因藥物關係，你可能會感到昏睡，所以請在檢查之前安排家人接送回家。

做鋇劑灌腸攝影檢查前的準備:

- 你會飲一些特別的清腸飲料。

I have decided to get tested, what do I do now?

For Fecal Occult Blood Test (FOBT)

- 3 days before testing you will have to stop eating certain foods.
- You will have to stop taking certain medications like aspirin or aspirin-like medicines.
- Your doctor will give you a list of the foods and medicines to stop.

For Sigmoidoscopy

- A few days before your test, you will have to stop certain medications. Your doctor will provide you with a list of medications to stop.
- The day before the test, you will use an enema to clean out your bowels.

For Colonoscopy

- You will have to stop certain medicines several days before your test. Your doctor will provide you with a list of these medicines.
- On the day before your test you will have to avoid eating certain foods. You will also drink a special liquid to clean out your bowels.
- On the morning of test, you will not be able to eat anything.
- After the test, you may still be sleepy from the medication, so someone will need to take you home.

For Double Contrast Barium Enema

- You will drink a special liquid at home.



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