

關於大腸內視鏡檢查 About Colonoscopy

大腸癌是香港常見的癌症之一，當中九成患者年齡在五十歲或以上。大部分大腸癌都是由腸臟內的息肉演變而成，大腸內視鏡檢查能夠及早發現息肉並將其切除，有助預防大腸癌。除了大腸癌外，大腸鏡亦能診斷其他疾病，包括腸憩室、腸炎、腸潰瘍，及痔瘡等。

Colorectal cancer is one of the commonest cancers in Hong Kong, with 90% of the cases occurred in people aged 50 or above. Most colorectal cancers start as polyps, which are abnormal growths on the wall of the large bowel that could turn cancerous if not removed. Colonoscopy is a procedure that probes the inner lining of the bowel and can help to prevent colorectal cancer by detecting and removing early-stage precancerous polyps. This screening test can also be used to look for other diseases such as diverticulitis, colitis, ulcerative colitis, and haemorrhoids.



甚麼情況下需要接受大腸鏡檢查 When do you need a colonoscopy?

- 大便出血或有大量黏液
- Blood or mucus in stool
- 驗出大便有隱血
- Hidden (occult) blood in stool
- 大便習慣改變
- Changes in bowel habits
- 肚痛或便秘次數增加
- Increasing diarrhoea or constipation
- 經常肚痛
- Frequent abdominal pain
- 原因不明的體重下降或貧血
- Unexplained weight loss and anaemia

所有五十歲或以上人士即使沒有出現以上症狀，亦應定期接受檢查。
Anyone who is 50 or above should be examined regularly even if the symptoms listed above are not experienced.

檢查風險 Potential Risks of Colonoscopy

內視鏡檢查的風險甚低，大概少於千分之一人會於接受內視鏡檢查時腸壁穿孔出血。有患者可能會在注射鎮靜劑後出現呼吸困難或心率過慢的狀況。詳細情況請向醫生查詢。

Colonoscopy is a fairly safe procedure with a very low risk. Fewer than 1 in 1000 people experience bleeding or perforating in their bowel. Some patients may experience respiratory depression or a decrease in heart rate after receiving the sedative injection. Please consult your doctor for personalized advice.

聯絡我們 Contact Us

尚至醫療大樓 (中環) Virtus Medical Tower (Central)

香港中環皇后大道中122號尚至醫療大樓7樓內視鏡中心
Endoscopy Centre, 7/F, Virtus Medical Tower,
122 Queen's Road Central, Hong Kong

尚至醫療中心 (尖沙咀) Virtus Medical Centre (TST)

九龍尖沙咀中間道15號 H Zentre 11樓
11/F, H Zentre, 15 Middle Road, Tsim Sha Tsui, Kowloon

+852 8102 2022

+852 9325 4580

CustomerCare@VirtusMedical.com

www.VirtusMedical.com



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▲ Facebook

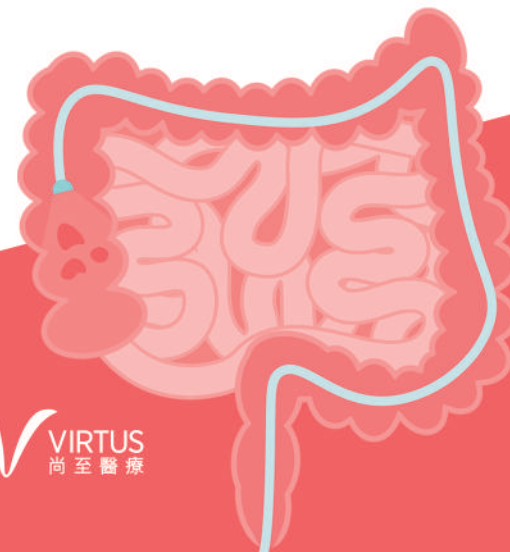


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大腸內視鏡檢查 COLONOSCOPY



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- 尚至醫療內視鏡中心，配備先進的內視影像系統，能夠塑造超清晰影像，加強診斷的準確性。
Our endoscopy centres are fully equipped with state-of-the-art endoscopic imaging technology to provide a range of quality diagnostic and therapeutic services to our patients.

檢查前準備 Colonoscopy Preparation

檢查前會診 Pre-procedural consultation	患者應告知醫生自己的身體狀況，包括是否患病及其他藥物和過敏史。
檢查前2-3日 2-3 days before examination	進行低纖飲食，避免蔬菜類、水果類、全穀類、堅果類及種子類食物。
檢查前1日 1 day before examination	只可進食流質食物，並按指示服用瀉藥，確保腸道清潔。
檢查前2小時 2 hours before examination	禁止飲食*。
檢查當日 On the day of examination	檢查前要除去眼鏡、隱形眼鏡、飾物、金屬物品及假牙等。

Notify your doctor of your medical history and current condition.

Switch to a low-residue diet - avoid vegetables, fruits, whole grains, nuts, and seeds.

Consume only clear liquids and take the prescribed laxative prep to clear the bowel.

Do not eat or drink*.

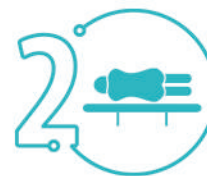
Remove your eyeglasses, contact lens, accessories, metal objects, and dentures before the examination.



檢查流程 Colonoscopy Procedure



檢查之前醫生會為患者注射鎮靜劑，以減輕檢查時可能帶來的不適或痛楚。
Before the examination, you will be given sedation to relieve any possible pain or discomfort caused by the procedure.



患者會被安排側躺在床上，雙腳保持屈曲。
You will be asked to lie on your side with legs bent up towards your chest.



內視鏡會經肛門進入身體。
The colonoscope will be inserted from the anus.



檢查時大腸會被注入氣體，方便醫生觀察腸內狀況。
During the procedure, the bowel will be inflated with air so that the doctor can get a better look at its lining.



整個檢查過程歷時約10至45分鐘，檢查後患者會被安排在休息區稍作休息，待鎮靜劑反應過後便可離開。
The whole procedure will last for approximately 10-45 minutes. After the examination, you will be observed in the recovery area until the effects of the sedation wear off.



若果檢查時有抽取組織，一般可以在數天內得知化驗結果，屆時醫生會向患者解釋報告。
If a sample of the colon lining is taken, it may take a few days to know the result. Your doctor will discuss the report with you upon its receipt.

*只適用於鎮靜麻醉的情況。若接受監察麻醉，患者應在檢查前6小時開始禁止飲食。
Only applicable to those who will be receiving conscious sedation. For those who will be receiving MAC, a longer fasting period (e.g. 6 hours) is required.