

# Colonoscopy with Bowel Prep

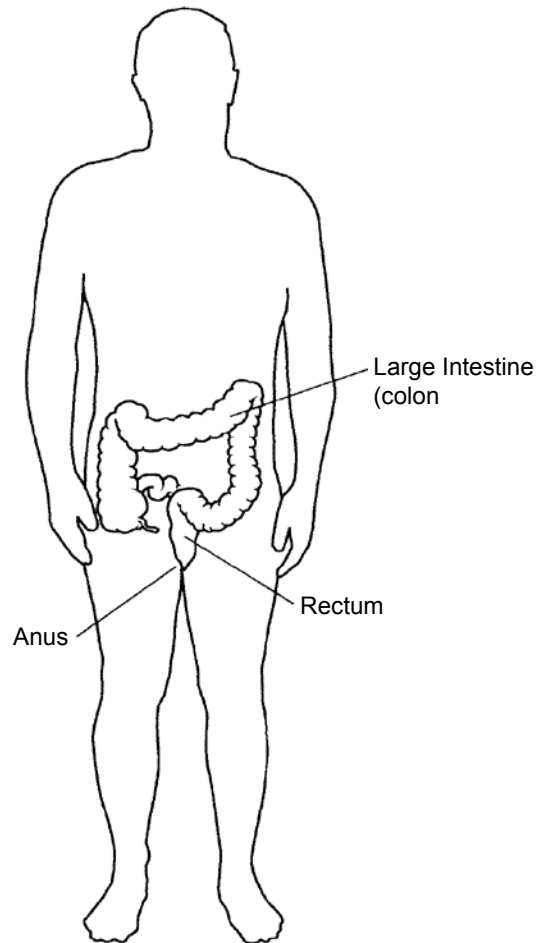
## Go-Lytely, Colyte, Trilyte, Nu-Lytely and Others

Colonoscopy is a test used to check the large intestine, also called the colon. A flexible tube called a scope is gently placed into your rectum and guided into your colon. This allows the doctor to see the inside of your colon. During the test, your doctor may also:

- Remove a small tissue sample called a biopsy
- Remove growths called polyps

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or leave alone.

**Arrive on time for your test.** Plan a stay of 2 to 3 hours to allow time to get you ready for the test and time to recover after the test. The test itself takes about 30 to 45 minutes.



# Baaritaanka Xiidanka ee Leh Dawada Diyaarinta Xiidanka

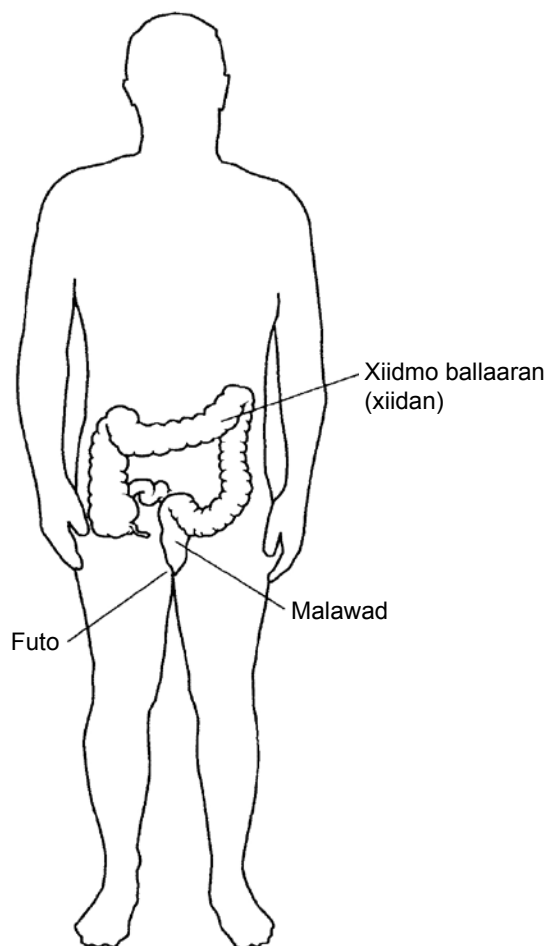
Go-Lytely, Colyte, Trilyte, Nu-Lytely iyo Kuwo Kale

Colonoscopy waa baaritaan loo isticmaalo in lagu fiiriyo xiidmaha weyn. Tuubo jilicsan oo la yidhaahdo “scope” ayaa si tartiib ah loo galinayaa malawadkaaga ka dibna lagu sii hagayaa xiidmahaaga weyn si loo arko gudaha xiidmahaaga. Inta lagu jiro baadhitaanka, waxaa e laga yaabaa in uu takhtarkaagu:

- Ka soo saaro sambal ama qayb yar oo ah unugyo iyo dheecaan oo loo yaqaanno dheecaan ka soo qaadid (biopsy)
- Uu meesha ka soo saaro waxa ku koraya ee loo yaqaanno polyps

Qof weyn oo qoyska ka tirsan ama saaxiib ayaa loo baahan yahay iney ku soo raacaan si ay guriga kuugu kaxeeyaan baaritaanka ka dib. Ammaan kuuma ahan in aad baabuur waddo ama aad keligaa iska tagto.

**Waqtiga ku imow baaritaankaaga.** Ku talogal joogitaan ah 2 ilaa 3 saac si loo helo wakhti laguugu diyaariyo baadhitaanka iyo wakhti aad ku raysatid ama ku soo fiicnaatid ka dib baadhitaanka. Baadhitaanka laftiisu waxa uu qaadanayaa 30 ilaa 45 daqiiqadood.



## To Prepare

- You will need to buy these items from a pharmacy to clear your colon of stool for this test:
  - Fill your prescription for the bowel prep that was ordered by your doctor.
  - Fleet enema. Use only if your doctor told you to use an enema. You do not need a prescription for this. There may be a store brand of this product that costs less. Ask the pharmacist to help you.
- Tell your doctor if you:
  - ▶ Have diabetes
  - ▶ Take anti-inflammatory drugs (NSAIDs) such as aspirin, ibuprofen (Advil, Motrin), naproxyn (Aleve), celecoxib (Celebrex); blood thinners such as warfarin (Coumadin) or clopidogrel (Plavix); or iron tablets.

You may be given special instructions to follow.

- Five days before the test, limit the fiber in your diet. Do not eat nuts, seeds, popcorn and corn until your test is done. Also, stop taking any fiber supplements such as Metamucil, Citrucel, or Fiberall.
- Ask your doctor if you should take your medicines the morning of the test. If so, take with sips of water only.

## **The Day before Your Test**

- **Do not** eat solid food or drink milk products.

## Si aad isugu diyaariso

- Waxaad u baahan doontaa in aad farmashiyaha ka soo iibsato waxyaabahaan si xiidmahaaga looga nadiifiyo saxarada iyada oo sababtu tahay baadhitaankan:
  - ❑ Soo qaado dawooyinka loogu talagalay diyaarinta xiidmaha ee uu kuu qoray dhakhtarkaagu.
  - ❑ Fleet enema. Isticmaal oo keliya haddii uu takhtarkaagu kuu sheegay in aad isticmaasho enema. Tan uguma baahnid warqad takhtar qoray. Waxaa laga yaabaa iney jiraan dukaanno alaabta magaca leh gada oo qiimahooduna yar yahay. Weydiiso farmashiiluhu in uu kaa caawiyo.
- U sheeg dhakhtarkaaga haddii:
  - ▶ Aad qabtid sonkor/sonkorow ama macaan
  - ▶ Aad qadatid dawooyinka ka hortagga bararka (NSAIDS) sida asbiriin, ibuprofen (Advil, Motrin), naproxyn (Aleve), celecoxib (Celebrex); dhiig khafiifiyeyaal sida warfarin (Coumadin) ama clopidogrel (Plavix); ama kiniin ah bir/feero.

Waxa laga yaaba in lagu siiyo fariimo gaar ah oo aad raacdid.

- Shan maalmood ka hor baadhitaanka, yaree dufka/buushaha (fiber) ku jira cuntadaada. Ha cunin qolofleyda/lawska, xabuubka, saloolka/daangada iyo galleyda ilaa laga sameynayo baadhitaankaaga. Sidoo kale, jooji haddii aad qadatid duf/buushe dheeraad ah sida Metamucil, Citrucel, ama Fiberall.
- Takhtarkaaga weydii haddii ay tahay in aad qaadato daawooyinkaaga subaxda baaritaanka. Haddii ay sidaas tahay, ku qaado kabbashooyin biyo ah oo keliya.

## **Maalinta ka Horreysa Baaritaankaaga**

- **Ha cunin** cunnooyin adag ama ha cabbin waxyaabaha caanaha ka sameysan.

- **Do not** drink red or purple liquids. Drink clear liquids only, such as:
  - ▶ Water
  - ▶ Clear broth or bouillon
  - ▶ Clear fruit juices without pulp such as apple, white grape and lemonade
  - ▶ Clear drinks such as lemon-lime soda, Kool-aid or sport drinks.
  - ▶ Decaffeinated coffee or tea without milk or nondairy creamer
  - ▶ Jello or popsicles
- At 12:00 noon, mix the bowel prep powder with water.
  - ▶ Add room temperature water to the fill mark, 4 liters, on the bottle. Add the flavor packet that came with the prescription, but **do not** add any other ingredients or flavors to the mixture.
  - ▶ Twist the cap on the bottle. Shake to mix the powder and water.
  - ▶ You may chill the liquid. This makes it easier to drink. **Do not** put ice in the liquid.
- At 4:00 in the afternoon, start drinking the liquid. It is best to have an empty stomach before you start drinking the liquid. Drink one cup, which equals 8 ounces or 240 milliliters, every 15 minutes. Continue drinking until the bottle is empty. This medicine does not taste good to many people. You may chew gum or suck on mints or hard candy between the glasses of liquid to help you tolerate the taste. You will need to drink all of the liquid to be ready for the test.

- **Ha cabb**in wax cabitaanno guduudan ama buluug ah. Cab cabitaanno cad oo keliya, sida:
  - ▶ Biyo
  - ▶ Maraq cad ama fuud
  - ▶ Casiirrada furutada cad ee aan lahayn saxarka sida tufaaxa, canabka, iyo liinta
  - ▶ Cabitaannada cad sida soodhada liinta, Kool-aid ama cabitaannada isboortiga
  - ▶ Kafee/qaxwo ama shaah laga saaray kafiinta oo aan caano lahayn ama labeen aan caano ka sameysneyn
  - ▶ Jello ama jalaato qori oo midabeysan
- Marka ay tahay 12:00 duhurnimo, budada diyaarinta xiidmaha ku qas biyo.
  - ▶ Ku shub biyo heerkulkoodu yahay ka qolka ilaa iyo calaamadda buuxinta, 4 litir, ee dhalada ku dul sameysan. Ku dar xidhmada dhadhan sameeyaha ee la socotay dawada, laakiin **ha ku** darin wax kale ama dhadhan sameeyeyaal kale.
  - ▶ Furka dhalada marooji. Rux si aad isugu qasto biyaha iyo budada.
  - ▶ Waad qaboojin kartaa dareeraha. Taas ayaa ka dhigaysa mid fudud in la cabbo. Dareeraha **ha ku** ridin baraf.
- Marka ay tahay 4:00 galabtii, billow in aad cabtid cabitaanka ama dareeraha. Waxa ugu fiican in calooshu faaruq tahay ka hor inta aanad bilaabin cabista dareeraha. Cab hal koob, kaasoo u dhigma 8 wiiqiyadood (ounces) ama 240 millilitir, 15-kii daqiiqadood ee kastaba. Sii cab ilaa ay dhalada eber ka noqoto. Dad badan dhadhanka dawadani lama aha mid fiican. Waxa aad calaashan kartaa xanjo ama aad muudmuudsan kartaa nacnac inta u dhexeysa laba koob oo ah cabitaanka si ay taasi kaaga gargaarto inaad xamishid dhadhanka. Waxaad u baahan tahay in aad cabto cabitaanka oo dhan si aad diyaar ugu noqoto baaritaanka.

- You may need to get to the toilet right away. You will have a loose watery bowel movement in about 1 hour. You will have bowel movements throughout the day. They will become watery. Your bowels are clean when there is only pale yellow fluid without stool.
- When you finish all of the liquid, keep drinking **clear** liquids again until midnight.
- At 10 PM, if ordered by your doctor, use the Fleet enema. To use the enema:
  1. Shake the bottle.
  2. Remove the orange plastic cover on the tip of the bottle.
  3. Lie on your left side with your right knee bent and your arms relaxed.
  4. Gently put the bottle tip into your rectum. Push as if you are having a bowel movement. This will relax the muscles so the tip goes in easier.
  5. Stop pushing and take slow, deep breaths.
  6. Squeeze the bottle until most of the liquid is in your rectum.
  7. Remove the tip from your rectum. Lie on your left side and squeeze your buttocks to hold the liquid in your rectum.
  8. You will have a strong urge to have a bowel movement in about 5 minutes. Hold the liquid in as long as you can.
  9. Use the toilet.
  10. Wash your hands with soap and water.
- After 12 midnight, **do not** eat or drink anything, including water, and **do not** smoke.

- Waxaa laga yaabaa in aad u baahato in aad isla markiiba musqusha gasho. Waxaad dhigi doontaa shuban biyo oo kale ah muddo 1 saac gudaheeda ah. Maalintaas oo dhan waad shubmi doontaa. Wuxuuna noqon doonaa biyo. Saxaradaadu waa nadiif marka ay noqoto dareere midab jaalle midab la' ah oo aan saxaro la soconnin.
- Marka aad dhammeysato dhamaan cabiaanka, sii wad in aad cabto cabitaanno **cad** ilaa iyo saqda dhexe habeenkii.
- Marka ay tahay 10 Habeennimo, **haddii uu takhtarkaagu kugu amray**, isticmaal Fleet enema. Si aad enema u isticmaasho:
  1. Dhalada rux.
  2. Daboolka caagga oranjiga ah ka saar meesha dhalada afkeeda kore
  3. Dhinacaaga bidix u seexo iyadoo jilibkaaga midige uu laaban yahay gacmuhuna ay kuu kala baxsan yihiin.
  4. Afka dhalada si tartiib ah malawadka isaga geli. Soo riix sidii adigoo saxaroonaya. Tani waxay dabcin doontaa murqaha si markaas afku si fudud gudaha ugu galo.
  5. Jooji riixidda oo neef tartiib ah, oo qoto dheer qaado.
  6. Tuuji dhalada ilaa iyo inta dareeruhu uu malawadkaaga ka galayo.
  7. Afka dhalada ka soo saar malawadkaaga. U seexo dhinacaaga bidixe ka dibna badhida iska tuuji si aad dareeraha malawadka ugu celiso.
  8. Waxaa si xooggan kuu qaban doona saxaro muddo 5 daqiiqadood gudahooda ah. Dareeraha meesha ku hay ilaa iyo inta aad awooddo.
  9. Musqusha isticmaal.
  10. Gacmaha saabbuun iyo biyo isaga dhaq.
- Wixii ka danbeeya 12-ka saqda dhexe, **waxna ha cabbin** oo ha cunin, marka lagu daro biyo, sigaarna **ha cabbin**.



## **On the Day of the Test**

- **Do not** take your morning medicines unless told to do so by your doctor.

## **During the Test**

- The staff will ask you about:
  - ▶ Your medicines including prescription and over the counter medicines, herbals, vitamins and other supplements
  - ▶ Allergies to medicines, foods or latex
  - ▶ Other health conditions and past surgeries
- If you are pregnant, or think you may be pregnant, tell the staff.
- You will wear a hospital gown.
- An IV (intravenous) tube is put in a vein in your arm. Medicine to make you relaxed and sleepy is put into the IV.
- You will lie on your left side. You may be asked to pull your knees up toward your chest.
- The scope is slowly put into your rectum and into your colon. You may feel an urge to move your bowels.
- Breathe deeply and slowly through your mouth to help you relax.
- Small amounts of air may be put into the colon through the scope. You may feel some cramping or discomfort during parts of the test.
- After your doctor has checked your colon, the scope is gently removed along with some of the air from the test.

## **Maalinta Baaritaanka**

- **Ha soo qaadannin** daawooyinkaaga subaxeed ilaa uu takhtarkaagu sidaas ku faro mooyaane.

## **Wagtiga Baaritaanka**

- Shaqaaluhu waxay wax kaa weydiin doonaan:
  - ▶ Dawooyinkaaga oo ay ku jiraan dawooyinka dhakhtarku kuu qoray iyo kuwa waraaq la'aaan la iibsado, dhirta, fitamiinada iyo kaabisyo kale
  - ▶ Xaasiyadaha/alerjiyada amad diidmooyinka aad u leedahay dawooyin, cunto ama cinjirka (latex)
  - ▶ Xaalado caafimaad oo kale iyo qalitaano hore
- Haddii aad uur leedahay, ama u maleynaysid inaad uur leedahay, u sheeg shaqaalaha.
- Waxaad xiran doontaa goonnada isbitaalka.
- Tuubo ah IV (xididgale) ayaa lagaa gelin doonaa xididka gacanta. Daawo ku kala bixinaysa/ku dejisa oo ku seexinaysa ayaa IV-ga lagaaga shubi doonaa.
- Waxaad u seexan doontaa dhinacaaga bidixe. Waxaa laga yaabaa in lagaa codsado in aad jilbahaaga kor ugu qaaddo ilaa feedhaha.
- Qalabka firinta (scope) ayaa si tartiib ah loo gelin doonaa malawadkaaga ilaa iyo xiidankba. Waxaa laga yaabaa in aad dareento inay khasab kugu tahay in aad saxarooto.
- Si qoto dheer oo tartiib ah afka uga neefso si ay kaaga caawiso in aad kala baxdo/degto.
- Qadaro yaryar oo ah hawo ayaa lagu shubi karaa xiidmaha iyada oo la adeegsanayo qalabka firinta. Waxa aad dareemi kartaa xoogaa ah maroojis ama raaxo-daro inta lagu jiro qaybo ka tirsan baadhitaanka.
- Ka dib marka dhakhtarkaagu dhameeyo firinta xiidmahaaga, si tartiib ah ayaa lagaaga saari doonaa qalabka firinta iyo qayb ka mid ah hawadii lagu shubay intii baadhitaanku socday.

## **After the Test**

- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home. It is not safe for you to leave alone or to drive after your test.
- You stay in the test area until most of the effects of the medicine wears off.
- You may have gas after the test because of the air put in your colon.
- Do not drive, make major decisions or sign any legal forms for 24 hours after the test.
- You can return to your normal diet after the test. If a polyp is removed, your doctor may limit your diet for short time.
- You may have a small amount of blood from the rectum. This is normal.
- Test results are sent to your doctor. Your doctor will share the results with you.

## **Call your doctor right away if you have:**

- Severe pain
- A fever over 100.5 degrees F or 38 degrees C
- A lot of bleeding from the rectum
- An abdomen which feels larger or hard

**Talk to your doctor or nurse if you have any questions or concerns.**

## **Baaritaanka ka Dib**

- Daawooyinkii lagu siiyey waqtigii baaritaanku waxay kaa yeeli doonaan mid hurdeysan. Waxaad u baahan doontaa qof weyn oo qoyska ka tirsan ama saaxiib in uu guriga kuu kaxeeyo iyadoo ammaankaagu sidaas ku jiro. Amaan kuuma aha inaad kaligaa baxdid ama aad baabuur wadid ka dib baadhitaanka.
- Waxaad joogeysaa meesha ilaa iyo inta saameynada ugu badan ee daawadu ay kaa baxayaan.
- Waxaa laga yaabaa iney hawo ku qabato hawadii xiidanka lagaaga shubay awgeed.
- Baabuur ha wadin, ha gaadhin go'aamo waaweyn ama ha saxeexin waraaqo ah sharci mudo ah 24 saacadood ka dib baadhitaanka.
- Waxaad si caadi ah ugu noqon kartaa cuntadaadii caadiga ahayd baaritaanka ka dib. Haddii polyp meesha laga soo saaro, takhtarkaagu waxaa laga yaabaa in uu xaddido cuntadaada waqti gaaban.
- Waxaa laga yaabaa in xoogaa yar oo dhiig ah uu malawadkaaga ka yimaado. Taasi waa wax iska caadi ah.
- Natiijooyinka waxaa loo dirayaa takhtarkaaga. Takhtarkaagu adiga ayuu natiijooyinka kula wadaagi doonaa.

## **Wac dhakhtarkaaga isla markiiba haddii aad qabtid:**

- Xanuun daran
- Qandho ka badan 100.5 darajo F ama 38 darajo C
- Dhiig badan oo ka yimid malawadka
- Caloosha oo aad moodid inay sii weynaatay ama adkaatay

## **La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.**

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Colonoscopy with Bowel Prep. Somali.