

Miralax and Dulcolax Bowel Prep for Colonoscopy

A bowel prep is done to clear the bowel of all solid matter. Its purpose is to prepare the bowel for surgery or a procedure. Please follow these instructions. Begin the bowel prep one day before your scheduled procedure.

To prepare

- Tell your doctor if you have diabetes or take blood thinners. You may need to stop some of your medicine a few days before your test.
- Ask your doctor if you should take any of your medicines the morning of your test. If so, take with sips of water only.
- One week before your test:
 - Do not take aspirin products or iron tablets.
 - Do not take fiber supplements like Metamucil, Citrucel or Fiberall.
 - Do not eat popcorn or any corn.
- You will need these items from a pharmacy:
 - Miralax in large bottle (8.3 ounces or 238 grams)
 - 4 Dulcolax or bisacodyl tablets (5 milligram tablets)

There may be store brands of these products that cost less. Ask the pharmacist to help you find what you need.

- Buy a large 64-ounce bottle of sports drink such as Gatorade. **If you have diabetes**, buy a no or low calorie drink such as Crystal Light instead. This will be used to mix your Miralax the day before your test. Do not use carbonated beverages.
- Arrange to have an adult bring you to your appointment and take you home after your test.

Dawooyinka Miralax iyo Dulcolax ee Mindhicirka

Loogu Diyaaro Mindhicir-eegista (Miralax and Dulcolax Bowel Prep for Colonoscopy)

Mindhicir diyaarin ayaa la sameeyaa si mindhicirka looga dhameeyo dhamaan wixii adke ah ee ku jira. Ujeedadu waa in mindhicirka loo diyaariyo qalitaan ama shaqo kale oo laga qabanayo. Fadlan raac fariimahan. Waa inaad bilawdid mindhicir diyaarinta hal maalin ka hor maalinta hawsha laga qabanayo mindhicirka.

Si aad u diyaarisid

- U sheeg dhakhtarkaaga haddii aad qabtid sonkor/sonkorow (macaan) ama aad qaadatid dhiig khafiifiyeyaal. Waxa laga yaabaa inaad joojisid qaar ka mid ah dawooyinkaaga dhawr maalmood ka hor baadhitaanka.
- Weydii dhakhtarkaaga haddii ay tahay inaad qaadatid wax dawooyin ah subaxnimada baadhitaankaaga. Haddii ay tahay inaad qaadatid dawooyin, ku qaado kaliya kabashooyin biyo ah.
- Hal todobaad ka hor baadhitaanka:
 - Ha qaadan asbiriin iyo wax ka sameysan asbiriin ama kiniin ah vitamiin B-Complex ah.
 - Ha qaadan waxyaabaha leh dufka dheeraadka ah (fiber supplements) sida Metamucil, Citrucel ama Fiberall.
 - Ha cunin salool/daango ama wax ah galey.
- Waxyaabahan ayaad uga baahan doontaa farmasiga:
 - Miralax oo ku jirta dhalo weyn (8.3 wiiqiyadood ama 238 garaam)
 - 4 kiniin oo ah Dulcolax ama bisacodyl (kiniin ah 5 miligaraam)

Waxa jiri kara noocyo dukaamada u gaar ah oo ah isla dawooyinka oo sii qiimo jaban. Weydii farmasiilaha inuu kaa gargaaro sidii aad u heli lahayd waxa aad u baahan tahay.

- Iibso dhalo ah 64-wiiqiyadood oo ah cabitaan isboorti sida Gatorade. **Haddii aad qabtid sonkor/sonkorow**, beddelkeeda iibso cabitaan aan lahayn kaloori ama kaloori yar sida Crystal Light. Waxa tan loo isticmaali doonaa in lagu qaso dawadaada Miralax maalinta ka horeysa baadhitaankaaga. Ha isticmaalin cabitaanada naqaska leh.
- Soo diyaarso qof weyn oo kuu soo raaca ballantaada oo baadhitaanka ka dib guriga ku geeya.

On the day before your test

1. Drink only clear liquids. **Avoid all red or purple colored liquids.** Do not eat any solid food or milk products until your test is done.

Clear liquids:

- Water
 - Strained fruit juices (no pulp)
 - Popsicles
 - Ice
 - Soft drinks
 - Gatorade
 - Clear broth or bouillon
 - Jello
 - Kool Aid
 - Coffee or tea (no milk or cream)
2. Follow the schedule in the table below for your bowel prep. You may need to get to the toilet right away. You will have many bowel movements through the day. They will become very watery. The bowels are clear or clean when there is only pale yellow fluid without flecks of stool.

1:00 PM	Take 4 Dulcolax tablets with a drink of clear liquids.
2:00 PM	Mix the Miralax in a 64-ounce bottle of Gatorade or other clear liquid of choice. Cap the bottle and shake the bottle to dissolve the powder. Most people prefer to drink the liquid chilled so you may want to place it in the refrigerator.
4:00 PM	Start to drink the Miralax. Drink one glass every 10 to 15 minutes. Drink it quickly rather than sipping small amounts because it does not taste that good. Finish drinking the liquid in 2 hours. Be sure to drink all of the liquid.
12:00 midnight	Do not eat or drink anything after 12 midnight. You may gargle but do not swallow any liquid. Do not smoke after 12 midnight.

Hal maalin ka hor baadhitaankaaga

1. Cab kaliya cabitaano saafi ah oo wax laga arkayo weelka ay ku jiraan. **Iska ilaali dhamaan cabitaanada cas ama casaan u eeg.** Ha cunin wax ah cunto adag ama caano ka sameysan ilaa uu ka dhamaanayo baadhitaankaagu.

Cabitaanada saafiga ah:

- Biyo
 - Miirka khudaarta ee la sifeeyay (wax adag aanay ku jirin)
 - Jalaato qori
 - Baraf
 - Cabitaanada fudud
 - Gatorade
 - Fuud ama maraq cad
 - Jello
 - Kool Aid
 - Kafee ama shaah (aan lahayn caano ama labeen)
2. Raac wakhtiyada jadwalka ee ku yaala shaxanka hoose si aad u sameysid mindhicir diyaarintaada. Waxa laga yaabaa inaad u baahatid inaad isla markiiba tagtid musqusha. Marrar badan ayay calooshu ku socon doontaa inta maalinnimada lagu jiro. Waxay saxaradu noqon doonta mid si weyn biyo-biyo u ah. Mindhicirku waxa uu nadiif yahay marka uu jiro kaliya dheecaan wax yar kaliya ah hurdi/jaale oo aan lahayn dhibco saxaro ah.

1:00 Duhurnimo	Cabitaan saafi ah ku qaado 4 kiniin oo ah Dulcolax.
2:00 Duhurnimo	Ku gas Miralax dhalo ah 64 wiiqiyadood oo ah Gatorade ama cabitaan kale oo saafi ah oo aad dooratid. Furka ku xidh dhalada ka dibna rux si budadu u milanto. Badi dadku waxay jecel yihiin inay cabaan cabitaanka oo la qaboojiyay sidaa daraadeed waxa laga yaabaa inaad doontid inaad galisid qaboojiyaha.
4:00 Galabnimo	Bilaw inaad cabtid Miralax. Cab hal koob 10-kii ilaa 15-kii daqiiqadood kasta. Dhakhso u cab halka aad ka kabban lahayd qadaro yaryar sababta oo ah dhadhankeedu sidaa uma fiicna. Dhamee cabitaanka gudaha 2 saacadood. U hubso inaad cabtay dhamaan cabitaanka.
12:00 habeen- badhka	Wax ha cunin ama ha cabin ka dib 12-ka habeen-badhka. Waad luqluqan kartaa laakiin ha liqin wax cabitaan ah. Sigaar ha cabin ka dib 12-ka habeen-badhka.

Miralax and Duocolax Bowel Prep for Colonoscopy. Somali

The morning of the colonoscopy

- Do not eat or drink anything until your test is done.
- If you are to take your morning medicines, take with small sips of water only.
- Bring all medicines you usually take (in the original containers) to the hospital with you.
- You will need to have an adult with you to take you home after your test. You will not be able to leave by yourself and it will not be safe for you to drive because of the medicine you are given at the start of the test.
- You may be told to arrive 1 hour before your test is scheduled so that staff can get you ready. Expect to be here for 2 to 4 hours for your test and recovery time.

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

Subaxa mindhicir-eegista

- Wax ha cunin ama ha cabin ilaa ka dib marka la dhameeyo baadhitaanka.
- Haddii aad qaadatid dawooyinkaaga subaxnimada, kaliya ku qaado kabashooyin yaryar oo biyo ah.
- U soo qaado cisbitaalka dhamaan dawooyinka aad caadi ahaan u qaadatid (oo ku jira weelkooda asalka ah).
- Waxa aad u baahan doontaa inuu ku soo raaco qof weyn oo guriga ku geeya ka dib baadhitaankaaga. Ma awoodi doontid inaad keligaa baxdid isla markaana amaan kuuma noqon doonto inaad baabuur kaxeysid sababta oo ah dawada lagu siin doono bilawga baadhitaanka.
- Waxa laga yaabaa in lagu sheego inaad timaad 1 saac ka hor wakhtiga baadhitaankaaga si shaqaaluhu diyaar kaaga dhigaan. Ku talagal inaad halkan joogtid 2 ilaa 4 saacadood oo ah wakhtiga baadhitaankaaga iyo sooronaantaada.

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

2/2008. Developed through a partnership of Mount Carmel Health, The Ohio State University Medical Center, and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.org.

Miralax and Ducolax Bowel Prep for Colonoscopy. Somali