

Diyaarinta Baaritaanka Xiidmaha Sare

Jadwalka Diyaargarowga Daawooyinka

Calamadee sanduuqyada ☐ saad usii socoto!



Haddii Aad Qaadato Daawooyinka GLP-1 ama SGLT-2

MUHIIM: Marka hore akhri qoraalkan haddii aad qaadato daawooyin gaar ah oo loogu talagalay macaanka ama miisaan dhimista. Tani waxay khuseysaa oo kaliya: **daawooyinka GLP-1** (sida Ozempic, Wegovy, Trulicity, Rybelsus) ama **daawooyinka SGLT-2** (sida Invokana, Farxiga, Jardiance, Steglatro).

Haddii aad qaadato dawooyinkan:

☐ **JOOJI daawooyinkaaga** sida lagugu faray bogga ugu dambeeya (Joojinta ku-meel-gaarka ah ee daawooyinka GLP-1 ama SGLT-2).

☐ **Bilow CUNTO DAREERE CAD AH 24 saacadood ka hor baaritaanka caafimaad ee lagugu samaynayo.**

- Tani waxay ka horeysaa habeenkii ka horreeyay tilmaamaha (11:45pm)
- Tusaale: Haddii qalliinkaaga lagugu samaynayo 8:00 subaxnimo, bilow cabbitaannada dareeraha ah ee saafiga ah 8:00 subaxnimo maalinta ka horreysa.

☐ Tag qaybta **"Maalinta Baaritaanka"** si aad u aragto tallaabooyinka xiga



Habeenka ka horreeya Qalliinka

☐ Biyo fiican cab.

☐ **JOOJI** cunista cuntooyinka adag **11:45PM** oo bilow cunto dareere cad (kaliya dareeraha aad arki karto).

Si aad u hesho faahfaahin dheeraad ah oo ku saabsan raacitaanka cuntada dareeraha ah ee saafiga ah, fadlan booqo.

<https://www.mngi.com/conditions/clear-liquid-diet>



Maalinta Baaritaanka:

☐ **CUNTO ANAN ADKEYN.** Dareereyaal cad **KELIYA**

☐ **HA CABIN:** caanaha (oo ay ku jirto kareemka kafeega), khamriga, saliidda, ama miraha

☐ **HA ISTICMAALIN:** tubaakada la ruugo, THC, xashiishada, ama daroogo sharci darro ah.

☐ **HA QAADAN:** fiitamiino ama supplements la calalin karo.

☐ Qaado daawooyinkaaga subaxnimo adigoo la qaadanaaya biyo **ugu yaraan 3 saacadood ka hor** qalliinkaaga.

- Kuwaas waxaa ka mid ah daawooyinka wadnaha iyo dhiig-karka, daawooyinka dhiigga khafiifiya (haddii aanu xafiiskayagu kuu sheegin inaad joojiso qaadashadooda), methadone, iyo daawooyinka ka hortaga qallalka.





3 Saacadood ka hor:

■ **JOOJI** gabi ahaanba cabitaanka dareeraha ah. **WAXBA AFKA LAGA QAADO ILAA KA DIB ENDOSCOPY-GA SARE.**

Haddii aad qabto su'aalo ah fadlan la xiriir xafiiskayaga 612-871-1145.



Daawada GLP-1 ama SGLT-2 ayaa haysta

Fadlan akhri qaybtan **kaliya haddii aad mid ka mid ah daawooyinkan qaadato miisaan dhimista ama sonkorowga.**

Daawooyinka GLP-1.

Duritaanka maalinlaha ah (sida Victoza):

Jooji **maalinta ka horreysa iyo maalinta qalliinkaaga**

Cirbadaha todobaadlaha (sida Trulicity, Ozempic, Wegovy, Bydureon, Mounjaro):

Jooji **7 maalmood ka hor qalliinkaaga**

Kiniinada afka laga qaato (sida Rybelsus, Wegovy, Foundayo):

Jooji **7 maalmood ka hor qalliinkaaga**

Daawooyinka SGLT-2

Kiniinyada afka (sida Invokana, Farxiga, Jardiance, Steglatro):

Jooji **4 maalmood ka hor qalliinkaaga**

Haddii aad qaadato daawooyinka GLP-1 ama SGLT-2 ee sokorta:

La xiriir dhakhtarkaaga daryeelka aasaasiga ah ama dhakhtarka ku takhasusay macaanka (endocrinologist) si uu kuugu sheego tilmaamaha ku saabsan xakamaynta sonkorta dhiigga.

Joojinta daawooyinkan iyo bilaabista qaadashada cunto dareere nadiif ah ayaa kaa caawinaysa inaad badqabto inta lagu jiro qalliinkaaga waxayna ka hortagtaa in la baajiyo hawsha.

Si aad u hesho faahfaahin dheeraad ah oo ku saabsan raacitaanka cuntada dareeraha ah ee saafiga ah, fadlan booqo.

<https://www.mngi.com/conditions/clear-liquid-diet>



Macluumaad dheeraad ah:

- **Macluumaadka Diyaarinta:** <https://www.mngi.com/endoscopy-info>
- **Isbeddelada Ballanta:** Haddii aad isku aragto calaamadaha hargabka ama ifilada (sida qandho, qufac ama neefsashada oo kugu adkaata) muddada 14-ka maalmood ah ee ka horreysa ballantaada, fadlan soo wac si ballantaada dib loogu dhigo. Haddii dhawaan lagaa helay xaalad caafimaad oo cusub (sida diverticulitis, dhibaatooyin wadnaha ah ama dhibaatooyin neefsashada ah), fadlan soo wac xafiiskayaga. Haddii aad u baahan tahay inaad baajiso ama dib u dhigato ballantaada sabab kale awgeed, wac 612-871-1145 ugu yaraan 72 saacadood ka hor waqtiga ballantaada.
- **Shuruudda Qofka Mas'uulka ah:** Hubi inaad la socoto saaxiib marka la diiwaangeliyo, bixe, iyo gaadiid.
- **Ma qabtaa su'aalo?** Si aad ugu hesho jawaabaha su'aalaha inta badan la isweydiyo ee booqashadaada, waxaad booqan kartaa <https://www.mngi.com/patient-procedure-faqs>