MNGI
DIGESTIVE HEALTH

Baaritaanka Xiidmaha oo leh Miralax iyo Gatorade Prep (Standard Prep)

Muddaynta Jadwalka Baaritaanka Xiidmaha

Calaamadee sanduuqyada ☐ inta bogsoonayso!

21 MaalmoodKahor ama ASAP: *Iibso alaabta Standard Prep**

***Waxaan kugula talineynaainaad raadsato Qalab Diyaarinta oo ka socota MNGI Digestive Health. Waxaad iskaan gareyn kartaa koodhka QR ama booqan kartaa https://www.mngi.com/colonoscopy-prep-kits**

Gatorade kuma jirto qalabka diyaarinta waxaana loo baahan yahay in si gooni ah loo iibsado.

Ama... alaabta gaarka ah waxaa laga iibsan karaa farmashiyahaaga deegaanka:

- ☐ Laba (2) kiniin 5mg Bisacodyl ah
- ☐ Hal (1) dhalo 8.3oz ah oo Polyethylene Glycol (PEG) 3350 budada (MiraLAX ama u dhigma guud)
- ☐ 64oz Gatorade/Powerade ama cabitaan elektaroonik ah oo la oggolaaday (**midab** casaan ma jiro)
- ☐ Laba (2) 125mg ama saddex (3) 80mg kiniinada Simethicone, calalin, ama softgel
- ☐ Hal (1) dhalo 10oz ah oo Magnesium Citrate ah (**MA** laha midab casaan) ama 16-18g Magnesium Citrate budo ah

Hagaajinta Daawooyinka: Haddii aad qaadato **agonist-yada GLP-1** (Ozempic, Weygovy, Trulicity, Rybelsus, ama kuwo kale) ama **SGLT-2** inhibitors (Invokana, Farxiga, Jardiance, Steglatro) raac tilmaamo gaar ah oo hayn ah. **https://www.mngi.com/colonoscopy-info**

7 maalmood ka hor:

- ☐ **JOOJI** qaadashada kaabayaasha fiber iyo birta.
- ☐ Haddii aad qabto sonkorow, la xiriir bixiyahaaga kormeerka si aad u hesho tilmaamo dheeraad ah oo ku saabsan maaraynta sonkorta dhiigga.

3maalmoodka hor:

- ☐ Bilow cunto yar oo fiber yar leh (10-15g/maalintii.) **Ka fogow** abuurka, lowska, popcorn, galley, hadhuudh dhan, quinoa, miro cusub, khudaar cayriin, iwm.

Faahfaahin dheeraad ah oo ku saabsan raacista cunto fiber yar, fadlan booqo www.mngi.com/conditions/low-fiber-diet



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2maalmoodka hor:

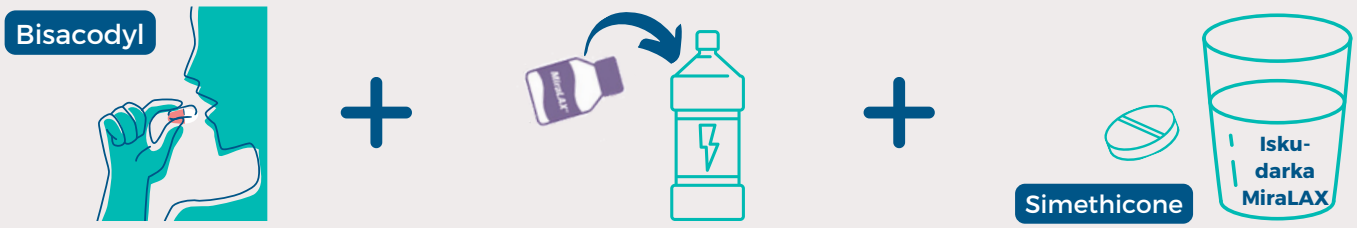
- ☐ Biyo fiican ha cabto.
- ☐ **JOOJI** cunista cuntooyinka adag **11:45PM**
- ☐ **BEGIN** diet dareere cad (kaliya dareeraha aad arki karto - ma jiro casaan).

Faahfaahin dheeraad ah oo ku saabsan raacista cunto dareere nadiif ah, fadlan booqo https://www.mngi.com/conditions/clear-liquid-diet

1 Maalin Ka Hor:

- ☐ **MA JIRTO CUNNO ADAG** - **MAALINTA OO DHAN.** Dareereyaal cad **KELIYA**
- ☐ **HA HAYSAN:** caanaha (oo ay ku jirto kareemka kafeega), khamriga, saliidda
- ☐ ama pulp-ka **Saacadda 12PM**, qaado laba (2) kiniin Bisacodyl.
- ☐ Inta u dhaxaysa **4-6PM**, cab isku-darka MiraLAX-Gatorade (~hal koob 8oz 15 daqiiqo kasta).
  - ☐ Isku qas 1 dhalo MiraLAX ah oo leh 64oz dareere ah (ugu yaraan 56oz cabitaanka electrolyte-ka waa in lagu isku daro MiraLAX).
    - Ilaa 8oz biyo ah ayaa lagu dari karaa si loo gaaro 64oz ee la rabo.
- ☐ Marka la isticmaalo koobkii ugu dambeeyay ee isku-darka MiraLAX-Gatorade, qaado 240-250mg oo Simethicone ah.

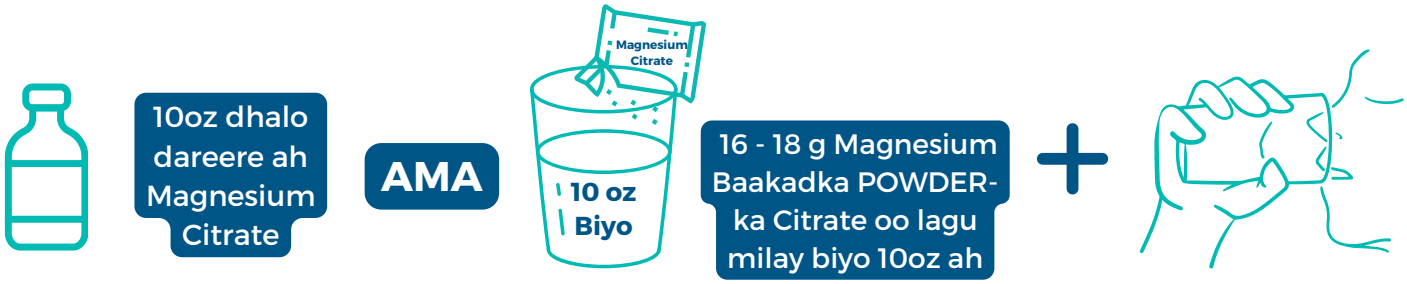
12PM | inta u dhaxaysa 4-6PM | koobkii ugu dambeeyay ee isku-darka MiraLAX



Sii wad cuntooyinka dareeraha khaliga ah KELIYA

Maalinta Habraaca (Wuxuu ku sii socdaa bogga xiga):

- ☐ **4 SAAC KA HOR:** **Cab magnesium citrate.** Xitaa haddii saxaradaadu nadiif tahay, **HA** ka boodin tallaabadan. Magnesium Citrate waa fure lagu saaro lakab dheeraad ah oo saxaro ah waxayna muhiim u tahay diyaarinta wanaagsan.



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Maalinta Habraaca *(Sii socota)*

- **Cunto adag ma jirto**. Dareereyaal cad **KELIYA**
- **HA HAYSAN:** caanaha (oo ay ku jirto kareemka kafeega), khamriga, saliidda, ama pulp-ka
- **HA ISTICMAALIN:** tubaakada calalinta, THC, marijuana, ama daroogo sharci darro ah.
- **HA QAADAN:** fiitamiino ama supplements la calalin karo.
- Qaado daawooyinkaaga subaxnimo adigoo biyo **cabaya ugu yaraan 3 saacadood** ka hor qalliinkaaga.
  - Tani waxay ka mid tahay daawooyinka wadnaha iyo cadaadiska dhiigga, daawooyinka dhiig-dhuuqinta (haddii xafiiskeenu kuugu amrin inaad joojiso), methadone, iyo daawooyinka ka hortagga suuxdinta.

3 Saacadood ka hor:

- **JOOJI** cabitaanka dhammaan dareeraha. **WAXBA AFKALAGAMA QAADAN KARO** ilaa ka dib baaritaanka xiidmaha.
- Hubi in saxaruhu uu yahay mid nadiif ah/jaalle/midab shaah **KELIYA** ka hor ballantaada. Haddii aadan hubin, la xiriir xafiiskayaga 612-871-1145.

Macluumaad dheeraad ah:

- **Talooyin nadiifinta mindhicirka:** Si fiican u biyo cab, ku dhowow musqusha, oo sii wad cabitaanka xalka diyaarinta 15 daqiiqo kasta. Waxaa laga yaabaa inaad qaboojiso xalka, laakiin ha ku darin baraf. Waxaad sidoo kale tixgelin kartaa isticmaalka tuub.
- **Isbeddelada Ballanta:** Haddii aad qabto calaamadaha hargabka ama hargabka (sida qandho, qufac, neefsasho gaaban) 14 maalmood gudahood ballantaada, fadlan wac si aad dib u jadwaliso. Haddii aad qabto xaalado caafimaad oo cusub (sida diverticulitis, dhibaatooyin wadnaha, ama neefsashada), fadlan wac xafiiskayaga. Haddii aad u baahan tahay inaad baajiso ama dib u dhigto sababo kale awgood, wac 612-871-1145 ugu yaraan 72 saacadood ka hor ballantaada.
- **Shuruudda Qofka Mas'uulka ah:** Hubi inaad la socoto saaxiib marka la diiwaangeliyo, bixe, iyo gaadiid.
- **Sideen ku ogaan doonaa inaan diyaar ahay?** Markaad dhamayso diyaarintaada, ha yeelan doontid saxaro adag - saxaro waa inuu ahaadaa mid nadiif ah/jaalle/midabka shaah. Waa inaad awoodaa inaad aragto hoose ee saxanka musqusha. Haddii aadan hubin in mindhicirkaaga la nadiifiyey, fadlan wac xafiiskayaga 612-871-1145 ka hor intaadan u bixin ballantaada.
- **Su'aalo?** Si aad uga jawaabto su'aalaha inta badan la isweydiiyo ee ku saabsan diyaarinta iyo booqashadaada baaritaanka, waxaad **https://www.mngi.com/colonoscopy-faqs**

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