

# Kolonoskobi adeegsanayo Miralax iyo Diyaarinta Gatorade (Diyaarinta Caadiga ah)

## Jadwalka Diyaar garowga Kolonoskoobka Calaamadee sanduuqyada inta aad hore u sii socoto!



### 21 maalmood ka hor ama sida ugu dakhsaha badan (ASAP):

*Soo iibso shayada loogu talagalay Diyaarinta Caadiga ah (Standard Prep)\**

\*Waxaan ku talinaynaa in aad Qalabka/Xirmada Diyaarinta ka soo iibsato MNGI Digestive Health. Waad iskaan gareyn kartaa koodhka QR ama booqo <https://www.mngi.com/colonoscopy-prep-kits>

*Gatorade kuma jiro xirmada diyaarinta waxayna u baahan tahay in si gaar ah loo soo iibsado.*

**Ama... shayada gaarka ah waxaa laga iibsan karaa farmashiyaha xaafaddaada:**

- Laba (2) ah kiniiniiga Bisacodyl oo ah 5mg
- Hal (1) dhalo oo ah 8.3oz budada Polyethylene Glycol (PEG) 3350 (MiraLAX ama wax u dhigma)
- 64oz Gatorade/Powerade ama cabitaanka elektarolayt la ansixiyay (**LAMA OGGOLO** midabada cas)
- Laba (2) ah 125mg ama saddex (3) ah 80mg oo ah kiniiniiga, xanjada, ama jileeco la calaliyo ee Simethicone
- Hal (1) ah dhalada 10oz ee Magnesium Citrate (**LAMA OGGOLO** midabka cas) ama 16-18g oo ah budada Magnesium Citrate



### 7 Maalmood Ka Hor:

- JOOJI** qaadashada buunshaha/baalka iyo kaabayaasha iron.
- Haddii aad qabto sonkorow, la xidhiidh daryeel bixiyahaaga ku kormeerayo si aad u hesho tilmaamo dheeraad ah oo ku saabsan insulin iyo/ama maareynta sonkorta dhiigga.



### 3 Maalmood Ka Hor:

- Bilow cunto leh buunsho yar (10-15g/maalmintiiba.) **KA FOGOW** iniinyada, lawska, saloolada, galleyda, badarka qolofa leh, quinoa, furuutka/miraha darayga ah, khudaarta ceyriinka ah, iwm.

**Wixii ah faahfaahin dheeraad ah oo ku saabsan raacitaanka cuntada uu**

**buunshuhu ku yar yahay, fadlan booqo [www.mngi.com/conditions/low-fiber-diet](http://www.mngi.com/conditions/low-fiber-diet)**





## 2 Maalmood Ka Hor:

- Si fiican u cab dareero.
- JOOJI** cunista cuntooyinka adag marka la gaaro **11:45PM** oo bilow cunto ah dareere saafi ah (kaliya dareero la iska dhex arki karo).

Wixii ah faahfaahin dheeraad ah oo ku saabsan raacitaanka cunto ah dareere la iska dhex arki karo, fadlan booqo <https://www.mngi.com/conditions/clear-liquid-diet>



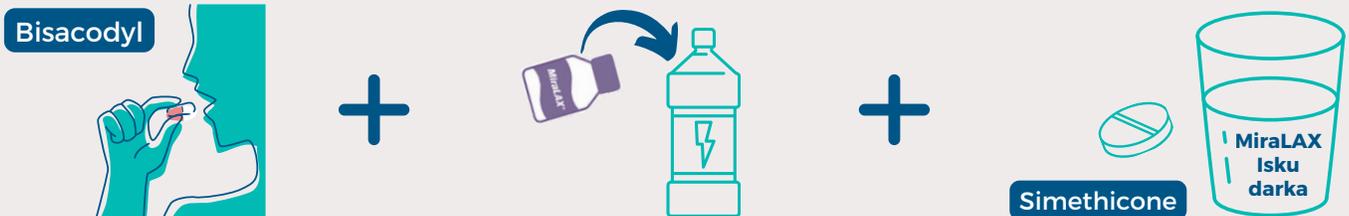
## 1 Maalin Ka Hor:

- Lama oggolo cuntada adag. Sii wad dareeraha saafiga ah. **LAMA OGGOLO** khamriga, dareerayaasha cas, caanaha, saliidaha, saxarka, iwm.
- 12PM**, qaado laba (2) kiniin oo ah Bisacodyl.
- Isku qas 1 dhalo oo MiraLAX ah iyo 64oz oo dareere ah (ugu yaraan 56oz oo cabitaanka elektarolaytka ah waa in lagu qaso MiraLAX. Ilaa 8oz oo biyo ah ayaa lagu dari karaa si loo gaaro qiyaasta 64oz ee la rabo).
- Inta u dhaxaysa **4-6PM**, cab isku darka MiraLAX-Gatorade (~ hal galaas oo ah 8oz 15kii daqiiqoba).
- Galaaskii ugu dambeeyay ee MiraLAX-Gatorade isku dar ah, qaado 240-250mg ee Simethicone.

12PM

Inta u dhaxaysa 4-6PM

Galaaska ugu dambeeya ee MiraLAX



**Sii wad cuntada dareeraha ah oo KELIYA**



## Maalinta Habraaca (Waxay ku sii socotaa bogga xiga):

- Sii wad dareeraha saafiga ah/la iska dhex arki karo **KELIYA**.
- Ku qaado daawooyinkaaga subaxdii kabashooyin biyo ah **ugu yaraan 3 saacadood ka hor** habraacaaga.
  - Kuwani waxaa ka mid ah daawooyinka wadnaha iyo dhiig-karka, kuwa daawooyinka khafiifiya dhiigga (haddii xafiiskayaga aanu kuu sheegin inaad kuwan joojiso), methadone, iyo daawooyinka kahortagga qallalka.
  - HA qaadan wax fiitamiino ah ama kaabyaal oo la ruugi karo.
- Ha isticmaalin tubaakada ruuga, THC, xashiish (marijuana), ama daroogooyinka sharci darrada ah.

BOGGA XIGA



## Maalinta Habraaca (sii socota).



### 4 saacadood Ka Hor:

- Drink Magnesium Citrate

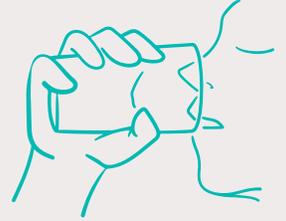


Dhalo ah 10oz  
oo ah  
**DAREERAHA**  
Magnesium  
Citrate

**AMA**



16 - 18 g oo ah  
**BUDADA Magnesium**  
Citrate oo lagu qasay  
10oz oo biyo ah



### 3 saacadood Ka Hor:

- **JOOJI** isticmaalka dhammaan cabitaannada. **WAXBA AFKA LAGAMA QAADANAYO** ilaa uu dhamaado baaritaanka kolonoskobi.

Xaqiiji in saxaradu ay tahay dareero ah midab la'aan/midab jaalle ah/midabka shaaha oo kale oo **KELIYA** ka hor ballantaada. Haddii aadan hubin, xafiiskayaga kala xidhiidh 612-871-1145.



## Macluumaad Dheeri ah:

- **Wax-ka-beddelka Daawooyinka:** Haddii aad qaadato GLP-1 (Ozempic, Weygovy, Trulicity, Rybelsus, Saxenda, Byetta, ama kuwa kale) ama xannibayaasha SGLT-2 (Invokana, Farxiga, Jardiance, Steglatro) raac tilmaamaha haynta ee gaarka ah. <https://www.mngi.com/colonoscopy-info>
- **Tallooyinka Nadiifinta Xiidmaha Waaweyn:** Si fiican u cab dareero, joog meel u dhow musqusha, oo sii wad cabida milka diyaarinta 15-kii daqiiqoba mar. Waxaa dhici karta inaad rabto in milku qabow yahay laakiin ha ku darin baraf. Waxaad sidoo kale tixgelin kartaa inaad isticmaasho caws.
- **Isbeddellada Ballanta:** Dib u qabso ballanta haddii aad isku aragto astaamaha hargabka ama xanuunada neef-mareenka, ama haddii aad leedahay xaalado caafimaad oo dhowaan lagaa helay.
- **Shardiga Qof Mas'uul ah:** Xaqiiji in aad haysato wehel kula joogo xiliga gelitaanka isbitaalka, ka bixista isbitaalka, iyo xiliga gaadiid raaca.
- **Sideen ku ogaan karaa inaan diyaar ahay?** Markaad dhammayso diyaarintaada, waa inaad yeelan saxaro adag - saxarada waa inay noqotaa dareere aan midab lahayn/jaalle/leh midabka shaaha. Waa inaad awoodaa inaad ka dhex aragto dhinaca hoose ee baaquliga musqusha. Haddii aadan hubin in xiidmahaagu waaweyn ay nadiif noqdeen, fadlan xafiiskayaga ka wac 612-871-1145 ka hor intaadan u bixin ballantaada.
- **Su'aalo?** Wixii ah jawaabaha su'aalaha soo noqnoqda ee ku saabsan u diyaargarowga baaritaanka kolonoskobi iyo booqashada, waxaad booqan kartaa <https://www.mngi.com/colonoscopy-faqs>