

Colonoscopy

with GoLytely Bowel Prep

Colonoscopy is a test that looks for diseases of the large intestine. A tube is guided into your rectum and then into your large intestine also called the colon. Your doctor is able to see the inside of your colon. Your doctor may also:

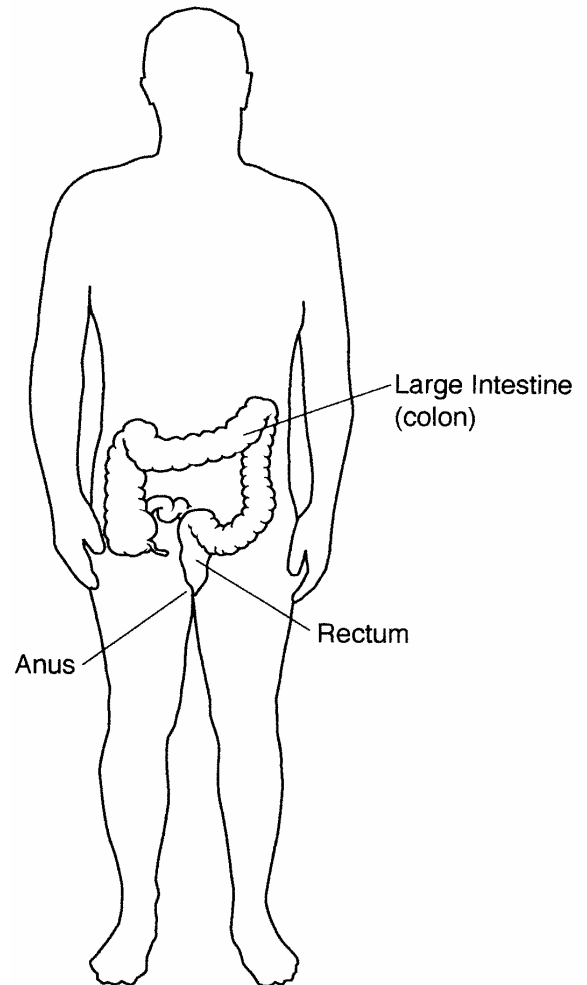
- Collect cells
- Remove a small tissue sample called a biopsy
- Remove growths called polyps

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 to be here 2-3 hours. The test takes about 30 minutes.

To Prepare

- You will need to buy these items from a pharmacy:
 - Fill your prescription for GoLytely.
 - Fleets 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.



Baaritaanka Xiidanka

Oo ay la jirto ku Diyaarinta Saxarada GoLyteLy

Colonoscopy waa baaritaan lagu eego cudurrada xiidmaha waaweyn. Tubbo ayaa la gelinayaa malawadkaaga ka dibna la sii gelinayaa xiidmaha waaweyn, oo sidoo kalena loo yaqaanno xiidan. Takhtarkaagu isagaa awooda in uu arko gudaha xiidankaaga. Waxaa sidoo kale laga yaabaa in uu takhtarkaagu:

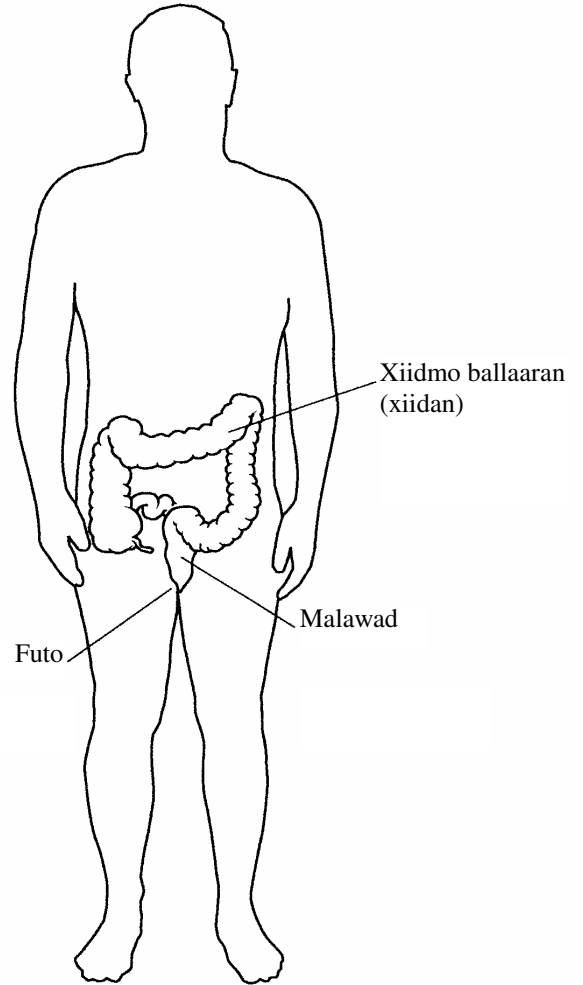
- Kaa soo qaado unugyo
- Ka soo saaro sambalka unug yar oo loo yaqaanno dheecaan ka soo qaadid
- Uu meesha ka soo saaro waxa ku koraya ee loo yaqaanno polyps

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. Soo qorsheyso in aad halkaan joogi doonto ilaa 2-3 saacadood. Baaritaanku wuxuu qaadanayaa ilaa 30 daqiiqadood.

Si aad isugu diyaariso

- Waxaad u baahan doontaa in aad farmashiyaha ka soo iibsato waxyaabahaan:
 - Warqadda takhtarku kuu qoray ku buuxi *GoLyteLy*.
 - Fleets 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.



- Do not use aspirin products or iron tablets for one week before the test.
- Tell your doctor if you have diabetes or take blood thinners.
- Ask your doctor if you should take your medicines the morning of the test. If so, take with sips of water only.
- Before the test, tell the staff:
 - About any medicines you are taking. Include all prescription and over-the-counter medicines, vitamins and herbs you use.
 - If you have any allergies.
 - About your health history and any surgeries you have had.
 - If you may be pregnant.

The Day Before Your Test

- **Do not** eat solid food or drink milk products.
- **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.
 - Coffee or tea without milk or nondairy creamer
 - Jello or popsicles
- At 12:00 noon, mix the GoLyteLy powder with water.
 - Add water to the fill mark, 4 liters, on the bottle. Do not add any other ingredients or flavors.
 - Twist the cap on the bottle. Shake to mix the powder and water.

- Ha isticmaalin waxyaabaha uu ku jiro asbariin ama kaniini feero hal toddobaad oo baaritaanka ka horreeya.
- Takhtarkaaga u sheeg haddii aad sonkorow qabto ama aad qaadato waxyaabaha dhiigga khafiifiya.
- Takhtarkaaga weydii haddii ay tahay in aad qaadato daawooyinkaaga subaxda baaritaanka. Haddii ay sidaas tahay, ku qaado kabbashooyin biyo ah oo keliya.
- Baaritaanka ka hor, shaqaalaha wax uga sheeg:
 - Daawooyinka aad qaadato. Ku soo dar dhammaan daawooyinka lagu qoray iyo kuwa aad iska soo iibsatay, fitamiinnada iyo daawo geedoodka aad isticmaasho.
 - Haddii aad wax xaqiijin ah qabto.
 - Taariikhda caafimaadkaaga iyo wixii qalliinyo ee lagugu soo sameeyey.
 - Haddii aad uur leedahay.

Maalinta ka Horreysa Baaritaankaaga

- **Ha cunin** cunnooyin adag ama ha cabbin waxyaabaha caanaha ka sameysan.
- **Ha cabbin** 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.
 - Qaxwo ama shaah aan caano lahayn ama labeen aan caano ka sameysneyn
 - Jello ama popsicles
- Marka ay tahay 12:00 duhurnimo, budada *GoLytely* ku qas biyo.
 - Ku shub biyo ilaa iyo calaamadda buuxinta, 4 litir, ee dhalada ku dul sameysan. Wax kale ama dhadhan sameeye ha ku darin.
 - Furka dhalada marooji. Rux si aad isugu qasto biyaha iyo budada.

- You may chill the solution. This makes it easier to drink. This medicine does not taste good.
- From 1:00 to 4:00 in the afternoon, do not drink any liquids. Your stomach needs to be empty 3 to 4 hours before drinking GoLytely.
- At 4:00 in the afternoon, start the bowel clean out. Drink one cup of the GoLytely, which equals 8 ounces or 240 milliliters, every 10 minutes. Continue drinking until the bottle is empty. You need to drink all of the liquid to be ready for the test.
- 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 through the day. They will become watery. Your bowels are clean when there is only pale yellow fluid without stool.
- Once you finish the GoLytely, you can start to drink clear liquids again until midnight.
- At 10 PM, if ordered by your doctor, use the Fleets 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.

- Milanka qabooji. Taas ayaa ka dhigaysa mid u fudud in la cabbo. Daawadaan dhadhankeedu ma wanaagsana.
- Laga billaabo 1:00 ilaa 4:00 galabtii, ha cabbin wax cabitaanno ah. Calooshaadu waxay u baahan tahay iney madhnaato 3 ilaa 4 saacadood ka hor inta aadan cabbin GoLyteley.
- Marka ay tahay 4:00 galabtii, billow in aad saxarada iska nadiifiso. Cab hal koob oo GoLyteley, kaasoo u dhigma 8 ounces ama 240 millilitir, 10-kii daqiiqadood ee kastaba. Sii wad cabidda ilaa ay dhaladu ka madhato. Waxaad u baahan tahay in aad cabto cabitaanka oo dhan si aad diyaar ugu noqoto baaritaanka.
- 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 *GoLyteley*, waxaad mar kale billaabi kartaa in aad cabto cabitaanno cad ilaa iyo saqda dhexe habeenkii.
- Marka ay tahay 10 Habeennimo, **haddii uu takhtarkaagu kugu amray**, isticmaal Fleets enema. Si aad enema u isticmaasho:
 1. Dhalada rux.
 2. Daboolka caagga burtuqaalka ah ka saar meesha ugu sarraysa dhalada.
 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 bidix 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**.

Colonoscopy-GoLYTELY. Somali.

On the Day of the Test

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

During the Test

- You will wear a hospital gown.
- An IV (intravenous) 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 tube 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.
- When the tube is in place, air may be put into the colon through the tube.
- You should feel little pain during the test.
- The colon is checked and then the tube is removed.

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 for your safety.
- 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.
- 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.

Maalinta Baaritaanka

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

Waqtiga Baaritaanka

- Waxaad xiran doontaa goonnada isbitaalka.
- IV (xididgale) ayaa laga gelin doonaa xididka gacanta. Daawo ku kala bixinaysa oo ku seexinaysa ayaa IV-ga lagaaga shubi doonaa.
- Waxaad u seexan doontaa dhinacaaga bidixe. Waxaa laga yaabaa in laga codsado in aad jilbahaaga kor ugu qaaddo ilaa feedhaha.
- Tubbo 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.
- Marka tubbada la meel dhigo, hawo ayaa laga yaabaa in lagu afuufo xiidanka iyadoo tubbada loo marinayo.
- Waa in aad xoogaa xanuun ah dareentaa inta uu baaritaanku socdo.
- Xiidanka ayaa la hubinayaa ka dibna tubbada ayaa laga soo saarayaa.

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.
- 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.
- 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.

Colonoscopy-GoLYTELY. Somali.

- Test results are sent to your doctor. Your doctor will share the results with you.

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

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

- Natiijooyinka waxaa loo dirayaa takhtarkaaga. Takhtarkaagu adiga ayuu natiijooyinka kula wadaagi doonaa.

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

Colonoscopy-GoLYTELY. Somali.

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