

PATIENT EDUCATION

Tilmaamaha Nadiifinta Caloosha: Beeritaanka Saxarada Lagu Beero Mindhicirada Dulcolax/Miralax (Stool Transplant Lower Miralax)

Waa muhim in aad raacdo dhamaan talooyinka halkan lagu soo xusay si aad ugu diyaar garoowdo beeritaanka saxarada qeybta hoose ee mindhicirada. Mindhiciradaadu waa in ay marnaadaan, si dhakhtarku u arki karo xilliga baariitaanka. Qaar badan oo bukaanka ka mid ah ayaa dareema in nadiifinta caloosha ay tahay qeybta ugu adag beeritaanka saxarada ee qeybta hoose ee mindhicirada.

U diyaargarowga beeritaanka saxarada lagu beero mindhicirada

- Maalinka ka horeysa maalinta beeritaanka saxarada ee qeybta kore ee mindhicirada., waa in aad bilowdaa diyaarinta calooshaada.
- Ha cunin cunto culus (adag) maalinta oo dhan maalinta ka horeysa.
- Waxa aad isticmaaleysaa Miralax si aad calooshaada u diyaariso oo aad i nadiifiso mindhicirkaaga.
- Daawada caloosha jilcisa ee lagu faaruqiyo mindhicirada ayaa la isticmaalaa sababtoo ah daraasaduhu waxay muujiyeen inay aad ugu dulqaadan karaan bukaanada oo ay waxtar badan u leeyihiin nadiifinta mindhicirka taasoo u oggolaanaysa dhakhtarku inuu si fiican u arko burooyinka gudaha kujira.
- Haddii horay kuugu dhaceen cudurada wadnaha noocyadiisa kala duwan, waa in aadan qaadan dawada caloosha jilcisa ee Miralax oo la xirii dhakhtarka kuu qoray baariitaanka.
- Fadlan raac dhammaan tilmaamahan dhamaantood si taxadar leh. Haddii aadan tilmaamahan u raacin si sax ah, waxaa laga yaabaa in balantaada saxarada Lagu beero mindhicirada la baajiyo.

Waxyaabaha aad iibsaneyso

- Si aad ugu diyaargarowdo baariitaankaaga, waxaa lagaa doonayaa in aad iibsato daawooyinka caloosha lagu nadiigiyo.
- **Looma baahna daawo dhakhtar kuu qoro**
 - Afar (4) xabo oo ah kaniiniga Bisacodyl/Dulcolax (5mg) ama daawo u dhiganta. Waa in uu noqdaa kiniinka afka laga qaato.
 - Miralax (8.3 wiqiyadood / 238 garaam) ama daawo u dhiganta.
 - 64-wiqiyadood oo ah kuwaan soo socda ee electrolyte beverages Gatorade, Gatorade G2, Powerade, Powerade Zero, Pedialyte, Propel, ama Liquid IV ayaa la oggol yahay haddii aysan lahayn midabka casaanka ama baaboolka. Haddii qabto cudurka sonkorta, waxaad cabi kartaa kuwa aan sonkorta lahayn.

Macluumaadka Daawada

Waxaa laga yaabaa in lagaa doonayo in aad joojiso qaar ka mid ah daawooyinka aad qaadato ama aad wax ka bedesho baariitaanka ka hor.

- Dhiig Khafiifiyayaasha
 - Sida oo kale Coumadin (warfarin), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Pletal (Cilostazol), Brillinta (Ticagrelor), Eliquis (Apixaban), Effient (Prasugrel), Plavix (Clopidogrel), and adult Aspirin **325 mg**. (iyo dawada dadka wa weyn qatan oo xanun ba'biyaha.) Haddii aad ku jirto anticoagulant ama antiplatelet aanan halkan lagu qorin, fadlan uu sheeg kooxda caloosha sida ugu dhakhsaha badan ee suurtoogalka ah.
 - Waa in aad la hadashaa takhtarkaga ama takhtarkaaga ku takhasusay ugu yaraan 2 isbuuc kahor nidaamka la qorsheeyay. Ha joojinin daawooyinka adagoon haysan wax ogolaansho ah oo ka haysan daryeelahaaga ku xiiil saran.
- Aspirin **81 mg** (baby)

- Waxad qadan karta aspirin 81 mg oo lagu qoray iyo wax yare oo biyo aah.
- Dawooyinka Macaanka (Insulin and diabetes medications)
 - Fadlan Wac takhtarka uu xiil saaran la socodka macankaaga (glucose levels). Daawooyinkaaga waxaa laga yaabaa in ay uu baahan yihiin in la hagaajiyo ayadoo ay sababtu tahay qorshaha cuntada ee hawsha loo baahan yahay. Ha joojinin daawooyinka adagoon haysan wax ogolaansho ah oo ka haysan daryeelahaaga ku xiil saran.
- Glucagon-Like Peptide-1 (GLP-1 Agonist)
 - Sida oo kale Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Wegovy (Semaglutide), Trulicity (Dulaglutide), Bydureon (Exenatide), Mounjaro (Tirzepatide), or Rybelsus (Semaglutide).
 - Waa in aad la hadashaa takhtarkaga ama takhtarkaaga ku takhasusay ugu yaraan 2 isbuuc kahor nidaamka la qorsheeyay. Ha joojinin daawooyinka adagoon haysan wax ogolaansho ah oo ka haysan daryeelahaaga ku xiil saran.

Shan (5) maalmood ka hor maalinta la sameynaayo saxarada Lagu beero mindhicirada

- Ha qaadan daawooyinka caloosha socota (shubanka) joojiya.
 - Tusaale ahaan: Imodium ama Pepto-Bismol.
- Ha qaadan daawooyinka caloosha jilciya ama fitamiinada dheeraadka ah.
 - Tusaale ahaan: Metamucil ama Citrucel.
- Ha qaadan daawooyinka fatiimanada ama kuwa xoojiya qofka. Feetamiinada iyo kaalmaatiyada waxay wax ku reebaan malawadka waxaana adkaanaysa in dhakhtarku arko burooyinka yaryar.
 - Tusaale ahaan: Feetamiinada badan, saliida kaluunka, feetamiinta D, Ayroonka, ama sanjabiisha.

Sadex (3) maalmood ka hor baaritaanka

- Ku bilow cunto fudud oo ay ku yar yihiin waxyaaba caloosha jilciya. Cuntada ay ku yar tahay waxyaabaha caloosha jilciya waxa ay caawisaa in ay si wanaagsan u nadiifiso caloosha.
- Cuntada caloosha jilcisa waxaa ka mid ah:
 - Rootiga cad, bariiska cad, baastada cad, buskudka, kaluunka, digaaga, ukunta, hilib shiidan, lawska shiidan, khudaar la kariyey, faakiho gasacadeysan, mooska, batiikh, caanaha, garoorka, farmaajada, waxyaabaha la mariyo salaataada iyo carfiyayaasha cuntada.
- Ha cunin cunto ay ku badan tahay waxyaabaha caloosha jilciya sida:
 - Daangada, miraha (noocyada kala duwan ee miraha la qariido sida gabal dayga), rootiga ama baastada ka sameysan qamadiga, miraha la qalajiyey, salaataada, khudaarta ceyriin, faakihada cusub ama la qalajiyey. Yaree inta aad ka cunto hilibka.

laba (2) maalmood ka hor maalinta beeritaanka saxarada ee mindhicirada.

- Cabitaanka biyaha badso.
- Ku bilow cunto fudud oo ku yar yihiin waxyaabaha caloosha jilciya.

Hal (1) maalin ka hor maalinta beeritaanka saxarada ee mindhicirada.

- Biloow cabitaanka biyo cad.
- Cab biyo cad oo kaliya maalinta ka horeysa oo dhan maalinta beeritaanka saxarada ee mindhicirada.
- Biyaha cad waxaa ka mid ah:
 - Biyo, qaxwe madoow, ama shaah (aan caano ama boolbire laheyn), maraq cad ama baroodo cad, Gatorade, biyo ubriya kuwa aan ubrin (Coke, Sprite), cabitaan casiir aan miro laheyn (tufaax, cinabka cad, karambari cad), Jell-O, ama jalaato baraf. **Xusuusnoow, HA CABIN CABITAAN CASAAN AMA MIDABKA HURDIGA AH.**
- Xusuusnow, ha cunin cuntooyinka adag.
- 9 aroornimo, qaado afarta xabo ee kiniiniga Bisacodyl/Dulcolax. Waa in aad ka ag dhawaataa suuliga ka dib marka aad qaadato kiniiniga.
- Ku qas Mirlax dhamaan biyaha ku jira dhalada oo 64 wiiqiyadood ah ee Gatorade ilaa ay isku milmaan. Waxyaabaha aad ku qastay waad gelin kartaa talaajadda.

- Haddii aad jeceshahay in aad ku cabto iyada oo aan la qaboojin, waxa aad talaajadda ka soo saari kartaa 4-ta galabnimo.
- Ha ku darin baraf, sokor, waxyaabaha kale ee u yeela dhadhanka macaan.
- 6-da maqribnimo, bilow cabitaanka isku darka ah ee MoviPrep. Waxa aad cabi kartaa kala bar (32 wiiqiyadood) oo cabitaanka aad isku dartay ah. Isku day in aad cabto koob qaada ilaa sideed wiiqiyadood 15-kii daqiiqaba cabitaanka aad isku dartay. Waxay kugu qaadan doontaa hal saacad in aad dhameyso cabitaanka.
- Dadka qaar baa dareema yalaalugo ama lalabo, dibiro, ama matag. Haddii ay tani dhacdo, qaado nasasho 15 daqiiqo ah, kadibna isku day inaad cabto daawada isdiyaarinta.
- 7 fiidnimo, waa inaad laasataa cabista isku darka.
- Ka dib marka aad dhameyso cabitaanka, waxa aad cabi kartaa biyo cad oo kaliya.
- Waa in aad ka ag dhawaataa suuliga ka dib marka aad bilowdo qaadashada daawada isdiyaarinta. Waxaa kugu dhacaya shuban waxaadna u baahaneysaa in aad si degdeg ah u gaarto suuliga. Dadka qaar baa dareema yalaalugo ama lalabo, dibiro, ama matag inta ay cabayaan biyaha caloosha lagu nadiifinayo.
- Ha qaadan daawooyinka fiidkii ah **Vancomycin ama antibiyootiga**. In si kale dhakhtar kugula taliyo mooyee.
- Inta soo hartay ee cabitaanka ee 32 wiiqiyadood ku celi talaajadda si aad u cabto subaxa xiga.

Maalinta beeritaanka saxarada ee mindhicirka.

- **Shan** saacadood kahor baaritaankaaga mindhicirka weyn iyo malawadka bilow cabitaanka 32-ka wiiqiyadood ee hadhay ee daawada isdiyaarinta. Isku day inaad cabto koob qaada sideed-wiiqiyadood oo ah daawada isdiyaarinta 15kii daqiiqaba mar ilaa ay dhamaanayso diyaarinta caloosha. Waxay kugu qaadan doontaa hal saacad in aad dhameyso cabitaanka.
- Waa in aad ka ag dhawaataa suuliga ka dib marka aad bilowdo qaadashada daawada isdiyaarinta. Waxaa kugu dhacaya shuban waxaadna u baahaneysaa in aad si degdeg ah u gaarto suuliga.
- Dadka qaar ayaa dareemi kara yalaalugo, dibiro, ama matagi kara inta ay cabayaan daawada diyaarinta caloosha. Haddii ay tani dhacdo, qaado nasasho 15-daqiiqo ah, kadibna isku day inaad cabto daawada isdiyaarinta.
- Saxaradaadu ma sameysmi doonto waxaanay noqon doontaa dareere bilaa midab ah ama jaale ah.
- Waxaad cabi kartaa dareerayaasha bilaa midabka ah ilaa laba saacadood kahor wakhtiga aad is xadirinayso.
- Ha cabin dareerayaasha casaanka ama basaliga ah, waxyaabaha caanaha ka sameysan, cabitaanada boratiinka ah, cabitaanada alkoolada ah, tukaabada la calaliyo, iyo daawooyinka sharci darada ah. Adeegsiga waxyaabahani waxay sababi doonaan in baaritaankaaga la baajiyo.
- Waxaad sidoo kale daawooyinkaaga ku qaadan kartaa kabbasho biyo ah.
- Xusuusnow, ha cunin cuntooyinka adag.
- Waxaad u baahan kartaa inaad wakhti dheeraad ah siiso tagista ballantaada maadaama aad u baahan karto inaad joogsato oo isticmaasho musqul inta aad soo socotid.
- Xusuuso inaad qaadatid daawadaada **Vancomycin ama antibiyootiga** subaxdii. In si kale dhakhtar kugula taliyo mooyee.

Fariin/Tilmaamo gaar ah: