

## Tilmaamaha Nadiifinta Caloosha: Baaritaanka Uur kujirta Hoose Magnesium Citrate (Flexible Sigmoidoscopy)

Waa muhim in aad raacdo dhammaan tilaamamaha u diyaargarowga baaritaanka Uur kujirta Hoose. Malawadkaagu waa inuu maran yahay, si dhakhtarku u arko uur kujirta hoose ee uu baaritaanka ku sameynaayo. Bukaani badan ayaa dareema in diyaargarowga ay tahay qeybta ugu adag ee baaritaanka uur kujirta hoose.

### Isku diyaarinta baaritaanka uur kujirta hoose

- Maalinta ka horeysa, baaritaankaaga uur kujirta hoose waxaad u baahan doontaa inaad diyaariso malawadkaaga.
- Ha cunin cunto culus maalinta oo dhan maalinta ka horeysa.
- Waxaad isticmaali doontaa cabitaanka caloosha lagu diyaariso ee Magnesium Citrate si aad u nadiifiso malawadka.
- Haddii horay kuugu dhaceen wadno qabadka, cudurada wadnaha noocyadiisa kala duwan, ama cudurka hawlgabka kalyaha, waa in aadan qaadan dawada caloosha jilcisa ee Magnesium Citrate waana inaad wacdo dhakhtarka kuu qoray baaritaanka Uur kujirta Hoose.
- Fadlan raac dhammaan tilmaamahan si taxadar leh. Haddii aadan si wanaagsan u raacin tilmaamaha, waxaa suurogal ah in baaritaankaaga uur kujirta Hoose la joojiyo.

### Waxyaabaha aad iibsaneysa

- Si aad ugu diyaargarowdo baaritaankaaga, waxaa lagaa doonayaa in aad iibsato daawooyinka caloosha lagu nadiigiyayo.
- **Looma baahna daawo dhakhtar kuu qoro:**
  - Hal 10-wiqiyood oo dhalo ah oo Magnesium Citrate ah ama mid aan lahayn astaan shirkadeed oo u dhiganta.
  - 2-Fleets enemas ama daawo u dhiganta.

### Macluumaadka Daawada

Waxaa laga yaabaa in lagaa doonayo in aad joojiso qaar ka mid ah daawooyinka aad qaadato ama aad wax ka bedesho kahor baaritaanka uur kujirta Hoose.

- 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 adigoo haysan wax ogolaansho ah oo ka haysan daryeelahaaga ku xiil 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 adigoo 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 daawooyinkaan adigoon haysan wax ogolaansho ah oo ka haysan daryeelahaaga ku xiil saran.

### Shan (5) maalmood kahor xiliga baaritaanka uur kujirta hoose

- 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.

### Saddex (3) maalmood kahor xiliga baaritaanka uur kujirta hoose

- 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, buskudka, kaluunka, digaaga, ukunta, hilib shiidan, lawska shiidan, khudaar la kariyey, faakiho gasacadeysan, mooska, batiikh, caanaha, garoorka, farmaajada, waxyaabaha la mariyo ansalaatada 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 dayaha), rootiga ama baastada ka sameysan qamadiga, miraha la qalajiyey, ansalaatada, khudaarta ceyriin, faakihada cusub ama la qalajiyey. Yaree inta aad ka cunto hilibka.

### Labo (2) maalmood kahor xiliga baaritaanka uur kujirta hoose

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

### Hal (1) maalin kahor xiliga baaritaanka uur kujirta hoose

- Biloow cabitaanka biyo cad.
- Kaliya cab cabitaanada cad maalinta oo dhan kahor baaritaanka Uur kujirta hoose
- 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.**
- Ha cunin cuntooyinka adag.
- 6da galabnimo, waa in aad cabtaa dhalada 6 wiiqiyadood ah oo dhan ee Magnesium Citrate.
- Dadka qaar baa dareema yalaalugo ama lalabo, dibiro, ama matag. Haddii ay sidaas kugu dhacdo, u naso 15-30 daqiiqo, ka dibna isku day in aad cabitaanka sii wado.
- Kadib marka aad dhameyso guud ahaan dhalada Magnesium Citrate, waxaad 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.

### Maalinta baaritaanka Uur kujirta Hoose

- 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 xaadirinayso.
- 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. Isticmaalida waxyaabahaan waxay keeni doonaan in la joojiyo baaritaankaaga uur kujirta hoose.

- 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.
- Hal saac kahor inta aadan guriga ka bixin, qaado kaniiniga koowaad ee Fleets enema.
- 30 daqiiqo kahor inta aadan guriga ka bixin, qaado kaniiniga fleets enema ee labaad.
- Dhakhtarkaaga ayaa laga yaabaa inuu kugu amro inaad timaado waqti hore kahor xiliga baaritaanka uur kujirta hoose si aad u dhameysato qaadashada kaniiniga Fleets enema.

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**Fariin/Tilmaamo gaar ah:**