

PATIENT EDUCATION

Tilmaamaha Nadiifinta Caloosha: Saxarada Lagu Beero Mindhicirada Dulcolax/Golytely (Stool Transplant Upper Golytely)

Waa muhim in aad raacdo dhamaan talooyinka halkaan lagu soo xusay si aad ugu diyaar garoowdo saxarada Lagu beero mindhicirada. Mindhiciradaadu waa in ay marnaadaan, si dhakhtarku u arki karo xiliga saxarada Lagu beeraayo mindhicirada. Qaar badan oo bukaanka ka mid ah ayaa dareema in nadiifinta caloosha ay tahay qeybta ugu adag marka la sameynaayo saxarada Lagu beero mindhicirada.

U diyaargarowga 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 Golytely si aad calooshaada u diyaariso oo aad i nadiifiso mindhicirkaaga.
- Fadlan raac 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 iibsaneysa

- Si aad ugu diyaargarowdo baaritaanka, waxaa lagaa doonayaa in aad iibsato daawooyinka caloosha lagu nadiigiyo.
- **Daawada in lagu qoro loo baahan yahay:**
 - La xiriir farmashiyaha aad daawada ka qaadato si ay kuu siiyaan Golytely ama daawo u dhiganta.
- **Looma baahna daawo dhakhtar kuu qoro**
 - Bac yaryar oo Crystal Light ah yaa kaa caawin kara in aad wanaajiso dhadhanka (aan aheyn casaan ama hurdi). (Waajib kuguma ah)

Macluumaadka Daawada

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

Saddex (3) maalmood ka hor maalinta la sameynaayo saxarada Lagu beero mindhicirada

- 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.

Laba (2) maalmood ka hor maalinta la sameynaayo saxarada Lagu beero mindhicirada

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

Hal (1) maalin ka hor maalinta la sameynaayo saxarada Lagu beero 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.
- Marka ay tahay 9 da subaxnimo, isku dar dhamaan Golytely oo si wanaagsan u rux. Talaajadda geli Golytely.
- Haddii aad jeceshahay in aad ku cabto iyada oo aan la qaboojin, waxa aad talaajadda ka soo saari karta 1-da duhurnimo.
- 4da galabnimo, biloow cabitaankaaga isku darka ah ee Golytely. Cab galaas sideed wiqiyadood ah 15 daqiiqo kasta ilaa aad ka dhamayso labo liitar (nus kamid ah qasaca). Waxay qaadan doontaa laba ama saddex saacadood in la dhameeyo cabitaanka.
- Cab galaas sideed wiqiyadood ah 15 daqiiqo kasta ilaa aad ka dhamayso labo liitar nus kamid ah qasaca. Waxay qaadan doontaa laba ama saddex saacadood in la dhameeyo cabitaanka.
- Waxaad ku dari kartaa baakidh crystal light ah koob kasta si aad u wanaajiso dhadhanka daawada.
- 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.

- 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.
- Marka ay tahay 8 da habbenimo, qaado marka kowaad dawada PPI ama acid-suppressing. Sii wad jadwalkaaga caadiga ah haddii aad hadda horey u qaadatay daawadaan.
- Ha qaadan daawooyinka fiidkii ee **Vancomycin ama antibiyootiga**. In si kale dhakhtar kugula taliyo mooyee.
- Ka dib marka aad dhameyso cabitaanka, waxa aad cabi kartaa biyo cad oo kaliya.
- Daadi qaybta soo hartay daawada aad isku qastay.

Maalinta beeritaanka saxarada ee mindhicirka.

- Marka ay tahay 8 da subaxnimo, qaado ,marka labaad ee daawadaada PPI ama acid-suppressing kuna cab kabasho biyo ah. Sii wad jadwalkaaga caadiga ah haddii aad hadda horey u qaadatay daawadaan.
- Xusuuso inaad qaadatid daawadaada **Vancomycin ama antibiyootiga** maanta. In si kale dhakhtar kugula taliyo mooyee.
- 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. Isticmaalka kuwaan waxa ay keeni kartaa in balantaada beeritaanka saxarada ee mindhicirada la baajiyo.
- Waxaad sidoo kale daawooyinkaaga ku qaadan kartaa kabbasho biyo ah.
- Xusuusnow, ha cunin cuntooyinka adag.
- Xusuuso inaad qaadatid daawadaada **Vancomycin ama antibiyootiga** subaxdii. In si kale dhakhtar kugula taliyo mooyee.
- 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.

Fariin/Tilmaamo gaar ah: