TILMAAMAHA SAWIRIDDA CILAD DOONSTA EE RUGTA CAAFIMAADKA MANKATO

Mindhicir Leh ama Aan-lahyn Hawo

Colon With or Without Air - Somali

Bukaanka: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Taariikhda Ballanka: ––––––––––––––––––––––––––––– Waqtiga Imaashada: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ am/pm

Goobta: Diagnostic Imaging Department at Mankato Clinic (Waaxda Cilad Doonistra ee Rugta Caafimaadka Mankato)

1230 East Main Street, Mankato, MN 56001

**Imtixaaka Kahor:**

Aneemada bariyam (raajada midhicirka) wuxu isticmaalaa fluoroskoob (raajata socota) si looga helo isbeddelo ama waxan caadi ahayn mindhicirkaaga.

* Kahor intaanad ballansan imtixaanka, fadlan u sheeg dhgakhtarkaaga haddii aad uur-leedahay ama aad u malaynayso inaad uur-leedahay.
* Preparation for a barium enema begins in the morning. Maalinta ka horraysa imtixaanka dhakhtarkaga/daryeelaha caafimaad ayaa ku siin doona agabka isu-diyaarinta ee sifaynaya calooshaada si ay u dhibayarayso eegista mindhicirkaaga. Fadlan akhri fariimaha kahor bilaabitaanka isudiyaarinta oo u raac tilmaamaha si taxadir leh iyada oo sudiyaarin aan dhamaystirnayn ay keeni karto dib u qabasho imtixaan kale.
* Kala hadal dhakhtarkaaga/daryeelaha caafimaad dawooyinka aad ku qaadan karto subaxda imtixaankaaga kabasho biyo ah.

**Hal maalin kahor imtixaanka:**

* **Bilow cunto ka samaysan dareere saafi ah.** **Ha qaadanin cunto adag.**  **Cab keliya dareere saafi ah xagga quraacda, qadada iyo cashada.**

Waa la ogol yahay dareeraha saafiga:

- Casiirka tufaax, canab ama kranberi - Popsicles - Casiirkja miraha aan lahayn xabuub - Canbaruutka adag

- Biyaha - Maraq - Cabitaanka miraha isboortiga - Jell-O Saafi ah

* **Waxaa muhiim ah in aad cabtid cabbitaan dareere saafi ah oo kala duwa oo leh kaloriye si looga hortaggo biyo-baxa.**
* **SUBAXNIMADA:** Waxaad weelka ka buuxisaa GoLytely ilaa xariiqanta buuxinta adiga oo ka buuxiya biyaha tubada oo qandac ah, kaddibna waxaad gelisaa qaboojiyaha si aad u qaboojisid. Waa hagaag in aad dhadhan u yeeshid GoLytely adiga oo adeegsada Crystal Light ama Kool-Aid aad adiga dooratay.
* **6:00 PM:** Bilaab cabista nuska hore ee GoLytely. Cab 8 waqiyadood oo GoLytely ah 10 daqiiqo kasta ilaa aad ka dhameysid bar ka bar waxa ku jira weelka.
* Jirkaada wuxuu lumiyaa qiyaas badan oo dareere ah waqtiga diyaarinta caloosha. Si looga hortaggo biyo baxa, waxaa muhiim ah in dareere saafi ah lagu kabo biyo baxa. Ku dadaal in aad cabtid in badan inta aad awoodid ka hor, inta ay socoto, iyo kaddib diyaarinta colonscopy.

**Maalinta Imtixaanka:**

* Qeybta 2aad GoLytely waa in la bilaabo shan saac kahor waqtiga ballanka.
* Cab 8 oz. GoLytely muddo 10 daqiiqo kasta ilaa weelka ka noqdo faaruq. Axaad cabbi kartaa dareere saafi ah ilaa hal saac kahor hawsha. Haddii aad qabtid sokorow, fadlan si fiican iskaga fiiri sokorta ku jirta dhiigaada.
* **Waxaa aad muhiim u ah in aad cabtid dhamaan inta la diyaariyay.** *Si takhtarkaada uu si buuxdo u arko mindhicirka, waa lagama maarmaan in si habboon caloosha loogu diyaari colonscopy.* *Haddii saxaradaada aysan ahayn dareere saafi ah, waxaa dhici karto in lagu siiyo ballan kale.*

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**Muddada Imtixaanka:**

* Wxaa laga yaabaa in lagu weydiiyo inaad dharka iska saartid. Toob ayaa lagu siin doonaa.
* Waxaad u seexan doontaa dhinaca bidix miiska imtixaanka dushiisa.
* Tuubo yar oo balastik oo buufsan ayaa lagaa gelin dabada. Qaddar yar oo hawo ah ayaa lagu buufin tuubada si loo sahlo in lagu hayo qooshka baariyamka mindhicirkaaga. Bariyam waxa suurtaglisaa aragga mindhicirkaaga.
* Baariyam ayaa kaga shubmi doona minshicirkaaga tuubada. Hawo ayaa laga yaaba in la isticmaalo si ay u kala saarto ama u fidiso midhicirka.
* Wxaa laga yaabaa in isku rogto dhinacyo kala duwan marka sawirka la qaadayo.
* Imtixaanka kadib baariyamka ayaa uga soo dareeri mindhicirga xagga tuubada. The tube will be removed and you will be assisted to the bathroom to clear as much of the remaining barium from your colon as possible. Hala ama laba raajo ayaa laga yaabaa in la qaado imtixaanka.

**Imtixaanka Kadib:**

* Waxa sii-wadan doontaa cuntadaadii caadiga ahayd haddii aad fariin kale lagu siin.
* Cab biyo badan 24 saax ee xiga si aad isaga ilaaliso calool fadhi. Haddii aad yeelato calool fadhi, waxa laga yaabaa in aad qaadato burkaanto aan dhakhtar qorin.
* Xaarkaaga wuu caddaan doonaa ilaa bariyam ka baxayso jirkaaga.

**Imtixaankaaga waxa dib u eegi doona oo akhriyi doonaa Xirfadyahan Raajo 24 saac gudahood.** **Warbixin ayaa u tegi doonta dhakhtarkaaga si u dib ugu eego.** **Dhakhtarkaaga ayaa ka mas'uul ah kula xiriirinta natiijadaada adiga oo tan waxy u dhici doontaa waraaq ahaan, wicitaan telefoon ama ballan la-socodsiin.** **Haddii aanad qabin ballan la-socodsiin oo aanad war ka maqal toddobaad gudaheed, waxaad xaq u leedahay dhakhtarkaaga waaxdiisa oo weydiiso natiijooyinka.**

**Haddii aanad awoodin inaad ballanka xejiso ama aad su'aalo ka qabto imtixaankaaga, fadlan wac 507-389-8570.**

**Fadlan iska xaadiri Sajilaadda Dhexe kahor intanad tegin Waaxda Sawiridda Cilad Doonista.**

**MC1833SO (rev 3/14) – Bogga 2 ee 2**