2 Maalin Ku diyaarinta Saxarada GoLYTELY, TriLyte, Colyte, ama NuLYTELY

The Ohio State University
Wexner Medical Center

2 Day Bowel Prep with GoLYTELY, TriLyte, Colyte, or NuLYTELY

To prepare for your test or procedure, you will need to clean out your bowels or large intestines. **Review all of the information you are given as soon as you can,** so you are prepared and know what to expect during and after your test. **You may need to make changes to your diet or medicines.**

You will need to adjust your diet 5 days before the test and begin this bowel prep at 6:00 PM, 2 days before the test.

Si aad u diyaarisid baaritaankaaga ama qaliinkaaga, waxaad u baahaneysaa inaad nadiifisid saxaradaada ama mandhiciiraha weyn. **Fiiri dhammaan warbixinta lagu siiyay sida ugu dhaqsiha badan ee aad awoodid,** marka waad u diyaarsantahay oo aad garaneysid waxa laga filanayo inta lagu jiro baaritaanka ama baaritaanka kadib. **Waxaad u baahan kartaa inaad isbadelo ku sameysid cuntadaada ama daawooyinkaaga.**

Waxaad u baahaneysaa inaad ku saxdid cuntadaada 5 maalmood ka hor baaritaanka iyo bilaabada diyaarinta saxaradaan ee 6:00 PM, 2 maalmood ka hor baaritaanka.

You need to have an adult come with you to your test

You will be given medicine to help you relax during the test that will affect your judgement and reflexes much of the day. For your safety, **you will need a responsible adult to drive you home after the test. Your driver needs to check in for the test with you. If your**

Waxaad u baahantahay in qof weyn kula imaado baaritaanka

Waxaa lagu siinayaa daawada kugu caawineyso inaad isdajiso inta lagu jiro baaritaanka waxay saameyneysaa xukunkaaga oo ka falcelisaa inta badan maalinta. Oo badbaadadaada ah, **waxaad u baahaneysaa qof weyn oo masuul ah oo guriga kuu ka xeeyo baaritaanka kadib. Darawalkaaga wuxuu u baahanyahay inuu kula saxo baaritaanka adiga. Haddii darawalkaaga uusan kula saxin, waxaan u baahaneynaa inaan la hadalno**

driver doesn't check in with you, we will need to speak to your driver before we can start your test. Your test will be delayed or cancelled if we cannot speak to your driver.

- If your driver leaves the facility during the test, **he or she needs to give the staff a phone number where he or she can be reached. Your driver needs to be within 30 minutes** of the endoscopy unit.
- If you take a cab, bus, or medical transportation service home after the procedure, **an adult, other than the driver needs to ride with you** for your safety.
- You should have **an adult with you to help you after the test at home for at least 6 hours**.

darawalkaaga ka hor inta aanan bilaabin baaritaanka. Baaritaankaaga waa la daahinayaa ama la joojinayaa haddii aan la hadli karin darwalkaaga .

- Haddii darawalkaaga ka tago xarunta inta lagu jiro imtixaanka, **isaga ama iyada waxay u baahantahay inay siiso shaqaalaha lambarka taleefonka halka isaga ama iyada lagala xiriirayo. Darawalkaaga wuxuu u baahanyahay inuu ku jiro 30 daqiiqo gudahood** ee qeybta sheybaarka mandhaciirka afka.
- Haddi aad u qaadatid taksi, bas, ama adeega gaadiid =ka caafimaadka guriga baaritaanka kadib, **qof weyn, aan ka aheyn darawalka ayaa loo baahanyahay inuu ku raaco** oo badbaadadaada ah.
- Waa inaad haysataa **qof weyn oo kula jiro ee kugu caawiyo baaritaanka kadib guriga oo ugu yaraan 6 saacadood**.

You may need to make changes to your medicines

If you take aspirin or NSAIDs, such as ibuprofen, naproxen, or Celebrex for pain, you **do NOT need to stop** taking these medicines before this test.

If you take medicines for diabetes, ask the doctor who ordered your diabetes medicine how to adjust your medicines for this test.

If you take any of the blood thinner medicines listed below:

- Ask the doctor who ordered this medicine if it is safe for you to stop taking this medicine before the test. **If you have a stent or certain other health problems, do NOT stop taking these medicines.**

Waxaad u baahan kartaa inaad isbadelo ku sameysid daawooyinkaaga.

Haddii aad qaadatid aspirin ama NSAIDs, sida ibuprofen, naproxen, ama Celebrex oo xanuunka, **UMA baahnid inaad joojisid** qaadashada daawooyinkaan ka hor baaritaankaan.

Haddii aad u qaadatid daawooyin sonkorta, weydii dhaqtarka amray daawada sonkortaada sida loo saxo daawooyinkaaga oo baaritaankaan.

Haddii aad qaadatid kuwa walba oo ka mid ah daawooyinka dhiiga adkeeyo ee hoos ku qoran:

- Weydii dhaqtarka cida amartay daawadaan haddii ay badbaado kuu tahay inaad joojisid qaadashada daawadaan baaritaanka ka hor. **Haddii aad qabtid kanaal ama dhibaatooyin kale oo caafimaadka ah, HA joojin qaadashada daawooyinkaan.**

- **If your doctor has advised you to NOT stop taking these medicines before the test, please call 614-293-6255 and ask to talk to a nurse.**
- If your doctor agrees you should stop taking any of the medicines listed below, stop for the listed number of days before your test or as your doctor recommends:
  - ❑ Brilinta (Ticagretor) – 5 days
  - ❑ Coumadin (Warfarin) – 5 days
  - ❑ Effient (Prasugrel) – 7 days
  - ❑ Eliquis (Apixaban) – 2 days
  - ❑ Lovenox (Enoxaparin) – 1 day
  - ❑ Plavix (Clopidogrel) – 5 days
  - ❑ Pletal (Cilostazol)– 5 days
  - ❑ Pradaxa (Dabigatran) – 2 days
  - ❑ Savaysa (Edoxaban) – 2 days
  - ❑ Xarelto (Rivaroxaban) – 1 day

- **Haddii dhaqtardaada kugula taliyo INAADAN joojin daawooyinkaan ka hor baaritaanka, fadlan soo wac 614-293-6255 oo weydii inaad kalkaalisada la hadashid.**
- Haddii dhaqtarkaaga ogolaado waa inaad joojisaa qaadashada daawooyin kale ee hoos ku qoran, jooji lambarka qoran ee maalmaha baaritaankaaga ka hor ama sida dhaqtarkaaga ku taliyo:
  - ❑ Brilinta (Ticagretor) – 5 maalmood
  - ❑ Coumadin (Warfarin) – 5 maalmood
  - ❑ Effient (Prasugrel) – 7 maalmood
  - ❑ Eliquis (Apixaban) – 2 maalmood
  - ❑ Lovenox (Enoxaparin) – 1 maalin
  - ❑ Plavix (Clopidogrel) – 5 maalmood
  - ❑ Pletal (Cilostazol)– 5 maalmood
  - ❑ Pradaxa (Dabigatran) – 2 maalmood
  - ❑ Savaysa (Edoxaban) – 2 maalmood
  - ❑ Xarelto (Rivaroxaban) – 1 maalin

The week before your test

The **prescription** for your 2 prep kits will be sent to your preferred pharmacy 1 week before your test. Each prep kit should include:

- A large plastic container that has the medicine powder inside. This will be used to mix the prep.
- Flavor packet that can be added to the container before mixing the prep. (Based on which medicine your doctor ordered, the flavor may already be mixed in with the medicine powder in the container, so there may not be a flavor packet.)

Ask the pharmacist any questions you may have about mixing or taking the prep.

Isbuuca ka horeeya baaritaankaaga

Qoraalka dhaqtarka ee 2-daa sanduuq ee diyaarinta waxaa laguugu soo dirayaa farmashiga la doorbiday 1 isbuuc ka hor baaritaanka. Sanduuqa diyaarin walba waa in lagu daraa:

- Weelka bac weyn ee leh budada daawada ee gudaha. Tani waxaa loo isticmaalayaa in lagu qaso diyaarinta.
- Baakida dhadhanka ee lagu dari karo weelka ka hor isku qasida diyaarinta. (Sida ku saleysan daawada dhaqtarkaaga amray, dhadhanka mar hore ayaa lagu qasi karaa budada daawada ee ku jirto weelka, marka waxaa laga yaabaa inaysan jirin baakida dhadhanka.)

Weydii farmashiistaha su'aalo walba ee laga yaabo inaad ka qabtid isku qasida ama qaadashada diyaarinta.

You will need **clear liquids** from the list below to drink during the days before your test.

Waxaad u baahaneysaa **biyo cad** ka bilow liiska hoose oo aad cabtid inta lagu jiro maalmaha baaritaankaaga ka hor.

5 days before your test

- Do not eat any nuts, seeds, popcorn, corn, or green leafy vegetables.
- Stop any iron tablets or vitamins with iron.
- Stop using fiber supplements, like Metamucil, Citrucel, or Fiberall.

5 maalmood ka hor baaritaanka

- Ha cunin wax loos ah, miraha, daangada, galeyda, ama qudaarta caleenta cagaaran.
- Jooji kaniiniga birta ama fitamiinada leh birta.
- Jooji isricmaalida dheeraadyada buunshada, sida Metamucil, Citrucel, ama Fiberall.

About the prep

For this prep, you will drink a medicine mixture to clear the bowels of all solid matter. You will need to go to the bathroom often and your stool will get very watery. The prep may cause you to have cramps or feel bloated.

Your bowels are clear when you are passing pale yellow liquid without any stool.

The prep medicine may not taste good. You need to drink all of it, so your bowels are clear for the test. If your bowels are not cleared, you may have to have the test rescheduled and do another prep.

Ku saabsan diyaarinta

Wixii diyaarintaan ah, waxaad cabeysaa isku darka daawada ee lagu cadeynayo saxarada oo dhamaan waxyaabaha adag. Waxaad u baahaneysaa inaad inta badan musqusha aadid oo saxaradaada aad ayay u jilceysaa. Diyaarinta waxay kugu sababi kartaa inay qabasho lahaato ama dareentid dibir.

Saxaradaada waxay cadahay markii aad saxarooneysiid biyo jaala ah oo aan saxaro la socon.

Daawada diyaarinta laga yaabo inaysan si wanaagsan u dhadhamin. Waxaad u baahaneysaa inaad cabtid dhammaantood, marka saxaradaada way u cadahay baaritaanka. Haddii saxaraadaada aysan cadeyn, waxaa laga yaabaa in baaritaanka dib loo dhigo oo aad sameysid diyaarin kale.

Clear liquids for prep

These clear liquids are allowed, but **avoid all red colored liquids**:

- Water
- Fruit juices that you can see through, such as apple, white cranberry or white grape

Biyaha cad ee diyaarinta

Biyahaan cad waa la ogolyahay, laakin **ka fogow dhammaan biyaha midabka gaduudan**:

- Biyaha
- Miraha juuska waa aad iska dhax arki kartid, sida tufaaxa, karanberiga cad ama canabka cad

- Popsicles or ice chips
- Ginger ale or lemon-lime soda
- Gatorade, other sports drinks or drink mixes like Kool-Aid
- Clear broth or bouillon
- Jell-O
- Coffee or tea with no milk or cream added

2 days before your test

Do not eat any solid foods or eat or drink any milk products for the next 2 days until after your test is done. Drink only clear liquids.

Morning

- Start in the morning drinking **only clear liquids**.
- Drink at least four (8-ounce) glasses of water through the day as well as other clear liquids.

Afternoon

Most people find it easier to drink the prep medicine if the mixture is cold. Mix it in the afternoon, so it is chilled when you need to start drinking it in the evening.

1. Open the container.
2. Open and pour the flavor packet into the container, if there is a flavor packet.
3. Fill the container with warm water to the "Fill to here" line on the container. Warm water helps dissolve the powder.

- Jalaatooyin ama gabalo baraf ah
- Soodhada jiinjaha ama liimada
- Gatorade, ama cabitaanada kale ee ciyaaraha ama cabitaanada u qasan sida Kool-Aid
- Maraq cad ama maraqa hilbaha
- Jell-O
- Kafeega ama shaaha aan caanaha ama kariimka laheyn

2 maalmood ka hor baaritaanka

Ha cunin wax cuntooyin adag ama ha cunin wax ka mid ah waxyaabaha caanaha laga sameeyo ee 2-da maalin ee xiggo illaa baaritaankaaga xiggo laga sameeyo. Cab kaliya biyo cad.

Subixii

- Ku bilow subixii cabida **kaliya biyaha cad**.
- Cab ugu yaraan afar (8-waqiyadood) galaasyo biyo ah illaa maalamaha sidoo kale sida biyaha kaloo caadiga ah.

Galabka

Inta badan dadka waxay u arkaan si sahlan inay cabaan daawada diyaarinta haddii isku darka uu qaboobanyahay. Isku qas galabkii, marka way qabowdahay markaad aad u baahato inaad bilowdid cabida maqribkii.

1. Fur weelka.
2. Fur oo ku daadi dhadhanka baakida weelka, haddii ay jiraan weelka baakida.
3. Ku buuxi weelka biyo diiran ee "Illaa halkaan ku buuxi" leenka ku jiro qeelka. Biyaha diiran waxay ku caawisaa burburinta budada.

4. Put the cap back on the container.
5. Shake the container to mix the prep medicine.
6. Place the container of prep medicine in the refrigerator, so it can chill.

4. Dib u geli koobka weelka.
5. Rux weelka si aad isugu qastid daawada diyaarinta.
6. Ku meeley weelka daawada diyaarinta ee farantijeerka, si markaas u qaboobo.

6:00 PM through evening

- Start to drink the prep medicine mixture. **Drink an 8-ounce cup of the mixture every 10 to 15 minutes until you finish half of the mixture.** It is better to drink each cup quickly rather than taking small sips.
- **Store the rest of the mixture in the refrigerator until tomorrow morning.**
- Drink other clear liquids through the evening and tomorrow.

6:00 PM illaa maqribkii

- Bilow inaad cabtid isku darka daawada diyaarinta. **Cab 8-waqiyadood koob ah ee isku darka 10 illaa 15 daqiiqo walba illaa aad ka dhameyso bar ka mid ah isku darka.** Waxaa wanaagsan inaad ku cabtid koobka si dhaqso ah badelkii qaadashada kabasho yar.
- **Ku keydi inta hartay ee isku darka ah farantijeerka illaa bari subixii.**
- Cab biyo kaloo cad illaa maqribkii iyo bari.

1 day before your test

Do not eat any solid foods or eat or drink any milk products today. Drink only clear liquids.

1 maalin ka hor baaritaankaaga

Ha cunin wax cuntooyin adag oo kale ama cun ama cab waxyaabaha caanaha maalin. Cab kaliya biyo cad.

Morning

- **Drink the other half of the prep mixture you mixed yesterday as you did before.**
- Mix the **second prep kit** as you did yesterday. Place the mixture into the refrigerator to cool until the evening.
- Continue to drink other clear liquids through the day.

Subixii

- **Cab barka kale ee isku darka diyaarinta aad isku qastay shaley sida aad horay u sameysay.**
- Isku dar **sanduuqa diyaarinta labaad** sida aad sameysay shaley. Ku meeley isku darka farantijeerka si aad u qaboojiisid illaa maqribkii.
- Sii wad inaad cabtid biyo kaloo cad illaa maalinta oo dhan.

6:00 PM through evening

- **Start to drink half of the prep medicine mixture.** Drink an 8-ounce cup of the mixture every 10 to 15 minutes until you finish half of the mixture.
- **You will need to drink half of the mixture this evening and the other half in the morning, 6 hours before your test.**
- Continue to drink other clear liquids through the evening.

6:00 PM illaa maqribkii

- **Bilow inaad cabtid bar ka mid ah isku darka daawada diyaarinta.** Cab 8-waqiyadood koob ah ee isku darka 10 illaa 15 daqiiqo walba illaa aad ka dhameyso bar ka mid ah isku darka.
- **Waxaad u baahaneysaa inaad cabtid bar ka mid ah isku darka maqribkaan iyo barka kale ee subixii, 6 saac ka hor baaritaanka.**
- Sii wad inaad cabtid biyo kaloo cad illaa maqribka oo dhan.

Morning of your test

1. **Six (6) hours before your test is scheduled, drink the rest of the prep medicine mixture** as before. You may need to set your alarm to get up to finish your prep medicine.
2. Drink two, 8-ounce cups of clear liquids after you finish the prep medicine.
3. **You can drink clear liquids up to 4 hours before your test.** You can take a small sip of water to take blood pressure, heart, seizure, or pain medicine **within 2 hours of your test**. Your test will be delayed or cancelled if you drink anything other than a sip of water with medicines.
4. Please leave all valuables and jewelry including piercings at home.
5. Female patients should come prepared to give a urine sample in case a pregnancy test is needed.

Subaxa baaritaankaaga

1. **Lix (6) saacadood ka hor baaritaankaaga inta aan la balamin, cab inta hartay isku darka daawada diyaarinta** sida horay oo kale. Waxaad u baahan kartaa inaad ku saxdid alaarmigaaga si aad u kacdid oo aad u dhameysid daawadadaada diyaarinta.
2. Cab labo koob, 8-waqiyadood ee biyaha cad kadib markaad dhameysid daawada diyaarinta.
3. **Waxaad cabi kartaa biyo cad oo illaa 4 saacadood ka hor baaritaankaaga.** Waxaad qaadan kartaa kabasho yar oo biyo ah si aad u qaadatid daawada dhiig karka, wadnaha, qalalka, ama xanuunka **oo gudaha 2 saacadood ee baaritaankaaga**. Baaritaankaaga waa la daahinayaa ama la joojinayaa haddii aad la cabtid wax aan ka aheyn kabashada biyaha daawooyinka.
4. Fadlan uga tag dhammaan waxyaabaha qaaliga ah ama dahabka oo ay ku jiraan cirbadaha guriga.
5. Bukaanada dumarka ah waa inay imaadaan iyaga oo diyaarsan si ay u siiyaan muunada kaadida oo baaritaanka xaalada uurka ah waa loo baahanyahay.

6. Bring these with you to your test:
   - ❑ A list of all medicines, including prescription and over the counter medicines and any vitamin or herbal products you are taking
   - ❑ A list of your allergies
   - ❑ List of medical conditions and previous surgeries
   - ❑ A copy of advanced directive, such as a living will or power of attorney
   - ❑ Your photo identification, insurance card and co-payment, if needed

Plan to arrive at the arrival time on your letter, so the staff can get you ready. **Expect to be here 2 to 4 hours for your test and recovery time.**

If you are vomiting up your prep medicine, have not had any bowel movements, or your bowels are not clear, please call 614-293-6255.

6. La imow kuwaan baaritaanka:
   - ❑ Liiska daawooyinka, oo ay ku jiraan qoraalada dhaqtarka iyo daawooyinka dukaanka laga iibsado iyo fitamiin walba ama waxyaabaha aad qaadaneysid
   - ❑ Liiska alaarjiyadaada
   - ❑ Liiska xaaladaha daawada iyo qaliinada hore
   - ❑ Koobiga jaheyntaada hormarsan, sida rabitaanka noolaanshaha ama matalaada qareenka
   - ❑ Aqoonsiga sawirkaaga, kaarka caymiska iyo lacag bixinta caymiska, haddii loo baahanyahay

Qorshey inaad imaatid waqtiga imaanshaha ee warqadaadada ku qoran, marka si shaqaalaha ay kuu diyaargareen karaan. **Filo inaad halkaan joogtid 2 illaa 4 saacadood ee baaritaankaaga iyo waqtiga soo kabsashada.**

Haddii aad matageysid daawadaada diyaarinta, oo aadan helin wax socodka saxarada ah, ama ay saxaradaada aysan cadeyn, fadlan soo wac 614-293-6255.

la hadal dhakhtarkaaga ama kooxda daryeelka caafimaadka haddii aad ka qabto wax su'aalo ah daryeelkaaga.

Laybareeriga keydka xogta caafimaadka ayaa kuula diyaar ah inuu kaa caawiyo wixii kale oo xog caafimaad ah, ee (614)293-3707 ama e-mail: health-info@osu.edu.

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