

# Sheybaarka mandhaciirka



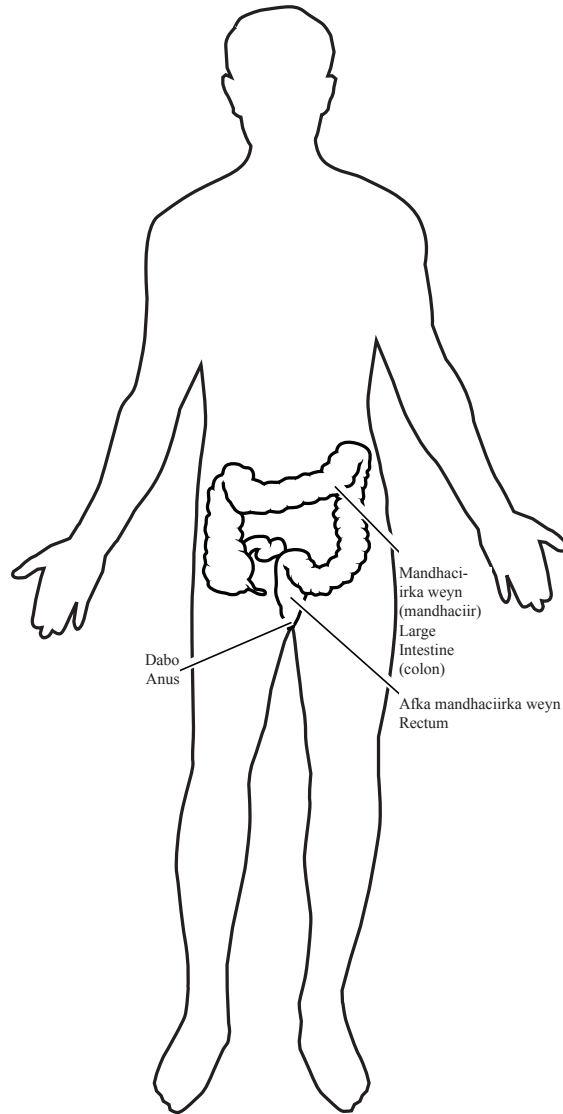
THE OHIO STATE UNIVERSITY  
WEXNER MEDICAL CENTER

## Colonoscopy

### About the test

You are scheduled for a test called a **colonoscopy**. This test checks your large intestine, also called the colon, for abnormal growths or other problems. The test is done with a narrow, flexible tube that has a light and camera. The tube is put in through your rectum and into your colon. The test helps your doctor diagnose illnesses and make plans for treatment, if needed.

You will need to do a bowel prep to clean out your colon a day or two before the test. Follow the instructions for your bowel prep as provided.



### Ku saabsan baaritaanka

Waxaad u balansatahay baaritaan la yiraahdo **sheybaarka mandhaciirka**. Sheybaarkan wuxuu eegaa mandhaciirkaaga weyn, sidoo kale loo yaqaano mandhaciirka, oo waxyaabaha ku koro xundhurta ama dhibaatooyinka kale. Baaritaanka waxaa lagu sameeyaa tuubo ciriiri ah, oo dabacsan ee iftiin iyo kaamiro leh. Tuubada waxaa laga geliyaa dabada oo mandhaciirka la sii geliyaa. Baaritaanka wuxuu ku caawiyaa dhaqtarkaaga inuu baaro jirooyinka oo sameeyo qorshooyinka daaweynta haddii loo baahanyahay.

Waxaad u baahaneysaa inaad sameysid diyaarinta saxarada si loo nadiifiyo mandhaciirkaaga maalinta koowaad iyo labaad baaritaanka ka

hor. Raac tilmaamaha diyaarnta saxaradaada sida lagu siiyay.

## Having the test

- After you have registered, you will change into a hospital gown.
- A nurse will review your medicine list and medical history.
- An intravenous (IV) line will be placed to give you medicine during the test. Let the nurse know right away if you have had problems having an IV placed in the past.
- When the nurse has you ready, you will be taken to a private room, where your test will be done.
- You will be given a consent form to read over. The doctor will talk to you and go over the consent form. Ask any questions you have about the test before you sign the form.
- You will be given medicines in your IV to help you relax. You will likely rest on your left side.
- The doctor slowly moves the tube through your colon. The test takes 20 to 40 minutes.
- You may feel some cramping during and after the test that will improve after passing gas.

## Sameynta baaritaanka

- Kadib markaad isdiiwaangelisid, waxaad badeleysaa waxaa lagu xirayaa dharka isbitaalka.
- kalkaaliso ayaa eegeyso liiska daawadaada iyo taariiqda caafimaadka.
- Faleebada (IV) ayaa lagu xirayaa si lagaaga siiyo daawo inta lagu jiro baaritaanka. Kalkaalisada ha ogaato isla markaas haddii aad hdibaato ku qabtay xirista faleebada IV ee horay lagu geliyay.
- Markii kalkaalisada ku diyaariso, waxaa lagu geynayaa qol gaar ah, halkaas oo baaritaankaaga lagu sameynayo.
- Waxaa lagu siinayaa foomka ogolaanshaha inaad dulmartid. Dhaqtarka ayaa kula hadlayo oo dulmarayo foomka ogolaanshaha. Weydii su'aalo walbo ee aad ka qabtid baaritaanka ka hor inta aadan saxiixin foomka.
- Waxaa laguugu siinayaa daawooyinka faleebada IV oo adiga ku seexiso. Waxaad inta badan ku seexaneysaa dhinacaaga bidix.
- Dhaqtarka ayaa si tartiib ah u dhaqaajiyo tuubada oo dhinaca mandhaciirkaaga. Baaritaanka wuxuu qaataa 20 illaa 40 daqiiqo.
- Waxaad dareemi kartaa qaar ka mid ah qabasho inta lagu jiro iyo baaritaanka kadib ee sare u qaadayo dhuusta.

## After the test

- You will be taken to a recovery area for 30 to 45 minutes.
- You will then change back into your clothes.
- The doctor will speak with you and your family member before you leave.
- Plan to take the day off of work and rest at home after the test.
- For your safety, it is best to have an adult with you for at least 6 hours at home.
- The medicine given during the test can cause you to have memory changes and impair your judgment. **Do not drive a motorized vehicle or operate heavy machinery. Do not sign any papers or make any legal decisions.**

## Baaritaanka kadib

- Waxaa lagu geynayaa aag aad ku soo kabsatid oo 30 illaa 45 daqiiqo.
- Waxaad kadib ku badeleysaa dharkaaga.
- Dhaqtarka ayaa adiga kula hadlayo adiga iyo xubnaha qoyskaaga ka hor inta aadan bixin.
- Qorshey inaad maalintaa fasax qaadatid oo aad guriga ku nasatid baaritaanka kadib.
- Wixii badbaadadaada ah, waxaa wanaagsan inuu kula jiro qof weyn ugu yaraan 6 saacadood oo guriga ah.
- Daawada la bixiyay inta lagu jiray baaritaanka waxay kugu sababi kartaa inaad yeelatid isbadekada xasuusta oo ay curyaamiso xukunkaaga. **Ha kaxeeynin gaari matoor leh ama haka shaqeynin mashiinada culus. Ha saxiixin wax waraaqo ah ama ha sameeynin wax go'aamo sharci ah.**

Colonoscopy. Somali.

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**Ia 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](mailto:health-info@osu.edu).