EGD (Sheybaarka mandhaciirka tuubada dabada)

THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

EGD (Esophagogastroduodenoscopy)

Please review all the instructions about your test and prep as soon as you get them, so you can prepare. You may need to change some of your medicines.

If you need to **cancel or change your test appointment, call 614-293-8784**.

If you have any **questions about your test or prep instructions, call 614-293-6255** and ask to talk with a nurse.

Fadlan eeg dhammaan tilmaamaha ku saabsan baaritaankaaga oo diyaari sida ugu dhaqsiha badan ee aad heshid, si markaas aad u diyaarisid. Waxaad u baahan kartaa inaad badeshid qaae ka mid ah daawooyinkaaga.

Haddii aad u baahantahay inaad **joojisid ama aad badeshid balanta baaritaankaaga, soo wac 614-293-8784**.

Haddii aad qabtid **su'aalo walba ee ku saabsan tilmaamaha baaritaankaaga ama diyaarinta, soo wac 614-293-6255** oo weydii inaad la hadashid kalkaalisada.

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 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.**

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

- 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**.

- 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.**
- **If your doctor has advised you to NOT stop taking these medicines before the**

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.**
- **Haddii dhaqtardaada kugula taliyo INAADAN joojin daawooyinkaan ka hor baaritaanka, fadlan soo wac 614-293-**

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

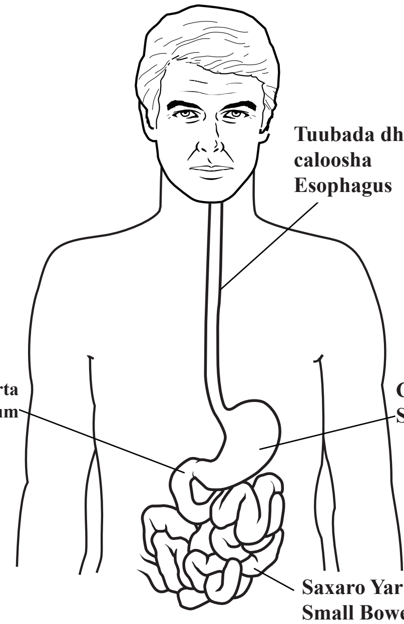
6255 oo weydii inaad kalkaalisada la hadashid.

- 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

About the test

An **EGD** is also called an **upper endoscopy**. It is done with a narrow, flexible tube that has a camera and lights that goes in through your mouth into the upper digestive tract. It allows your doctor to look into your esophagus, stomach, and part of the small intestine called the duodenum.

These tests help your doctor diagnose illnesses and make plans for treatment if needed.



Ku saabsan baaritaanka

EGD waxaa sidoo kale loogu yeeraa **sheybaarka mandhaciirka afka**. Waxaa lagula sameeyaa tuubo ciriiri ah, oo dabacsan oo leh kaamiro iyo iftiimo ee ka gashaa afka illaa mareenka dheefshiidka. Waxay u ogolaataa dhaqtarkaaga inuu arko dhuuntaada, caloosha, iyo qeyb ka mid ah mandhaciirka yar ee loo yaqaan xundhurta.

Baaritaanadaan waxay ku caawisaa dhaqtarkaaga inuu baaro jirooyinka oo sameeyo qorshooyinka daaweynta haddii loo baahanyahay.

Evening before the test

You may eat your regular meals until 8 hours before your test. Then you can drink clear liquids up to 4 hours before your test. 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
- Popsicles or ice chips
- Ginger ale or lemon-lime soda
- Gatorade, other sports drinks, or other drink mixes like Kool-Aid
- Clear broth or bouillon
- Jell-O
- Coffee or tea with no milk or cream added

Maqribka ka horeeyo baaritaanka

Waxaad cuni kartaa cuntooyinkaaga joogtada ah illaa 8 saacadood inta aadan baarin ka hor. Kadib waad cabi kartaa biyo cad oo illaa 4 saacadood ka hor baaritaankaaga. 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
- Jalaatooyin ama gabalo baraf ah
- Soodhada jiinjaha ama liimada
- Gatorade, ama cabitaanada kale ee ciyaaraha ama cabitaanada kale ee u qasan sida Kool-Aid
- Maraq cad ama maraqa hilbaha
- Jell-O
- Kafeega ama shaaha aan caanaha ama kariimka laheyn

Morning of the test

1. **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.
2. Please leave all valuables and jewelry including piercings at home.
3. Female patients should come prepared to give a urine sample in case a pregnancy test is needed.

Subaxa baaritaanka

1. **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.
2. Fadlan uga tag dhammaan waxyaabaha qaaliga ah ama dahabka oo ay ku jiraan cirbadaha guriga.
3. Bukaanada dumarka ah waa inay imaadaan iyaga oo diyaarsan si ay u siiyaan muunada kaadida oo baaritaanka xaalada uurka ah waa loo baahanyahay.

4. 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 health care 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.**

4. 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 ee daryeelka caafimaadka
   - ❑ 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.**

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 that you have about the test before you sign the form.

Sameynta baaritaanka

- Kadib markaad isdiiwaangelisid, waxaad badeleysaa waxaa laguu xirayaa dharka isbitaalka.
- kalkaaliso ayaa eegeyso liiska daawadaada iyo taariiqda caafimaadka.
- Faleebada (IV) ayaa laguu xirayaa si lagaaga siiyo daawo inta lagu jiro baaritaanka. Kalkaalisada ha ogaato isla markaas haddii aad hdibaato ku qabtay xirista faleebada IV ee horay laguu 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.

- You will be given medicines in your IV to help you relax. You will likely rest on your left side.
- Your throat may be sprayed with a numbing medicine.
- The doctor will pass another tube through your mouth and into your esophagus, stomach, and duodenum.
- The test will take about 15 minutes.

- Waxaa laguugu siinayaa daawooyinka faleebada IV oo adiga ku seexiso. Waxaad inta badan ku seexaneysaa dhinacaaga bidix.
- Dhuuntaada waxaa laga yaabaa in lagu buufiyo daawada kabaabiso.
- Dhaqtarka ayaa marinayo tuubo kale dhinaca afkaaga oo ka siigelinayo dhuunta, caloosha, iyo xundhurta.
- Baaritaanka wuxuu qaadanayaa qiyaastii 15 daqiiqo.

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 kaxeynin gaari matoor leh ama haka shaqeynin mashiinada culus. Ha saxiixin wax waraaqo ah ama ha sameynin wax go'aamo sharci ah.**

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu.**

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