

# Colonoscopy

## with Fleets Phosphosoda Bowel Prep

Colonoscopy is a test that looks for diseases of the large intestine. A tube is guided into your rectum and then into your large intestine, also called the colon. Your doctor is able to see the inside of your colon. Your doctor may also:

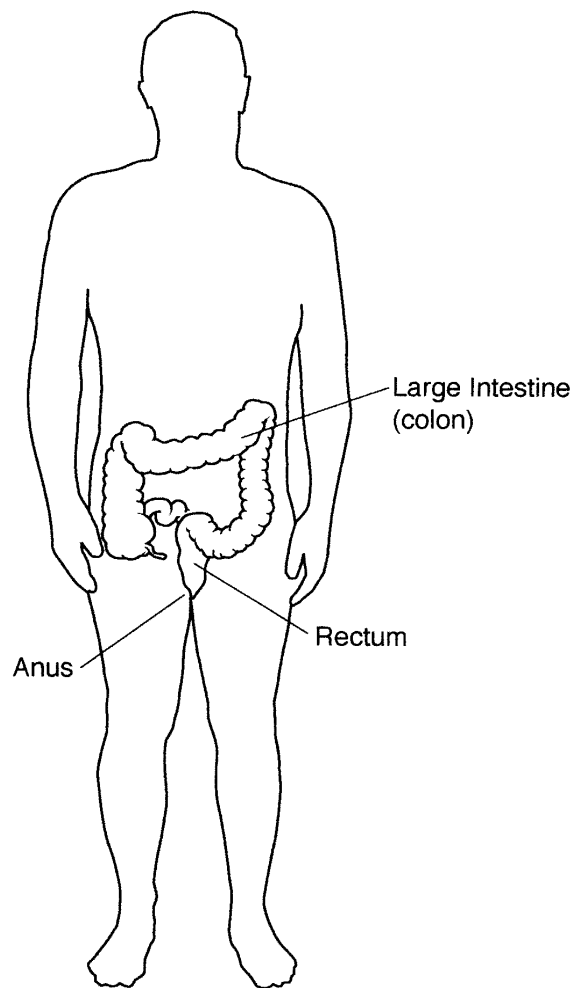
- Collect cells
- Remove a small tissue sample called a biopsy
- Remove growths called polyps

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or leave alone.

**Arrive on time for your test.** Plan to be here 2-3 hours. The test takes about 30 minutes.

### To Prepare

- You will need to buy the checked items from a pharmacy:
  - Fleets Phosphosoda, 3-ounce bottle
  - Fleets enema



# Baaritaanka Xiidanka

## Oo ay la jirto ku Diyaarinta Saxarada Fleets Phosphosoda

Colonoscopy waa baaritaan lagu eego cudurrada xiidmaha waaweyn. Tubbo ayaa la galinayaa malawadkaaga ka dibna la sii gelinayaa xiidmaha waaweyn, oo sidoo kalena loo yaqaanno xiidan. Takhtarkaagu isagaa awooda in uu arko gudaha xiidankaaga. Waxaa sidoo kale laga yaabaa in uu takhtarkaagu:

- Kaa soo qaado unugyo
- Ka soo saaro sambalka unug yar oo loo yaqaanno dheecaan ka soo qaadid
- Uu meesha ka soo saaro waxa ku koraya ee loo yaqaanno polyps

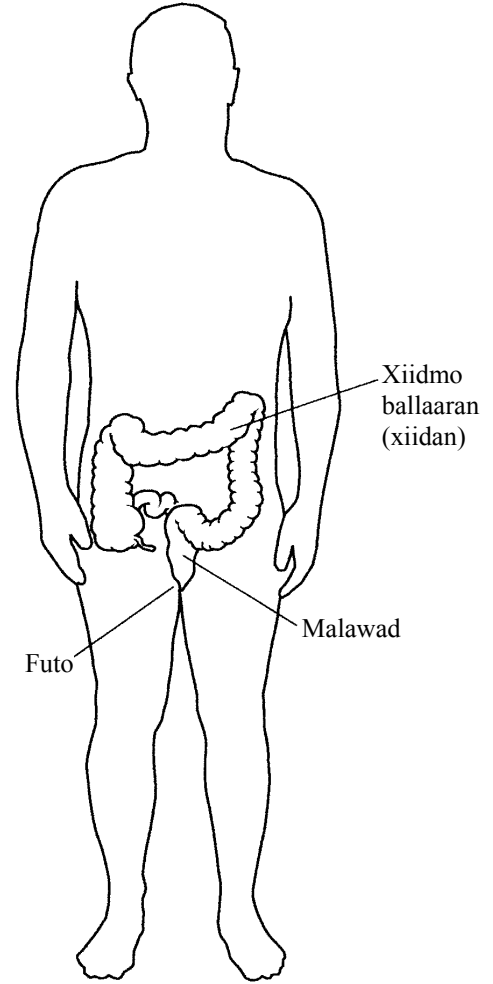
Qof weyn oo qoyska ka tirsan ama saaxiib ayaa loo baahan yahay in ay ku soo raacaan si ay guriga kuugu kaxeeyaan baaritaanka ka dib. Ammaan kuuma ahan in aad baabuur waddo ama aad keligaa iska tagto.

**Waqtiga ku imow baaritaankaaga.** Soo qorsheyso in aad halkaan joogi doonto ilaa 2-3 saacadood. Baaritaanku wuxuu qaadanayaa ilaa 30 daqiiqadood.

### Si aad isugu diyaariso

- Waxaad u baahan doontaa in aad farmashiyaha ka soo iibsato waxyaabaha la xarriiqay:
  - Fleets Phosphosoda*, dhalo 3-ounce ah
  - Fleets enema*

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There may be store brands of these products that cost less. Ask the pharmacist to help you.

- Do not use aspirin products or iron tablets for one week before the test.
- Tell your doctor if you are diabetic or take blood thinners.
- Ask your doctor if you should take your medicines the morning of the test. If so, take with sips of water only.
- Before the test, tell the staff:
  - About any medicines you are taking. Include all prescription and over-the-counter medicines, vitamins and herbs you use.
  - If you have any allergies.
  - About your health history and any surgeries you have had.
  - If you may be pregnant.

### **The Day Before Your Test**

- **Do not** eat solid food or drink milk products.
- **Do not** drink any red or purple liquids. Drink clear liquids only, such as:
  - Water
  - Clear broth or bouillon
  - Clear fruit juices without pulp such as apple, white grape, and lemonade
  - Clear drinks such as lemon-lime soda, Kool-aid or sport drinks.
  - Coffee or tea without milk or nondairy creamer
  - Jello or popsicles

Waxaa laga yaabaa in ay jiraan dukaanno alaabta magaca leh gada oo qiimahooduna yar yahay. Weydiiso farmashiiluhu in uu kaa caawiyo.

- Ha isticmaalin waxyaabaha uu ku jiro asbariin ama kaniini feero hal toddobaad oo baaritaanka ka horreeya.
- Takhtarkaaga u sheeg haddii aad sonkorow qabto ama aad qaadato waxyaabaha dhiigga khafiifiya.
- Takhtarkaaga weydii haddii ay tahay in aad qaadato daawooyinkaaga subaxda baaritaanka. Haddii ay sidaas tahay, ku qaado kabbashooyin biyo ah oo keliya.
- Baaritaanka ka hor, shaqaalaha wax uga sheeg:
  - Daawooyinka aad qaadato. Ku soo dar dhammaan daawooyinka laguu qoray iyo kuwa aad iska soo iibsatay, fitamiinnada iyo daawo geedoodka aad isticmaasho.
  - Haddii aad wax xasaasiyad ah qabto.
  - Taariikhda caafimaadkaaga iyo wixii qalliinyo ee lagugu soo sameeyey.
  - Haddii aad uur leedahay.

### **Maalinta ka Horreysa Baaritaankaaga**

- **Ha cunin** cunnooyin adag ama ha cabbin waxyaabaha caanaha ka sameysan.
- **Ha cabbin** wax cabitaanno guduudan ama buluug ah. Cab cabitaanno cad oo keliya, sida:
  - Biyo
  - Maraq cad ama fuud
  - Casiirrada furutada cad ee aan lahayn saxarka sida tufaaxa, canabka, iyo liinta
  - Cabitaannada cad sida soodhada liinta, Kool-aid ama cabitaannada isboortiga.
  - Qaxwo ama shaah aan caano lahayn ama labeen aan caano ka sameysneyn
  - Jello ama popsicles

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- At 2 PM, begin the bowel clean out by drinking the phosphosoda.
  - Add half the bottle of the phosphosoda to a 4 ounce or 120 milliliter glass of water or apple juice.
  - Drink 8 ounces or 240 milliliters of water after this.
  - Continue to drink liquids through the day.
- You may need to get to the toilet right away. You will have a loose watery bowel movement in about 1 hour. You will have bowel movements through the day. They will become watery. Your bowels are clean when there is only pale yellow fluid without stool.
- At 4 PM, repeat the dose of phosphosoda. Mix the other half of the phosphosoda with 4 ounces or 120 milliliters of water and drink it.
- At 10 PM, **if ordered by your doctor**, use the Fleets enema. To use the enema:
  1. Shake the bottle.
  2. Remove the orange plastic cover on the tip of the bottle.
  3. Lie on your left side with your right knee bent and your arms relaxed.
  4. Gently put the bottle tip into your rectum. Push as if you are having a bowel movement. This will relax the muscles so the tip goes in easier.
  5. Stop pushing and take slow, deep breaths.
  6. Squeeze the bottle until most of the liquid is in your rectum.
  7. Remove the tip from your rectum. Lie on your left side and squeeze your buttocks to hold the liquid in your rectum.
  8. You will have a strong urge to have a bowel movement in about 5 minutes. Hold the liquid in as long as you can.
  9. Use the toilet.
  10. Wash your hands with soap and water.

- Marka ay tahay 2 Duhurnimo, billow in aad saxarada iska nadiifiso adigoo cabbaya phosphosoda.
  - Dhalo badhkeed phosphosoda ah ku dar 4 ounce ama 120 millilitir koob biyo ah ama casiir tufaax.
  - Cab 8 ounces ama 240 millilitir oo biyo ah tan ka dib.
  - Sii wad in aad cabto cabitaannada maalintaas oo dhan.
- Waxaa laga yaabaa in aad u baahato in aad isla markiiba musqusha gasho. Waxaad dhigi doontaa shuban biyo oo kale ah muddo 1 saac gudaheeda ah. Maalintaas oo dhan waad shubmi doontaa. Wuxuuna noqon doonaa biyo. Saxaradaadu waa nadiif marka ay noqoto dareere midab jaalle midab la' ah oo aan saxaro la soconnin.
- Marka ay tahay 4 Galabnimo, ku soo celi qaadashada phosphosoda. Badhkii kale ee phosphosoda ku qas 4 ounces ama 120 millilitir oo biyo ah ka dibna cab.
- Marka ay tahay 10 Habeennimo, **haddii uu takhtarkaagu kugu amray**, isticmaal Fleets enema. Si aad enema u isticmaasho:
  1. Dhalada rux.
  2. Daboolka hurdiga ah ah ka qaad meesha ugu sarraysa dhalada.
  3. Dhinacaaga bidix u seexo iyadoo jilibkaaga midige uu laaban yahay gacmuhuna ay kuu kala baxsan yihiin.
  4. Afka dhalada si tartiib ah malawadka isaga geli. Soo riix sidii adigoo saxaroonaya. Tani waxay dabcin doontaa murqaha si markaas afku si fudud gudaha ugu galo.
  5. Jooji riixidda oo neef tartiib ah, oo qoto dheer qaado.
  6. Tuuji dhalada ilaa iyo inta dareeruhu uu malawadkaaga ka galayo.
  7. Afka dhalada ka soo saar malawadkaaga. U seexo dhinacaaga bidixe ka dibna badhida iska tuuji si aad dareeraha malawadka ugu celiso.
  8. Waxaa si xooggan kuu qaban doona saxaro muddo 5 daqiiqadood gudahooda ah. Dareeraha meesha ku hay ilaa iyo inta aad awooddo.
  9. Musqusha isticmaal.
  10. Gacmaha saabbuun iyo biyo isaga dhaq.

- After 12 midnight, **do not** eat or drink anything, including water, and **do not** smoke.

### **On the Day of the Test**

- **Do not** take your morning medicines unless told to do so by your doctor.

### **During the Test**

- You will wear a hospital gown.
- An IV (intravenous) is put in a vein in your arm. Medicine to make you relaxed and sleepy is put into the IV.
- You will lie on your left side. You may be asked to pull your knees up towards your chest.
- The tube is slowly put into your rectum and through your colon. You may feel an urge to move your bowels.
- Breathe deeply and slowly through your mouth to help you relax.
- When the tube is in place, air may be put into the colon through the tube.
- You should feel little pain during the test.
- The colon is checked and then the tube is removed.

### **After the Test**

- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- You stay in the test area until most of the effects of the medicine wears off.
- You may have gas after the test because of the air put in your colon.
- You can return to your normal diet after the test. If a polyp is removed, your doctor may limit your diet for short time.

- Wixii ka danbeeya 12-ka saqda dhexe, waxna ha cabbin oo ha cunin, marka lagu daro biyo, sigaarna **ha cabbin**.

### **Maalinta Baaritaanka**

- **Ha soo qaadannin** daawooyinkaaga subaxeed ilaa uu takhtarkaagu sidaas ku faro mooyaane.

### **Waqtiga Baaritaanka**

- Waxaad xiran doontaa goonnada isbitaalka.
- IV (xididgale) ayaa lagaa gelin doonaa xididka gacanta. Daawo ku kala bixinaysa oo ku seexinaysa ayaa IV-ga lagaaga shubi doonaa.
- Waxaad u seexan doontaa dhinacaaga bidixe. Waxaa laga yaabaa in lagaa codsado in aad jilbahaaga kor ugu qaaddo ilaa feedhaha.
- Tubbo ayaa si tartiib ah loo gelin doonaa malawadkaaga ilaa iyo xiidankba. Waxaa laga yaabaa in aad dareento inay khasab kugu tahay in aad saxarooto.
- Si qoto dheer oo tartiib ah afka uga neefso si ay kaaga caawiso in aad kala baxdo.
- Marka tubbada la meel dhigo, hawo ayaa laga yaabaa in lagu afuufo xiidanka iyadoo tubbada loo marinayo.
- Waa in aad xoogaa xanuun ah dareentaa inta uu baaritaanku socdo.
- Xiidanka ayaa la hubinayaa ka dibna tubbada ayaa lagaa soo saarayaa.

### **Baaritaanka ka Dib**

- Daawooyinkii lagu siiyey waqtigii baaritaanku waxay kaa yeeli doonaan mid hurdeysan. Waxaad u baahan doontaa qof weyn oo qoyska ka tirsan ama saaxiib in uu guriga kuu kaxeeyo iyadoo ammaankaagu sidaas ku jiro.
- Waxaad joogeysaa meesha ilaa iyo inta saameynada ugu badan ee daawadu ay kaa baxayaan.
- Waxaa laga yaabaa in ay hawo ku qabato hawadii xiidanka lagaaga shubay awgeed.
- Waxaad si caadi ah ugu noqon kartaa cuntadaadii caadiga ahayd baaritaanka ka dib. Haddii polyp meesha laga soo saaro, takhtarkaagu waxaa laga yaabaa in uu xaddido cuntadaada waqti gaaban.

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- You may have a small amount of blood from the rectum. This is normal.
- Test results are sent to your doctor. Your doctor will share the results with you.

**Talk to your doctor or nurse if you have any questions or concerns.**

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- Waxaa laga yaabaa in xoogaa yar oo dhiig ah uu malawadkaaga ka yimaado. Taasi waa wax iska caadi ah.
- Natiijooyinka waxaa loo dirayaa takhtarkaaga. Takhtarkaagu adiga ayuu natiijooyinka kula wadaagi doonaa.

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.**

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