

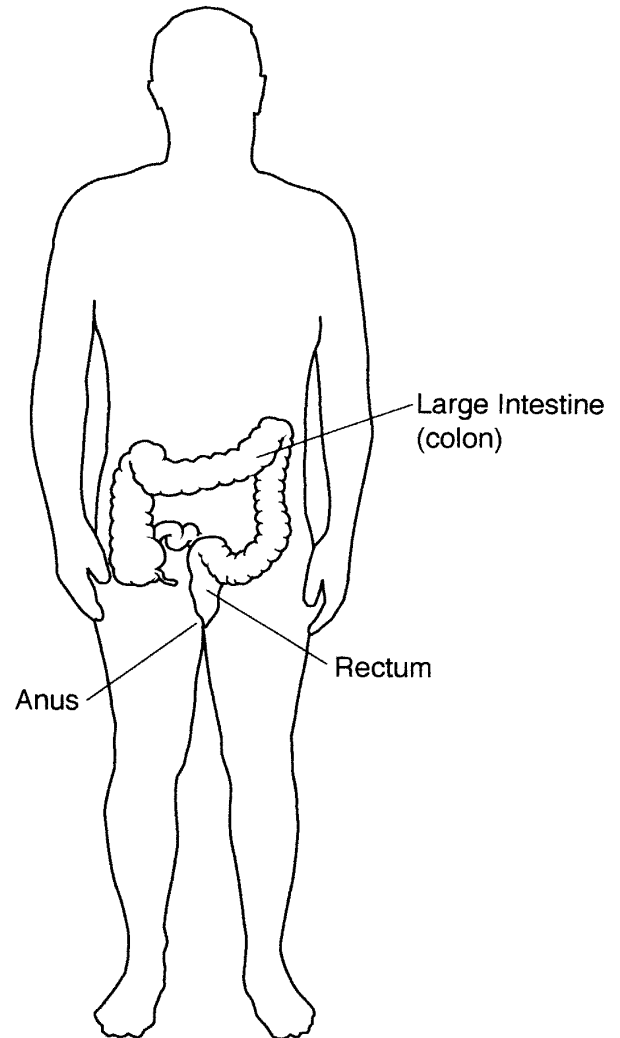
# Sigmoidoscopy

Sigmoidoscopy is a test of the rectum and lower part of the large intestine called the sigmoid colon. Your doctor will use a tube to look at the inside of your rectum and colon. You will need to empty your colon before the test.

**Arrive on time for your test.** Plan on being here for about 1 hour. The test takes about 15 minutes.

## To Prepare

- Ask your doctor if you should take your medicine the morning of the test.
- 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.
- Buy two Fleets enemas at your local pharmacy.



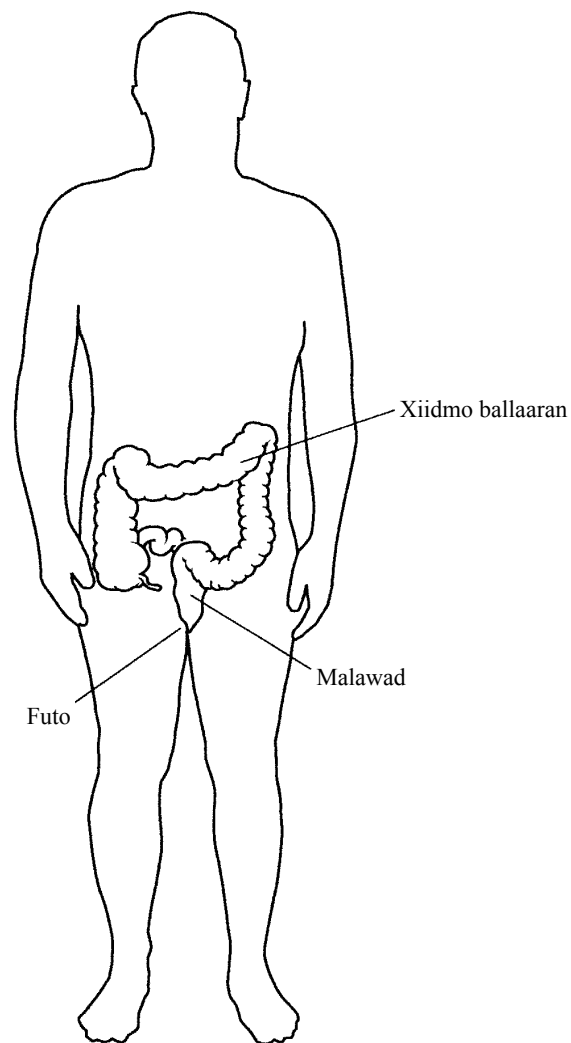
# Baaritaanka Malawadka (Sigmoidoscopy)

Sigmoidoscopy waa baaritaanka malawadka iyo qaybta hoose ee xiidmaha waaweyn ee loo yaqaanno xiidanka sigmoid. Takhtarkaagu wuxuu isticmaali doonaa tubbo si uu u eego gudaha malawadkaaga iyo xiidanka. Waxaad u baahan doontaa in aad soo faaruqiso xiidankaaga baaritaanka ka hor.

**Waqtiga ku imow baaritaankaaga.** Soo qorsheeyso in aad halkaan joogi doonto ilaa 1 saac. Baaritaanku wuxuu qaadanayaa ilaa 15 daqiiqadood.

## Si aad isugu diyaariso

- Takhtarkaaga weydiiso haddii ay tahay in aad qaadato daawadaada subaxda ka horreysa baaritaanka.
- Baaritaanka ka hor, shaqaalaha wax uga sheeg:
  - Daawooyinka aad qaadato. Ku soo dar dhammaan daawooyinka lagu qoray iyo kuwa aad iska soo iibsatay, fitamiinnada iyo daawo geedoodka aad isticmaasho.
  - Haddii aad wax xaqiijin ah qabto.
  - Taariikhda caafimaadkaaga iyo wixii qalliinyo ee lagu soo sameeyey.
  - Haddii aad uur leedahay.
- Farmashiyaha xaafaddaada ka soo iibso labo Tubbo oo kuwa saxarada soo nuuga ah (Fleets enemas).



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## **Three hours before your test**

- **Do not** eat solid foods or drink milk products. Drink clear liquids until after the test.
- Clear liquids to drink:
  - 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
- **Start the first 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.
- **Do the second enema 1 hour later.**

## **Saddex saacadood ka hor baaritaankaaga**

- **Ha cunin** cunnooyin adag ama ha cabbin waxyaabaha caanaha ka sameysan. Cab cabitaanno cad ilaa iyo baaritaanka ka dib.
- Cabitaannada cad ee la cabbayo:
  - 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
- **Billow tubbada koowaad.**
  1. Dhalada rux.
  2. Daboolka caagga burtuqaalka ah ka saar 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 galayao.
  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.
- **Dhalada labaad 1 saac ka dib sidoo kale u samee.**

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## **During the Test**

- You will wear a hospital gown and 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 into 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.
- The colon is checked and then the tube is removed.

## **After the Test**

- You can return to your normal diet and activities.
- It is normal to see a few spots of blood on toilet paper.
- You may pass some gas from the air put in your colon during the test.
- Call your doctor if the bloating continues longer than 1-2 days.
- 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.**

## **Waqtiga Baaritaanka**

- Waxaad xiran doontaa goonnada isbitaalka waxaadna u seexan doontaa dhinacaaga bidixe.
- Waxaa laga yaabaa in lagaa codsado in aad jilbahaaga kor ugu soo qaaddo ilaa feedhahaaga.
- Tubbo ayaa si tartiib ah loo gelin doonaa malawadkaaga 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.
- Xiidanka ayaa la hubinayaa ka dibna tubbada ayaa laga soo saarayaa.

## **Baaritaanka ka Dib**

- Waxaad si caadi ah ugu noqon kartaa cuntadaadii iyo hawlahaagii.
- Waa iska caadi in la isku arko dhibco dhiig ah oo warqadda musqusha soo raaca.
- Waxaa laga yaabaa in aad dhuuso soo raaciso tubbada xiidanka lagaa geliyey muddadii baaritaanka.
- Wac takhtarkaaga haddii calool fuurku uu sii socdo wax ka badan 1-2 maalmood.
- 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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