

## Colonoscopy — Dulcolax<sup>®</sup>, MiraLAX<sup>®</sup> and Magnesium Citrate Prep

### Colonoscopy

A colonoscopy is a procedure that lets your health care provider see your large intestine (colon). This procedure is done using a long, flexible tube (a “scope”) that passes into your rectum and through your colon.

The procedure takes about 15 to 30 minutes. You should plan to be at the location for up to 2 hours.

### What You Will Need to Buy

- Buy the following ingredients:
  - 10 milligrams (mg) Dulcolax<sup>®</sup> laxative (Do not use Dulcolax stool softener.)
  - MiraLAX<sup>®</sup> powder (238-gram bottle)
  - Gatorade<sup>®</sup>, Powerade<sup>®</sup> or water (64 ounces)
  - magnesium citrate (10-ounce bottle of liquid or 0.5-ounce package of powder).

## Mindhicir-fiirinta (Colonoscopy) — Diyaarinta Dulcolax<sup>®</sup>, MiraLAX<sup>®</sup> iyo Magnesium Citrate

### Mindhicir-fiirin

Mindhicir-fiirintu (colonoscopy) waa hab bixiyahaaga daryeelka caafimaadka u oggolaanaysa inu arko xiidmahaaga weyn (mindhicirkaaga). Habkan waxa la sameeyaa iyada oo la isticmaalayo tuubo jilicsan oo dheer (“scope”) oo inta la galiyo malawadkaaga u sii gudbaysa mindhicirkaaga.

Habkani wuxu u qaadanayaa 15 illaa 30 daqiiqadood. Waa inad ku talogashid inad goobta joogtid illaa 2 saacadood.

### Waxa Loo Baahan Yahy Inad Soo libsatid

- Soo iibso walxahan soo socda:
  - 10 milligaraam (mg) oo ah calool-jiliyaha Dulcolax<sup>®</sup> laxative (Ha isticmaalin saxaro jilciyaha Dulcolax (stool softener).)
  - Budada MiraLAX<sup>®</sup> (dhalo ah 238-garaam)
  - Gatorade<sup>®</sup>, Powerade<sup>®</sup> ama biyo (64 wiqiyadood)
  - magnesium citrate (dhalo ah 10-wiqiyadood oo ah hoore ama xidhmo budo ah oo ah 0.5-wiqiyadood).

## The Week Before Your Procedure

- You may receive a phone call from a nurse within 1 week of your procedure.
- Tell your primary care provider if you:
  - take warfarin (Jantoven®) or any type of blood thinners
  - take insulin or a diabetes pill.  
Your provider may want to change your dosages.
- **Three days before your procedure,** stop taking iron pills or iron supplements. Do not eat popcorn, seeds or nuts.
- Tell the health care provider performing your procedure if you:
  - are allergic to any medicines or latex
  - are pregnant
  - have bleeding after surgery.
- **Arrange to have someone drive you home and stay with you.** You will not be able to drive, take public transportation or return to work after your procedure.

## The Day Before Your Procedure

- **For the entire day:** Follow a clear liquid diet. A clear liquid diet consists of water, clear broth or bouillon, soda pop, sports beverages, gelatin (no red gelatin), frozen ice treats on a stick, coffee or tea, and fruit juices without pulp (apple, white grape). You may also have hard candy. **Do not eat solid food.**
- Drink at least 8 glasses of water.
- **Do not drink:** tomato or orange juice; red-, orange-, purple- or dark blue-colored liquids; alcoholic beverages; milk or non-dairy creamer.

## Todobaadka Ka-horeeya Habka

- Waxa laga yaabaa inaad wicitaan ka heshid kalkaaliso gudaha 1 todobaad ka-hor hawlgalka lagu qabanayo. Bixiyahaaga daryeelka caafimaadka u sheeg:
  - haddii ad qaadatid warfarin (Jantoven®) ama nooc kasta oo ah dhiig-khafiifiye
  - haddii ad qaadatid insulin ama kiniinka sonkorowga (macaanka). Daryeel bixiyahaagu waxaa laga yaabaa inuu doonayo inuu beddelo qiyaastaada.
- **Saddex maalmood ka-hor hawlgalka,** jooji inaad qaadatid kiniinka ah bir/feero ama birta kaabista ah. Ha cunin salool/daange, iniinyo ama yicib/laws.
- Bixiyahaaga daryeelka caafimaadka ee kuu qabanaya shaqadan u sheeg haddii:
  - ad diidmo ama alerji u leedahay wax ah dawooyin ama cinjir (latex)
  - haddii ad uur leedahay
  - ad yeelatid dhiigid ka-dib qallitaan.
- Sii diyaarso qof baabuur kugu geeya guriga ka-dib hawlgalka. Ma awoodi doontid inaad baabuur kaxeysid, ad raacdid gaadiidka dadweynaha ama ku laabatid shaqada ka-dib hawlgalkan.

## Maalinta ka Horeysa Hawlgalka

- **Maalintaas oo dhan:** Cun cunto ah hoore/cabbitaan cad ama dhexdeeda wax laga arki karo. Cunto ah hoore cad waxa ka mid ah biyo, fuud ama maraq cad, cabbitaanada isboortiga, gelatin (ma ah gelatin-ta cas), jalaatooyin barafeysan oo qori ku jira, kafee ama shaah, iyo furut la miiray ama juus aan lahayn buurbuur (tufaax, canabka cad). Waxa kale oo ad qaadan kartaa nacnac adag. Ha cunin cunto adag ama calaalis ah.
- Cab ugu yaraan 8 koob oo ah biyo.
- **Ha cabbin:** juusta ama miirka yaanyanada ama juuska liinta; cabbitaano ah casaan, leh midab liin, casaan-xigeen ama leh midab ah buluug madow; caabitaanada leh aalkolo; caano ama labeen aan laga sameyn caano.

- You may use healing ointment (Vaseline®, Desitin®) on the area around your anus to protect your skin from getting sore.
- Noon: take the Dulcolax with a glass of water.
- 4 to 6 p.m.: Mix all the MiraLAX and Gatorade, Powerade or water in a pitcher. (Do not mix with red liquids.) Stir until the MiraLAX is dissolved. Chill the mixture in the refrigerator. **Do not add ice.**
  - Drink 8 ounces of the mixture every 10 to 15 minutes until it is all gone. You must drink it all.
  - If you begin to have an upset stomach (nausea), slow down and drink 8 ounces of the mixture every 30 to 45 minutes until it is all gone.

## The Day of Your Procedure

- Prep results must be clear (toilet bottom visible) without any stool or brown liquid stool. If not, please call the GI team.
- Take any other regular medicines with a small sip of water the morning of your procedure.
- 4 hours before your arrival time: drink the 10-ounce bottle of magnesium citrate or the 0.5-ounce package of powder magnesium citrate mixed with 10 ounces of water.
- You may have clear liquids up to 4 hours before you are scheduled to arrive for your procedure.
- When you arrive for your procedure, check in at the registration desk.
- Your driver should plan to stay in the facility during your procedure.

- Dufanka bogsashada (Vaseline®, Desitin®) ayaad marin kartaa wareegga futadaada si ad maqaarkaaga uga badbaadisid danqasho.
- Duhurka: koob biyo ah ku qaado Dulcolax.
- 4-ta illaa 6-da galinka dambe.: Weel ku qas dhammaan MiraLAX iyo Gatorade, Powerade ama biyo. (Ha ku qasin hooreyaal cas.) Walaq illaa dhmaan MiraLAX ka milanto. Isku-qasku ku qabooji qaboojihaya. **Ha ku darin baraf.**
  - Cab 8 wiiqiyadood oo ah isku-qaska 10-kii illaa 15-kii daqiiqadood kasta illaa u ka dhammaado. Waa inad cabtid dhammaan.
  - Haddii ay kugu bilaabanto qas calool (yallaalugo), tartiibi cabbista oo cab 8 wiiqiyadood oo ah isku-qaska 30 illaa 45 daqiiqadood kasta illaa u ka dhammaado.

## Maalinta Hawlgalka Laguu Qabanayo

- Natiijada ad ka heshid cabbitaanka isku-qaska waa inay tahay wax cad (iyada oo marka ay wax kaa yimaadaan la arki karo gudaha hoose ee fadhiga musqusha) oo aan lahayn xaar ama xaar cawlan oo biyo-biyo ah. Haddii aanuu sidaas ahayn, fadlan wac kooxda caloosha iyo mindhicirka (GI).
- Wixii kale ee ah dawooyin jooqto ah ku qaado kabasho biyo oo yar subaxa hawlgalka laguu qabanayo.
- 4 saacadood ka-hor wakhtiga imaanshahaaga: cab dhalo ah 10-wiiqiyadood oo ah magnesium citrate ama xidhmo magnesium citrate oo ah 0.5-wiiqiyadood oo lagu qasay 10 wiiqiyadood oo ah biyo.
- Waxa ad qaadan kartaa hooreyaal cad illaa 4 saac ka-hor wakhtiga lagu ballamiyay inad u timaadid hawlgalka laguu qabanayo.
- Marka ad u timaadid hawlgalka, iska xaadiri miiska isdiiwaangalinta.
- Waa in qofka kuu ah darawalka ama baabuurka kugu keenay u ku talogalay inu joogo goobta muddada hawsha laguu qabanayo.

- You will be asked to wear a hospital gown and slippers.
- A nurse will review your medical history with you. You will sign a consent form.
- A nurse will insert an intravenous (IV) line into your hand or arm.

### **Will It Be Uncomfortable?**

- You will be given medicine through an IV line to help you relax and reduce your pain. The medicine may put you to sleep.
- You may feel cramping and gas-like pain.
- Take slow deep breaths to help you relax.
- Tell your health care provider or nurse if you are uncomfortable.

### **After Your Procedure**

- Your driver will take you home to rest.
- You may resume your normal foods, beverages and medicines.
- Your stools may not return to normal for 3 to 5 days.
- Your health care provider will talk with you about any problems.

### **If You Had a Polyp Removed or Other Biopsy Taken**

- Look for signs of bleeding such as black or red stools. You may have bleeding up to 2 weeks after your procedure.
- You will receive your results in 1 to 2 weeks.

- Waxa lagu weydiin doonaa inad xidhatid marada cisbitaalka iyo dacas.
- Kalkaaliso ayaa kula fiirin doonta taariikhda caafimaadkaaga. Waxa lagu weydiisan doonaa inad saxeexid waraaqda oggolaanshaha.
- Kalkaaliso ayaa layn ama tuubo xiddid galaysa (IV) ku rakibi doonta gacantaada ama cududdaada.

### **Ma Yeelan Doontaa Raaxo-daro?**

- Waxa dawo lagaa siin doonaa laynka ama tuuba ku jirta xiddidka (IV) si ad u nafistid oo xanuunku kaaga yaraado. Waxa laga yaabaa in dawadu ku seexiso.
- Waxa laga yaabaa inad dareentid maroojin iyo xanuun la moodo naqas.
- Samee neefsasho qoto dheer oo tartiib ah si ad u nafistid.
- Bixiyahaaga daryeelka caafimaadka ama kalkaalisada u sheeg haddii ad qabtid raaxo-daro.

### **Ka-dib Hawlgalka**

- Darawalkaaga ayaa guriga ku geyn doona si ad u nasatid.
- Dib baad u bilaabi kartaa cuntooyinkaagii, cabbitaanadaadii iyo dawooyinkaagii caadiga ahaa.
- Waxa laga yaabaa in saxaradaadu aanay ku soo noqon caadi muddo ah 3 illaa 5 maalmood.
- Bixiyahaaga daryeelka caafimaadka ayaa kaala hadli doona wixii ah dhibaatooyin.

### **Haddii Lagaa Saaray Buro ama Lagaa Qaaday Cad Kale (Biopsy)**

- Iska eeg calaamadaha dhiigista sida saxaro madow ama cas. Waxa laga yaabaa inad lahaatid dhiigis illaa 2 todobaad ka-dib hawlgalkan lagu qabtay.
- Waxa ad natiijooyinka ku heli doontaa 1 illaa 2 todobaad.

## When to Call Your Health Care Provider

Call your health care provider if you have one or more of the following after your procedure:

- any unusual abdominal or shoulder pain
- temperature higher than 100.5 F
- chills
- rectal bleeding.

### Your Procedure

Location: \_\_\_\_\_

Health care provider: \_\_\_\_\_

Date: \_\_\_\_\_

Arrival time: \_\_\_\_\_ a.m. / p.m.

Procedure time: \_\_\_\_\_ a.m. / p.m.

Phone number: \_\_\_\_\_

Call the phone number above if you have questions about your procedure. If you need to cancel or reschedule, please call at least 24 hours before your procedure.

## Goorta la Waco Bixiyahaaga Daryeelka Caafimaadka

Wac bixiyahaaga daryeelka caafimaadka haddii ad leedahay ama qabtid mid ama ka badan oo ah kuwan soo socda ka-dib hawlgalkan:

- xanuun aan caadi ahayn oo ah ubucda ama garabka
- heerkul ka sareeya 100.5 F
- qadhqadhyo
- dhiigis ah malawadka ama futada.

### Hawlgalka

Goobta: \_\_\_\_\_

Bixiyaha Daryeel Caafimaad: \_\_\_\_\_

Taariikh: \_\_\_\_\_

Wakhtiga Imaanshaha: \_\_\_\_\_ galin hore / galin dambe

Wakhtiga hawlgalka: \_\_\_\_\_ galin hore / galin dambe

Lambar teleefon: \_\_\_\_\_

Wac telefonka bixiyaha daryeel caafimaad ee kor ku yaala haddii aad qabtid su'aalo ku saabsan hawlgalka lagu sameynayo. Haddii aad u baahan tahay inaad joojisid ama dib loo dhigo, fadlan wac ugu yaraan 24 saacadood ka hor hawlgalka ballansan.