

Colonoscopy — GoLYTELY® 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.

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 (Coumadin®, Jantoven®) or any type of blood thinners
 - take insulin or a diabetes pill.
He or she 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.

Mindhicir-fiirinta (Colonoscopy) — Diyaarinta GoLYTELY® Prep

Mindhicir-fiirin

Mindhicir-fiirintu waa hab ama hawlgal dhakhtarkaaga u oggolaanaysa inuu arko midhicirkaaga weyn. Hawlgalkan waxa la sameeyaa iyada oo la isticmaalo tuubo dheer oo jilicsan (“scope”) oo sii dhex marta malawadkaaga una gudbaysa mindhicirkaaga.

Hawlgalkani waxa uu qaadanaayaa 15 illaa 30 daqiiqadood.

Todobaadka ka Horeeya Hawlgalka Laguu Sameynayo

- Waxa laga yaabaa inay kalkaaliso ku soo wacdo gudaha 1 todobaad ka dib hawlgalka laguu qabtay.
- Dhakhtarkaaga ama bixiyahaaga daryeelka caafimaad u sheeg haddii aad:
 - qaadatid warfarin (Coumadin®, Jantoven®) ama nooc kale oo ah dhiig-khafiifiye
 - aad qaadatid insulin ama kiniinka sonkorowga. Waxa laga yaabaa inuu damco in wax laga beddelo qaddaraada qaadashada.
- **Saddex maalmood ka-hor hawlgalka laguu qabanayo,** jooji inaad qaadatid kiniin ah bir ama feero ama kaabista ah bir. Ha cunin salool ama daango, iniinyo ama yicib ama laws.

(over)

- 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 for 24 hours after your procedure.** You will not be able to drive after your procedure. You cannot take public transportation home alone.
- You will not be able to return to work after the procedure.

Two Days Before Your Procedure

- ☐ Fill your prescription for GoLYTELY® at your pharmacy.

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 juice; orange juice; any red-, orange-, purple- or dark blue-colored liquids; alcoholic beverages; milk or non-dairy creamer. **Do not eat any solid food.**
- You may use healing ointment (Vaseline®, Desitin®) on the area around your anus to protect your skin from getting sore.

- Dhakhtarka kuu sameynaya hawlgalka u sheeg haddii aad:
 - diidmo u leedahay wax ah dawooyin ama cinjirka “latex”
 - aad uur leedahay
 - aad dhiiggid leedahay ka dib qallitaan.
- ☐ **Diyaarso qof guriga baabuur kugu geeya oo kula joogo muddo ah 24 saacadood ka dib hawlgalka lagu qabtay.** Ma awoodi doontid inaad kaxayso baabuur ka-dib hawlgalka . Kaligaa ma raaci kartid gaadiidka dadweynaha si ad guriga u tagtid.
- Ma awoodi doontid inaad ku laabato shaqada ka-dib hawlgalka.

Laba Maalmood Ka-hor Hawlgalka Lagu Sameynayo

- ☐ Dawada lagu qoray ee ah GoLYTELY® ka soo qaado farmasiga.

Maalinta Ka Horeysa Maalinta Hawlgalka Lagu Sameynayo

- Maalina oo dhan: isticmaal cunto ah hoore saafi ah. Cunto ah hoore saafi ah waxay kooban tahay biyo, maraq ama fuud cad, cabbitaanka soodhaha, cabbitaanada isboortiga, gelatin (ma ah gelatin cas), jalaato barafeysan oo qori wadata, kafee ama shaah, iyo juuska furutka oo aan lahayn buurbuur ama fudad (tufaaax, canabka cad). Waxa kale oo aad qaadan kartaa nacnac adag. **Ha cunin cunto ah adke ama calaalis.**
- Cab ugu yaraan 8 koob oo ah biyo.
- **Ha cabbin:** juuska yaanyada; juuska liinta, cabbitaano leh midab ah casaan, liin, basali ama buluug madow xiga; caano ama labeen aan caano laga sameyn. **Ha cunin wax ah cunto adag ama calaalis.**
- Waxa aad aagga ku wareegsan futadaada marin kartaa labeenta bogsahada (Vaseline®, Desitin®) si aad maqaarkaaga uga badbaadisid inuu xanuun yeesho.

- ❑ At 3 p.m.: mix GoLYTELY by following the instructions on the box.
 - You can add 2 tablespoons of drink mix such as Crystal Light® to the powder before adding the water to make it taste better.
 - Drink 8 ounces of the mixture every 10 to 15 minutes until half of the GoLYTELY is gone.

The Day of Your Procedure

- Take any other regular medicines with a small sip of water the morning of your procedure.
- ❑ 4 hours before your arrival time: Drink the remaining half of the GoLYTELY.
 - 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 on staying in the facility during your procedure.
 - You will be asked to wear a hospital gown and slippers.
 - A nurse will review your medical history with you. You will be asked to 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.

- ❑ Marka ay tahay 3 galabtii: walaaq GoLYTELY adiga oo raacaya fariimaha ku yaala galka.
 - Waxa aad 2 qaaddo shaah oo ah isku-jir cabbitaan sida Crystal Light® ku dari kartaa budada ka hor inta aanad ku darin biyo si dhadhanku u fiicnaado.
 - Cab 8 wiiqiyadood oo ah isku-darka 10-kii illaa 15-kii daqiiqadood illaa kala-badh ay GoLYTELY ka dhammaato.

Maalinta Hawlgalka Laguu Sameynayo

- Wixii kale ee ah dawooyin joogto ah ku qaado kabasho yar oo ah biyo subaxa hawlgalka laguu sameynayo.
- ❑ 4 ka hor wakhtiga imaatinkaaga: Cab badhka hadhsan ee GoLYTELY.
 - Waxad qaadan kartaa hooreyaal saafi ah ama koobka ay jiraan wax laga arkayo illaa 4 saac ka-hor wakhtiga kuu ballansan inaad u timaadid hawlgalka.
 - Marka aad timaadid goobta hawlgalka, iska xaadiri miiska diiwaangalinta.
 - Waa in darawalkaagu ku talogalo inu joogo aagga cisbitaalka inta lagu jiro hawlgalka.
 - Waxa lagu weydiisan doonaa inaad xidhatid marada cisbitaalka iyo dacas.
 - Kalkaaliso ayaa kula fiirin doontaa taariikhda caafimaadkaaga. Waxa lagu weydiisan doonaa inaad saxeexdid warqadda oggolaanshaha hawlgalka.
 - Kalkaaliso ayaa gacantaada ama cududdaada galinta doontaa layn faleebo (IV).

Ma Lahaan Doontaa Raaxo-daro?

- Waxa dawo lagaa siin doontaa laynka faleebada si aad u nafastid oo loo yareeyo xanuunkaaga. Waxa laga yaabaa in dawadu ku saaxiso.
- Waxa laga yaabaa inaad dareentid maroojin iyo xanuun la moodo xanuunka naqaska.
- Si qoto dheer oo gaabis ah u neefso si ay kaaga caawiso inaad nafastid.

- Tell your health care provider or nurse if you are uncomfortable.

After Your Procedure

- You must have someone drive you home and stay with you for 24 hours after your procedure. If you do not have an adult to drive you home, your procedure will be canceled. You cannot take public transportation home alone.
- Do not return to work after your procedure.
- 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.

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.

- Dhakhtarkaaga ama kalkaalisada u sheeg haddii ay ku hayso raaxo-daro.

Ka Dib Hawlgalka

- Waa inad haysatid qof guriga baabuur kugu geeya oo kula jooga 24 saac ka-dib hawlgalka. Haddii aanad haysan qof qaangaadh ah oo guriga baabuur kugu geeya, hawlgalka lagu qaban lahaa waa la joojinayaa. Kaligaa ma raaci kartid gaadiidka dadweynaha si ad guriga u tagtid.
- Ha ku laaban shaqada ka dib hawlgalka.
- Waxa aad dib u bilaabi kartaa cuntooyinkii, cabbitaanadii iyo dawooyinkii caadi kuu ahaa.
- Waxa laga yaabaa in saxaradaadu aanay caadi ku soo noqon mudo ah 3 illaa 5 maalmood.
- Bixiyahaaga daryeelka caafimaadka ayaa kaala hadli doona wixii ah dhibaatooyin.

Haddii Lagaa Saaray Buro ama Cad (Biopsy) Lagaa Qaaday

- U fiirso calaamadaha dhiigitaanka sida saxaro madow ama cas. Waxa laga yaabaa inaad dhiigtid illaa 2 todobaad ka dib hawlgalka.
- Waxa aad heli doontaa natiijooyinkaaga gudaha 1 illaa 2 todobaad.

Goorta la Waco Dhakhtarkaaga ama Bixiyahaaga Daryeelka Caafimaadka

Wac bixiyahaaga daryeelka caafimaadka haddii aad qabtid mid ka mid ah kuwan soo socda ka dib hawlgalka:

- xanuun ah caloosha ama garabka oo aan caadi ahayn
- heerkul ka sareeya 100.5 F
- qadhqadhyo
- dhiigid ah futada.

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.

Hawlgalka

Goobta: _____

Bixiyaha Daryeel Caafimaad:

Taariikh: _____

Wakhtiga Imaanshaha: _____ galin hore
/ galin dambe

Wakhtiga hawlgalka: _____ galin hore
/ galin dambe

Lambar teleefon: _____

Wac teleefonka 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.