

Colonoscopy: What You Need To Know

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.
- You will lie on your left side during your procedure.
- If your health care provider finds abnormal tissue, he or she may take a small tissue sample (biopsy). The sample will be sent to the lab for testing. A biopsy is not painful.
- If your health care provider finds a polyp (a finger-like growth) he or she will remove it through the scope (polypectomy). The polyp will be sent to the lab for testing. A polypectomy is not painful.
- The procedure takes about 15 to 30 minutes.

The Week Before Your Procedure

- You will receive a phone call from a nurse within 1 week of your procedure.

Mindhicir-fiirinta (Colonoscopy): Waxa Aad u Baahan Tahay Inaad Taqaannid

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.
- Waxa aad u jiifsan doontaa dhinaca bidix inta lagu jiro hawlgalkan.
- Haddii dhakhtarkaagu arko cad aan caadi ahayn, waxa uu soo jari karaa cad yar oo saambal ah (biopsy). Saambalka waxa loo diri doonaa shaybaadh si loo baadho. Jarista cadka yar ma laha xanuun.
- Haddii dhakhtarkaagu helo buro (ka-soo-bax u eg far) waxa uu ku soo jari doontaa qalabka fiirinta (polypectomy). Burada waxa loo diri doonaa shaybaadh si loo baadho. Jarista buradu ma laha xanuun.
- Hawlgalkani waxa uu qaadanaayaa 15 illaa 30 daqiiqadood.

Todobaadka ka Horeeya Hawlgalka Laguu Sameynayo

- Waxa aad wicitaan ah teleefonka ka heli doontaa kalkaaliso gudaha 1 todobaad inta aan la gaadhin hawlgalkaaga.

- 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.
- 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 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

- You will need to fill your prescription for the prep items or buy them over-the-counter (listed on your instructions) at your pharmacy.

- Dhakhtarkaaga 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 lagu qabanayo,** jooji inaad qaadatid kiniin ah bir ama feero ama kaabista ah bir. Ha cunin salool ama daango, iniinyo ama yicib ama laws.
- 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.
- **Sii diyaarso qof guriga kugu geeya baabuur ka dib hawlgalka.** 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.

Labo Maalmood Ka-hor Hawlgalka Lagu Sameynayo

- Waa inaad alaabta diyaarinta ee ku taala warqadda lagu qoray ka soo qaadatid farmasiga ama soo ka iibsatid farmasiga warqad la’aan (waxay ku yaalaan fariimaha lagu qoray).

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.

The Day of Your Procedure

- Take any other regular medicines with a small sip of water the morning of your procedure.
- 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.

Maalinta Ka Horeysa Maalinta Hawlgalka Laguu Sameynayo

- Maalina oo dhan: isticmaal cunto ah hoore saafi ah. Cunto ah hoore saafi ah waxay ka 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.

Maalinta Hawlgalka Laguu Sameynayo

- Wixii kale ee ah dawooyin joogto ah ku qaado kabasho yar oo ah biyo subaxa hawlgalka laguu sameynayo.
- Waxad qaadan kartaa hooreyaal saafi ah ama koobka ay jiraan wax laga arkayo illaa 4 saac ka-hor wakhtiga kuu ballansan inad 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).

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

- **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.

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 nafistid.
- 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.

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 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.

Hawlgalka

Goobta: _____

Bixiyaha Daryeel Caafimaad: _____

Taariikh: _____

Wakhtiga Imaanshaha: _____ galin hore / galin dambe

Wakhtiga hawlgalka: _____ galin hore / galin dambe

Lambar telefon: _____

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.