

## 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.

### The Week Before Your Procedure

- You will receive a phone call from a nurse within 1 week of your procedure.
- Tell your primary care provider if you:
  - take warfarin (Coumadin<sup>®</sup>, Jantoven<sup>®</sup>) or any type of blood thinners
  - take insulin or a diabetes pill. He or she may want to change your dosages.
- Tell the health care provider performing your procedure if you:
  - are allergic to any medicines or latex
  - are pregnant
  - have bleeding after surgery.

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

### 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 qaadanayaa 15 illaa 30 daqiiqadood.

### Todobaadka ka Horeeya Hawlgalka Lagu Sameynayo

- Waxa aad wicitaan ah teleefonka ka heli doontaa kalkaaliso gudaha 1 todobaad inta aan la gaadhin hawlgalkaaga.
- Dhakhtarkaaga ama bixiyahaaga daryeelka caafimaad u sheeg haddii aad:
  - qaadatid warfarin (Coumadin<sup>®</sup>, Jantoven<sup>®</sup>) ama nooc kale oo ah dhiig-khafiifiye
  - aad qaadatid insulin ama kiniinka sonkorowga. Waxa laga yaabaa inuu damco in wax laga beddelo qaddaraada qaadashada.
- 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.

**(over)**

- ❑ **Arrange to have someone drive you home after your procedure.** You will have a medicine that will make you sleepy and you will not be able to drive.
- ❑ You will not be able to return to work after the procedure. Talk with your manager about taking the day off from work.

## Two Days Before Your Procedure

- ❑ Purchase the following ingredients:
  - 2 Dulcolax® laxative tablets (Do not use Dulcolax stool softener.)
  - MiraLAX® powder (238-gram bottle)
  - Gatorade®, Powerade® or water (64 ounces)
  - magnesium citrate (10-ounce bottle).

You can find these at most local grocery stores, drugstores and large retailers.

## 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.
- 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.

- ❑ **Sii diyaarso qof guriga kugu geeya baabuur ka dib hawlgalka.** Waxa lagu siin doonaa dawo kugu ridaysa hurdo-hurdo mana awoodi doontid inaad baabuur kaxeysid.
- ❑ Ma awoodi doontid inaad ku soo laabatid shaqada ka dib hawlgalka. Maamulahaaga shaqada kala hadal inaad shaqada ka maqnaatid maalintaas.

## Labo Maalmood Ka-hor Hawlgalka Lagu Sameynayo

- ❑ Soo iibso waxyaabaha soo socda:
  - 2 kiniin oo ah calool-jilciye Dulcolax® laxative (Ha isticmaalin saraxo-jiliciyaha Dulcolax.)
  - Budo MiraLAX® (dhalo ah 238-garaam)
  - Gatorade®, Powerade® ama biyo (64 wiiqiyadood)
  - magnesium citrate (dhalo ah 10-wiiqiyadood)

Waxa aad kuwan ka heli kartaa badi dukaanada cuntada ee xaafadda, farmasiiyada iyo dukaanada waaweyn.

## Maalinta Ka Horeysa Maalinta Hawlgalka Lagu 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.
- 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 12 p.m. (noon): take 2 Dulcolax tablets with a glass of water.
- ❑ 4 p.m. to 6 p.m.: mix all of the MiraLAX and Gatorade, Powerade or water together in a pitcher. Stir until the MiraLAX is dissolved. Chill the mixture in the refrigerator. **Do not** add ice to the mixture or drinking glass.
  - 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

- You do not need to drink more MiraLAX on 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 2 hours before you are scheduled to arrive for your procedure.
- ❑ 4 hours before your procedure: drink one 10-ounce bottle of magnesium citrate mixed with 10 ounces of water.
- Do not eat or drink anything after finishing the magnesium citrate.
- When you arrive for your procedure, check in at the registration desk.
- 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.

- ❑ Markay tahay 12 saac (duhurka): koob biyo ah ku qaado 2 kiniin ah Dulcolax.
- ❑ 4 galabtii illaa 6 galabtii: dhammaan MiraLAX iyo Gatorade, Powerade ama biyo iskugu gee weel. Walaq illaa ay MiraLAX ka milanto. Isku-darka ku qabooji qaboojiyaha. **Ha ku** darin baraf isku-darka ama koobka aad ku cabbaysid.
  - Cab 8 wiqiyadood oo ah isku-darka 10-kii illaa 15-kii daqiiqadood kasta illaa ay ka dhammaato. Waa inaad dhammaan cabtid.
  - Haddii aad dareentid yalaalugo (lallabo), gaabi oo cab 8 wiqiyadood oo ah isku-darka 30-kii illaa 45-kii daqiiqadood kasta illaa ay ka dhammaato.

## Maalinta Hawlgalka Laguu Sameynayo

- Uma baahnid inaad cabtid MiraLAX kale maalinta hawlgalka laguu sameynayo.
- Wixii kale ee ah dawooyin joogto ah ku qaado kabasho yar oo ah biyo subaxa hawlgalka laguu sameynayo.
- Waxa aad qaadan kartaa cabbitaano saafi ah illaa 2 saacadood ka hor wakhtiga laguu ballamiyay inaad timaadid goobta hawlgalka.
- ❑ 4 saacadood ka hor hawlgalka: cab dhalo ah 10 wiqiyadood oo ah magnesium citrate oo lagu qasay 10 wiqiyadood oo ah biyo.
- Wax ha cunin ama cabbin ka dib marka aad dhammeysid magnesium citrate.
- Marka aad timaadid goobta hawlgalka, iska xaadiri miiska diiwaangalinta.
- 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 will not 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 will stay at the clinic or hospital for up to 60 minutes.
- You will receive the results of your procedure before you leave.
- **You must have someone drive you home.** If you do not have an adult to drive you home, your procedure will be canceled.
- 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.

## 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. Dawadu kuma seexin doonto.
- 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

- Waxa aad joogi doontaa goobta caafimaadka ama cisbitaalka mudo ah illaa 60 daqiiqadood.
- Waxa lagu sheegi doonaa natiijooyinka hawlgalka lagu sameeyay ka hor inta aanad bixin.
- **Waa inaad haysatid qof baabuur kugu geeya guriga.** Haddii aanad haysan qof qaangaadh ah oo baabuur kugu geeya guriga, hawlgalka lagu sameyn lahaa waa la joojinayaa.
- 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.

## 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 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.