

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 will 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.
- 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 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 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®, 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.
- 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

- 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.
- 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.
- 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.

- 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 Laguu Sameynayo

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

Maalinta Ka Horeysa Maalinta Hawlgalka Laguu 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.
- 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.
- 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.

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 procedure: Drink the remaining half of the GoLYTELY.
- You may have clear liquids up to 2 hours before you are scheduled to arrive for your procedure.
- 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.

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.

Maalinta Hawlgalka Laguu Sameynayo

- Wixii kale ee ah dawooyin joogto ah ku qaado kabasho yar oo ah biyo subaxa hawlgalka laguu sameynayo.
- 4 saacadood ka hor wakhtiga hawlgalka: Cab kala-badhka ka hadshan GoLYTELY.
- Waxa aad qaadan kartaa cabbitaano saafi ah illaa 2 saacadood ka hor wakhtiga laguu ballamiyay inaad timaadid goobta hawlgalka.
- 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).

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 lagu sheegi doonaa natiijooyinka hawlgalka laguu 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 laguu sameyn lahaa waa la joojinayaa.

- **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.

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.

- 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 Laga Saaray Buro ama Cad (Biopsy) Laga Qaday

- U fiirso calaamadaha dhiigitaanka sida saxaro madow ama cas. Waxa laga yaabaa inaad dhiigid 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.