

Tilmaamaha Nadiifinta Caloosha: Pouchoscopy ama Ileoscopy Magnesium Citrate

Waa muhim in aad raacdo dhammaan tilaamamaha u diyaargarowga baaritaanka pouchoscopy ama ileoscopy. Waa in mindhicirkaagu marnaadaan, si dhakhtarku u arki karo gudaha xiliga baaritaanka pouchoscopy ama ileoscopy.. Bukaanka qaarkood waxay dareemaan in diyaargarowga ay tahay qeybta ugu adag ee baaritaanka pouchoscopy ama ileoscopy..

U diyaargarowga pouchoscopy ama ileoscopy

- Maalinta ka horeysa baaritaanka pouchoscopy ama ileoscopy, waxaad u baahan doontaa inaad bilowdo diyaarinta malawadkaaga.
- Ha cunin cunto culus maalinta oo dhan maalinta ka horeysa.
- Waxaad isticmaali doontaa cabitaanka caloosha lagu diyaariso ee Magnesium Citrate si aad u nadiifiso malawadka.
- Haddii horey kuugu soo dhacay cudurka kalyaha ama kalyuhu shaqada ku joojiyeen, waa inaad qaad daawada caloosha jilcisa ee Magnesium Citrate waana inaad wacdo dhakhtarka kuu qoray baaritaanka pouchoscopy ama ileoscopy.
- Fadlan raac tilmaamahan dhamaantood si taxadar leh. Haddii aadan si wanaagsan u raacin tilmaamaha, waxaa suurogal ah in baaritaankaaga pouchoscopy ama ileoscopy la baajiyo.

Waxyaabaha aad iibsaneysa

- Si aad ugu diyaargarowdo baaritaankaaga, waxaa lagaa doonayaa in aad iibsato daawooyinka caloosha lagu nadiifiyo.
- **Looma baahna daawo dhakhtar kuu qoro**
 - Hal 10-wiqiyood oo dhalo ah oo Magnesium Citrate ah ama mid aan lahayn astaan shirkadeed oo u dhiganta.

Macluumaadka Daawada

Waxaa laga yaabaa in lagaa doonayo in aad joojiso qaar ka mid ah daawooyinka aad qaadato ama aad wax ka bedesho baaritaanka ka hor baaritaankaaga pouchoscopy ama ileoscopy.

- **Dhiig Khafiifiyayaasha**
 - Sida oo kale Coumadin (warfarin), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Pletal (Cilostazol), Brillinta (Ticagrelor), Eliquis (Apixaban), Effient (Prasugrel), Plavix (Clopidogrel), and adult Aspirin **325 mg**. (iyo dawada dadka wa weyn qatan oo xanun ba'biyaha.) Haddii aad ku jirto anticoagulant ama antiplatelet aanan halkan lagu qorin, fadlan uu sheeg kooxda caloosha sida ugu dhakhsaha badan ee suurtoogalka ah.
 - Waa in aad la hadashaa takhtarkaga ama takhtarkaaga ku takhasusay ugu yaraan 2 isbuuc kahor nidaamka la qorsheeyay. Ha joojinin daawooyinka adigoo haysan wax ogolaansho ah oo ka haysan daryeelahaaga ku xiiil saran.
- Aspirin **81 mg** (baby)
 - Waxad qadan karta aspirin 81 mg oo lagu qoray iyo wax yare oo biyo aah.
- Dawooyinka Macaanka (Insulin and diabetes medications)
 - Fadlan Wac takhtarka uu xiiil saaran la socodka macankaaga (glucose levels). Daawooyinkaaga waxaa laga yaabaa in ay uu baahan yihiin in la hagaajiyo ayadoo ay sababtu tahay qorshaha cuntada ee hawsha loo baahan yahay. Ha joojinin daawooyinka adigoo haysan wax ogolaansho ah oo ka haysan daryeelahaaga ku xiiil saran.
- Glucagon-Like Peptide-1 (GLP-1 Agonist)

- Sida oo kale Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Wegovy (Semaglutide), Trulicity (Dulaglutide), Bydureon (Exenatide), Mounjaro (Tirzepatide), or Rybelsus (Semaglutide).
- Waa in aad la hadashaa takhtarkaga ama takhtarkaaga ku takhasusay ugu yaraan 2 isbuuc kahor nidaamka la qorsheeyay. Ha joojinin daawooyinkaan adigoon haysan wax ogolaansho ah oo ka haysan daryeelahaaga ku xiil saran.

Shan (5) maalmood kahor baaritaanka pouchoscopy ama ileoscopy

- Ha qaadan daawooyinka caloosha socota (shubanka) joojiya.
 - Tusaale ahaan: Imodium ama Pepto-Bismol.
- Ha qaadan daawooyinka caloosha jilciya ama fitamiinada dheeraadka ah.
 - Tusaale ahaan: Metamucil ama Citrucel.
- Ha qaadan daawooyinka fatiimanada ama kuwa xoojiya qofka. Feetamiinada iyo kaalmaatiyada waxay wax ku reebaan malawadka waxaana adkaanaysa in dhakhtarku arko burooyinka yaryar.
 - Tusaale ahaan: Feetamiinada badan, saliida kaluunka, feetamiinta D, Ayroonka, ama sanjabiisha.

Saddex (3) maalmood kahor baaritaanka pouchoscopy ama ileoscopy

- Ku bilow cunto fudud oo ay ku yar yihiin waxyaaba caloosha jilciya. Cuntada ay ku yar tahay waxyaabaha caloosha jilciya waxa ay caawisaa in ay si wanaagsan u nadiifiso caloosha.
- Cuntada caloosha jilcisa waxaa ka mid ah:
 - Rootiga cad, bariiska cad, baastada, buskudka, kaluunka, digaaga, ukunta, hilib shiidan, lawska shiidan, khudaar la kariyey, faakiho gasacadeysan, mooska, batiikh, caanaha, garoorka, farmaajada, waxyaabaha la mariyo ansalaatada iyo carfiyayaasha cuntada.
- Ha cunin cunto ay ku badan tahay waxyaabaha caloosha jilciya sida:
 - Daangada, miraha (noocyada kala duwan ee miraha la qariido sida gabal dayaha), rootiga ama baastada ka sameysan qamadiga, miraha la qalajiyey, ansalaatada, khudaarta ceyriin, faakihada cusub ama la qalajiyey. Yaree inta aad ka cunto hilibka.

Labo (2) maalmood kahor baaritaanka pouchoscopy ama ileoscopy

- Cabitaanka biyaha badso.
- Ku bilow cunto fudud oo ku yar yihiin waxyaabaha caloosha jilciya.

Hal (1) maalin ka hor baaritaanka pouchoscopy ama ileoscopy

- Biloow cabitaanka biyo cad.
- Kaliya cab cabitaanada cad maalinta oo dhan kahor baaritaanka pouchoscopy ama ileoscopy
- Biyaha cad waxaa ka mid ah:
 - Biyo, qaxwe madoow, ama shaah (aan caano ama boolbire laheyn), maraq cad ama baroodo cad, Gatorade, biyo ubriya kuwa aan ubrin (Coke, Sprite), cabitaan casiir aan miro laheyn (tufaax, cinabka cad, karambari cad), Jell-O, ama jalaato baraf. **Xusuusnoow, HA CABIN CABITAAN CASAAN AMA MIDABKA HURDIGA AH.**
- Xusuusnow, ha cunin cuntooyinka adag.
- 6da galabnimo, waa in aad cabtaa dhalada 6 wiiqiyadood ah oo dhan ee Magnesium Citrate.
- Dadka qaar baa dareema yalaalugo ama lalabo, dibiro, ama matag. Haddii ay sidaas kugu dhacdo, u naso 15-30 daqiiqo, ka dibna isku day in aad cabitaanka sii wado.
- Kadib marka aad dhameyso guud ahaan dhalada Magnesium Citrate, waxaad cabi kartaa biyo cad oo kaliya.
- Waa in aad ka ag dhawaataa suuliga ka dib marka aad bilowdo qaadashada daawada isdiyaarinta. Waxaa kugu dhacaya shuban waxaadna u baahaneysaa in aad si degdeg ah u gaarto suuliga.

Maalinta aad mareyso Pouchoscopy ama Ileoscopy

- Saxaradaadu ma sameysmi doonto waxaanay noqon doontaa dareere bilaa midab ah ama jaale ah.
- Waxaad cabi kartaa dareerayaasha bilaa midabka ah ilaa laba saacadood kahor wakhtiga aad is xadiriinayso.

- Ha cabin dareerayaasha casaanka ama basaliga ah, waxyaabaha caanaha ka sameysan, cabitaanada boratiinka ah, cabitaanada alkoolada ah, tukaabada la calaliyo, iyo daawooyinka sharci darada ah. Isticmaalida waxyaabahani waxay sababi doonaan in baaritaankaaga pouchoscopy ama ileoscopy la baajiyo.
- Waxaad sidoo kale daawooyinkaaga ku qaadan kartaa kabbasho biyo ah.
- Xusuusnow, ha cunin cuntooyinka adag.
- Waxaad u baahan kartaa inaad wakhti dheeraad ah siiso tagista ballantaada maadaama aad u baahan karto inaad joogsato oo isticmaasho musqul inta aad soo socotid.

Fariin/Tilmaamo gaar ah: