

Waa muhim in aad raacdo tilaamamaha u diyaargarowga baaritaanka. Mindhicradaadu waa in ay marnaadaan, si dhakhtarku u arki karo xilliga baariitaanka. Bukaanka qaarkood waxaay dareemaan in diyaargarowga ay tahay qeybta ugu adag ee baaritaankan.

### U diyaar garowga baaritaanka

- Waxa aad isticmaaleysaa Golytely si aad calooshaada u diyaariso oo aad i nadiifiso mindhicirkaaga.
- Fadlan raac tilmaamahan dhamaantood si taxadar leh. Haddii aadan si wanaagsan u raacin tilmaamaha, waxaa suurogal ah in balantaada dib loo dhigo.

### Waxyaabaha aad iibsaneysa

- Si aad ugu diyaargarowdo baaritaanka, waxaa lagaa doonayaa in aad iibsato daawooyinka caloosha lagu nadiigiyo.

#### Daawada in lagu qoro loo baahan yahay:

- La xiriir farmashiyaha aad daawada ka qaadato si ay kuu siiyaan Golytely.

#### Looma baahna daawo dhakhtar kuu qoro

- Miralax (4.1 wiiyadood / 119 garaam / 7 marqaadasho maalinle ah)

### 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.

- 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.

### Afar iyo toban (14) maalmood kahor baaritaankaaga

- Bilow in aad cunto raashin ay ku yar yihiin waxyaabaha caloosha jilciya laba todobaad ka hor. 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, faakhada cusub ama la qalajiyey. Yaree inta aad ka cunto hilibka.

### Todoba (7) maalmood ka hor baaritaanka

- Bilaw inaad qaadata fur buuxa oo Miralax ah maalintii halmar toddobaadka oo dhan.
- Ku bilow cunto fudud oo ku yar yihiin waxyaabaha caloosha jilciya.
- Ha qaadan daawooyinka caloosha jilciya ama fitamiinada dheeraadka ah.
  - Tusaale ahaan: Metamucil ama Citrucel.

### Shan (5) maalmood ka hor baaritaanka

- Ha qaadan daawooyinka caloosha socota (shubanka) joojiya.
  - Tusaale ahaan: Imodium ama Pepto-Bismol.
- Ha qaadan daawooyinka fatiimanada ama kuwa xoojiya qofka.
  - Tusaale: Fitamiinada kala duwan (Multi-vitamins).
- Sii wad cabitaanka koob laga buuxiyey Miralax hal mar todobaadka oo dhan.
- Sii wad cunto fudud oo ku yar yihiin waxyaabaha caloosha jilciya.

### Sadex (3) maalmood ka hor baaritaanka

- Bilow in cuntadaadu noqoto cabitaan kaliya.
- Cabitaanka kaliya waxaa ka mid noqon kara:
  - Biyo, baraf, cabitaanka ubriya, shaah, bun, iyo daawooyinka cuntada lagu bedesho ama cabitaanka diyaarsan (Ensure, Boost, Protein Shakes), waxyaabaha siiriyaalka ka sameysan sida kareemka (Cream of Wheat) ama kan bariiska, caanaha, caanaha soy, almond, bariiska, qumbaha, miraha, cabitaanka la diyaariyey, ciirta, kastarka, bariis la shiiday, casiirka qudaarta, maraq qudaar ka sameysan, cabitaan aan miro laheyn, gelatin la carfiyey, maraq ka sameysan kareem, baroodo, iyo jalaato dhagax.
- Xusuusnow, ha cunin cuntooyinka adag.
- Sii wad cabitaanka koob laga buuxiyey Miralax hal mar todobaadka oo dhan.

### Laba (2) maalmood ka hor baaritaanka

- Cabitaanka biyaha badso.
- Sii wad cuntada gabi dareeraha ah.
- Sii wad cabitaanka koob laga buuxiyey Miralax hal mar todobaadka oo dhan.

### Hal (1) maalin ka hor baaritaanka

- Bilow cabitaanka biyo cad.

- Cab biyo cad oo kaliya maalinta oo dhan ka hor inta aan la gaarin baaritaanka.
- 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.
- 9:00 subaxnimo, isku dar dhamaan Golytely oo si wanaagsan u rux. Talaajadda geli Golytely.
- 4da galabnimo, biloww cabitaankaaga isku darka ah. Cab koob siddeed wiiqiyadood ah 15 daqiiqo kasta ilaa aad dhammayso saddexda litirba (afar meelood saddex meelood weelka). Waxay qaadan doontaa saddex saacadood in la dhameeyo cabitaanka.
- Waxaad ku dari kartaa baakidh crystal light ah koob kasta si aad u wanaajiso dhadhanka daawada.
- Iska daadi litirka soo hadhay ee diyaarinta mindhicirka.
- 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.
- Dadka qaar ayaa dareemi kara yalaalugo, dibiro, ama matag inta ay cabayaan daawada diyaarinta caloosha. Haddii ay tani dhacdo, qaado nasasho 15-daqiiqo ah, kadibna isku day inaad cabtid daawada isdiyaarinta.

## Maalinta lagu shaqaynayo

- **Shan** saacadood kahor inta aadan iman, laaq weelka Golytely ku jirto oo si fiican u rux. Kadibna bilaw inaad cabto isku-jirkaaga diyaargarowga ee Golytely. Cab koob siddeed wiiqiyadood ah 15 daqiiqo kasta ilaa aad dhammayso saddexda litirba (afar meelood saddex meelood weelka). Waxay qaadan doontaa saddex saacadood inaad dhammayso cabitaanka.
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- Dadka qaar ayaa dareemi kara yalaalugo, dibiro, ama matag inta ay cabayaan daawada diyaarinta caloosha. Haddii ay tani dhacdo, qaado nasasho 15-daqiiqo ah, kadibna isku day inaad cabtid daawada isdiyaarinta.
- 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 xaadirinayso.
- 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. Adeegsiga waxyaabahani waxay sababi doonaan in baaritaankaaga 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.

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**Fariin/Tilmaamo gaar ah:**