

1 Hal maalin isku diyarinta Colonoscopy Miralax/Dulcolax/Gatorade

***Fadlan aqri warqada ila dhamadka si ad u fahanto wax yabaha lo bahanyahay.

- Adigey Masuuliyada tahay ina insurance ka ad wacdo o ad weydiso intey ka bixinayan.
- Waxa kalo ad oganeysa hada rabto ina balanta iska Bajiiso ama ad badalato balantada wa ina nasoo wacdan 48 sacadod kahore. Hada badasho/Bajiiso balanta 48 saccod gudahees waxa lagug dalacya lacag gareysa \$50.
- Fadlan imow 15 daqiqo kahor balantada. Wa inad heysata darawal kukeeno balanta kuna ceeliyo, Kulana jogayo 24-48 sacadod kadib balanta.
- Taxi/Uber/Lyft lama ogolo iney ku keenan ama ku qadan balanta kadib. Hadadan heysan qof kukeeno ama kuwada balanta wa la Bajiindoona .

-Wa ina bixisa inta lacag lagugu leyahay iyo Co-pay hadi kale balanta wa la Bajiindoona.

Is diyarinta

1. Ka so gado farmashiyada (Walmart, Target, ama meshad rabtid ka so gado.

- a. 1 bottle of Miralax powder (8.3oz/238 grams)
- b. 4 Dulcolax (Bisacodyl) Laxative - 5 mg tablets
- c. 64 oz. Gatorade (Gaaduud lama ogolo)

2. Hadad dawada birta (iron) ad qadatiid jooji hal isbuc kahor intadan Colonoscopygi adan sameyn.

Had qadatid kaninka dhiig karka wac dhaqtarkada weydi midka kuqorey dawada.

3. Hada aspirin ad qadatiid sababo awged hajoojin.

4. Hadad sokor qabtid la xariir dhaqtarkada.

Hal malin intan balantada lagareen:

Examples of a Clear Liquid Diet:

- Biyo: Cab biyo 8 galas o biyo ah malinti o dhan
- Maraqa caad Cab (Hada rabtiid ina cabtiid lasiim ma ahan)
- **Gatorade®, Pedialyte® or PowerAde® (Gadud lama ogolo)**
- (Sprite®, 7-Up®, Ginger ale) wad cabi karta
- popsicles, hard candy (Gadud lama ogolo)
- Wax kalarka gaduudan kujiro lama ogolo; **QAXWO; qamri; cano iyo waxi lamidka ah o kalar leeh**

2. Sida lo qaso dawada. Isku dar miralax ka iyo Gatorade 64 oz kadibna firijka gali.

3. **Duhurki markey 12:00 PM** tahay qado afarta kanini (**4 Dulcolax**) Saxaro Jilciye

4. **Casarki 5:00 PM** Cab MiraLAX/Gatorade. **Cab 8 Oz galas 8-12 daqiqo (Waxa jojineysa waxi kasto ad afka kaqadaneyssi intan ka ahan biyo iyo Miralax/ Gatorade.**

5. **waxa dareeme Lalabo ama Matag, biyo ku luqluqo. Waxa kalo sameyn karto unaaso 30 daqiqad kadib cabitanka sii wad. Waxa kalo dareeme donta raaxo la'aan ila saxarada ay kaga soo baxeyso.**

6. **hadi adan raciin waxa warqada ku qoran, balantada wa la bajiina.**

8. **Si wad cabitanka Miralax iyo Gatorade ila ad kaseexaneyside. Hacuunin cuuno ama biyo habeenki 12 AM ila ad kaso dhamaneysid balantada.D**

Maliinta Balanta:

1. Imow balantada xiliga logu tala galey. Hadi adan raacin hab isku diyarinta nala so socodsi si an u bajiino balantada.

2. Qofka balantada ku keney wuu kusigi kara ama wuxu sameyn kara inta baxo o so daniisto kadiib kuso labtoo. Adiga gaariga ma wadi kartiida wa inad heysata qof ku keenayo. Bus taxi, uber intaba lama ogolo, hadi kale balantada wa la baajiindoona.

Balanta Kadiib:

1. Ha cunin cunto adag sacadaha ugu horeyo.
2. Iska ilali cunto basbas leh
3. Wad qadan karta daawoyenka ad horey u qadan jirtey..

Fadlaan nala so xiiriir hada qabtiid su'aal 952-368-3800

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