

## PATIENT EDUCATION

# Tilmaamaha U Diyaargarowga: Eegitaanka Mindhicirka Yar (Enteroscopy)

Waa muhim in aad raacdo dhammaan tilmaamaha u diyaargarowga Eegitaanka Mindhicirka Yar. Waa in ay calooshaadu marnaadaan, si dhakhtarku u arki karo xilliga baariitaanka.

### U diyaar garowga baariitaanka

- Maalinta ka horeysa baariitaanka, waxaa lagaa doonayaa in aad biloowdo diyaarinta calooshaada.
- Fadlan raac dhammaan tilmaamahan dhamaantood si taxadar leh. Haddii aadan si wanaaagsan u raacin tilmaamaha, waxaa suurogal ah in baariitaankaaga mindhicirka la baajiyo.

### Macluumaadka Daawada

Waxaa laga yaabaa in lagaa doonayo in aad joojiso qaar ka mid ah daawooyinka aad qaadato ama aad wax ka bedesho baariitaanka mindhicirka 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 adigoon 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 adigoon 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 daawooyinka adigoon haysan wax ogolaansho ah oo ka haysan daryeelahaaga ku xiiil saran.

### Maalinta baariitaankaaga mindhicirka

- Xusuusnoow, waa in calooshaadu marnaataa oo aadan cunin cunto adag si dhakhtarkaagu u arki karo goobta.
- Waxa aad cunto adag cuni kartaa ugu dambeyn sideed saacadood ka hor balantaada dhakhtarka.
- Waxaad cabi kartaa dareerayaasha bilaa midabka ah ilaa laba saacadood kahor wakhtiga aad is xadirinayso.
- 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.**

- 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.

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**Fariin/Tilmaamo gaar ah:**