

PATIENT EDUCATION

Tilmaamaha U Diyaargarowga Sawir Laga Qaado Qeybta Sare ee Caloosha (EUS)

Waa muhim in aad raacdo tilaamamaha u diyaargarowga EUS Mindhicradaadu waa in ay marnaadaan, si dhakhtarku u arki karo xilliga baaritaanka EUS.

U diyaar garowga EUS

- Maalinta ka horeysa EUS, waxaa lagaa doonayaa in aad biloowdo diyaarinta caloosha
- Fadlan raac tilmaamahan dhamaantood si taxadar leh. Haddii aadan si wanaagsan u raacin tilmaamaha, waxaa suurogal ah in balantaada dib loo dhigo.

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 Eegitaanka Mindhicirka Yar.

- 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 adagoon 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 adagoon 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 adagoon haysan wax ogolaansho ah oo ka haysan daryeelahaaga ku xiiil saran.

Maalinta EUS-kaaga

- Xusuusnoow, waa in calooshaadu marnaataa oo aadan cunin cunto adag si dakhtarkaagu u arki karo goobta.
- Waxa aad cunto adag cuni kartaa ugu dambeyn sideed saacadood ka hor balantaada dhakhtarka.
- Waxa aad cabi kartaa biyo ugu dambeyn laba saacadood ka hor balantaada dhakhtarka.
- 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.**

- Ka fogoow cabitaanka casaanka ama hurdiga ah, caanaha, casiirka boritiinka ah, cabitaan ay alkolo ku jirto, iyo isticmaalka maandooriyayasha. Isticmaalka tani waxa ay keeni kartaa in laga noqdo baaritaanka.
- Waxaa laga yaabaa in aad qaadan karto Aasbiriinka sida dhakhtarku kuugu qoray adiga oo biyo ku kabanaya.

Fariin/Tilmaamo gaar ah: