

# Baaritaanka Gudaha Jirka Tuubada ee Qeybta Sare iyo Malawadka oo lisku daray (EGD)

## Combined Colonoscopy and Upper Endoscopy (EGD)

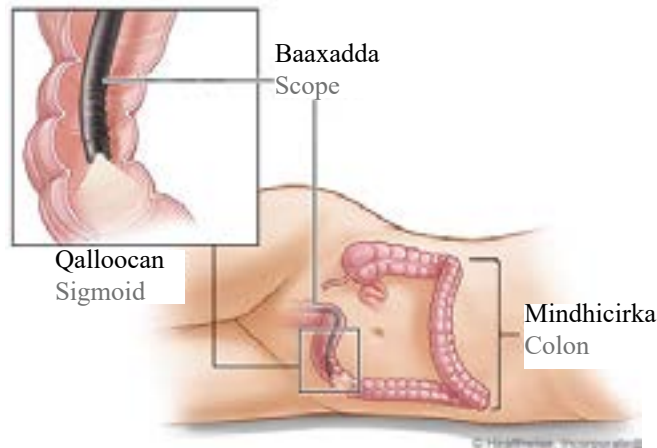
### You are scheduled for 2 tests

You are scheduled to have 2 tests that can be done during the same visit: a colonoscopy and an upper endoscopy or EGD. Please review these instructions as soon as you get them to make sure you are prepared.

### About Colonoscopy

A colonoscopy is done to check your large intestine, also called the colon, for abnormal growths or other problems. It can be used as a screening test to check for cancer or precancerous growths in the colon or rectum (polyps).

The test is done with a narrow, flexible tube, or scope, that has a light and camera. The tube is put in through your rectum and into your colon. Learn more at [go.osu.edu/colonoscopy\\_steps](http://go.osu.edu/colonoscopy_steps).



### Waxaad u balansantahay 2 baaritaano

Waxaa lagu jadwaleeyay in lagugu sameeyo 2 baaritaan oo la samayn karo isla booqashadaas: baaritaanka malawadka iyo baaritaanka gudaha jirka ee tuubada ama EGD. Fadlan dib u eeg macluumaadkaan isla markiiba marka aad hesho kadibna raac tilmaamaha si aad u diyaargarowdo.

### Ku saabsan Baaritaanka Malawadka

Baaritaanka Malawadka (colonoscopy) wuxuu eegaa xiidhmadaada weyn, sidoo kale loo yaqaano mandhaciirka, oo waxyaabaha ku koro xundhurta ama dhibaatooyinka kale. Waxaa loo isticmaali karaa baaris ahaan si loo hubiyo kansarka ama burooyinka hore ee kansarka ku dhaca mindhicirka ama malawadka (polyps).

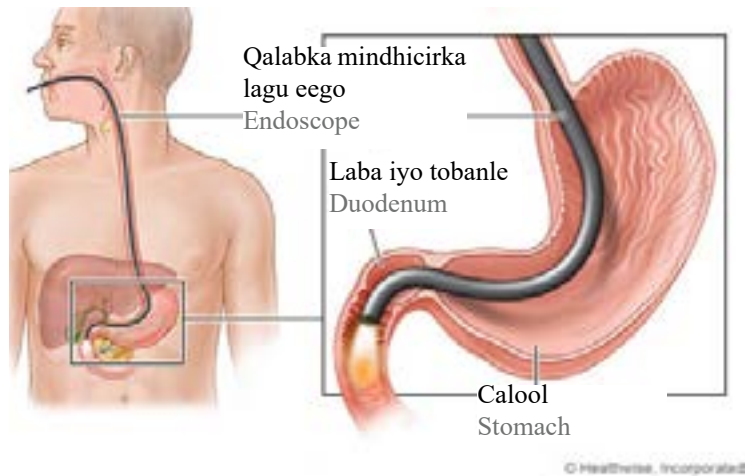
Baaritaanka waxaa lagu sameeyaa tuubo ciriiri ah, oo dabacsan taas oo iftiin iyo kaamiro leh. Tuubada waxaa laga geliyaa dabada oo mandhaciirka la sii geliyaa. Ka baro wax badan [go.osu.edu/colonoscopy\\_steps](http://go.osu.edu/colonoscopy_steps).

## About Upper Endoscopy

An upper endoscopy, or EGD, looks into your esophagus, stomach, and part of the small intestine called the duodenum, or small bowel. It can be done to check for ulcers, tumors, infection, or bleeding. It can also look for signs of acid backing up into your esophagus.

The test is done with a narrow, flexible tube (called an endoscope) that goes in through your mouth into the upper digestive tract.

Learn more at [go.osu.edu/upper\\_gi\\_endoscopy](http://go.osu.edu/upper_gi_endoscopy).



## Ku Saabsan Baaritaanka Gudaha Jirka ee Tuubada (Endoscopy)

Baaritaanka gudaha jirka ee tuubada sare ama EGD, waxay eegtaa dhuuntaada, calooshaada, iyo qeyb ka mid ah xiidmaha yar ee loo yaqaano xudhunta ama mindhicirka yar. Waxaa la samayn karaa si loo hubiyo boogaha, burooyinka, caabuqa, ama dhiigbaxa. Waxa kale oo ay eegi kartaa calaamadaha aashitada oo kor usoo celinaysa hungurigaaga.

Baaritaankan waxaa lagu sameeyaa tuubo ciriiri ah, oo dabacsan (oo loo yaqaano endoscope) taas oo leh kaamiro iyo iftiimo ee ka gashaa afka oo tagta illaa mareenka dheefshiidka sare. Ka baro wax badan [go.osu.edu/upper\\_gi\\_endoscopy](http://go.osu.edu/upper_gi_endoscopy).

### Medicine Changes Before Your Procedure

**You may need to make changes to your medicines many days before your procedure.** Read carefully the medicine change information at [go.osu.edu/pted5355](http://go.osu.edu/pted5355) or review the copy with these instructions. These include blood thinners, medicines for diabetes, weight loss, heart conditions, and others. **If you do not review and make the needed medicine changes, your procedure may need to be rescheduled.**

### Isbadalada Daawada Kahor Baaritaankaaga

Waxaad u baahnaan doontaa inaad isbadalo ku samaysid daawooyinkaada dhowr maalmood ka hor baaritaankaaga. Si taxadar leh u akhri macluumaadka ku saabsan bedelka daawada ee ku yaala bogga [go.osu.edu/pted5422](http://go.osu.edu/pted5422) ama dib u eeg nuqulka leh tilmaamahan. Daawooyinkan waxaa ka mid ah dawooyinka dhiiga khafiifiya, dawooyinka sokorta, kuwa miisaanka lagu yareeyo, kuwa xanuunada wadnaha lagu daweeyo, iyo kuwa kale. **Haddii aadan dib u eegin oo aad sameynin isbedellada daawada ee loo baahanyahay, baaritaankaaga wuxuu u baahnaan donaa in dib loo dhiggo.**

## Preparing for your tests

**You will be given instructions for how to prepare for your tests.**

You will need to empty your stomach and bowels for these tests. Your doctor will decide which bowel prep is best for you. **You may also need to make changes to your medicines many days ahead.** If you are not prepared, your tests will be rescheduled. If you do not get these instructions, call the doctor who ordered the tests.

- You should not smoke or vape the day before and on the day of your test.
- **If you have an implanted stimulator device**, it should be turned off before your procedure.
- Please bring the remote with you on the day of the procedure.
- If there are major changes to your health, please contact the healthcare provider who is doing your procedure. Your procedure may need to be changed for your safety

## Arriving for your tests

- Plan to arrive at the arrival time on your letter, so the staff can get you ready.

## U diyaargarowgaaga baaritaanadaada

**Waxaa lagu siin doonaa tilmaamo ku saabsan sida loogu diyaargarooobo baaritaanadaada.**

Waxaad u baahan doontaa inaad faaruqiso calooshaada iyo mindhicirkaada baaritaanadan. Dhakhtarkaaga ayaa go'aamin doona diyaarinta caloosha kuu fiican. **Waxaad u baahnaan doontaa inaad isbadalo ku samaysid daawooyinkaada dhowr maalmood ka hor baaritaankaaga.** Haddii aanad diyaar u ahayn, baaritaanadaada dib baa loo dhigi doonaa. Haddii aadan helin tilmaamahan, wac dhakhtarka dalbay baaritaanada.

- Waa inaad cabbin sigaar ama shiishada dhijitaalka ah (vape) maalinta ka horeysa iyo maalinta laguugu sameynayo baaritaankaaga
- **Haddii uu jiro qalab loogu talagalay inuu wax fududeeyo oo lagu beeray jirkaaga**, waa in la damiyaa ka hor inta la samaynin baaritaankaaga. Fadlan la imow daara-demiyaha(rimuudka) maalinta baaritaankaaga.
- Haddii ay jiraan isbadalo waaweyn oo ku yimaadda caafimaadkaaga, fadlan la xiriir bixiyaha daryeelka caafimaadka kaas oo samaynaya baaritaankaaga. Baaritaankaaga ayaa la baajin karaa si loo ilaaliyo badqabkaaga.

## U imaanshaha baaritaanadaada

- Qorshee inaad timaatid waqtiga imaanshaha ee warqadaadada ku qoran, si shaqaalaha ay kuu diyaargareeyaan.

- **You will need a responsible adult to drive you home after the test.** Your driver needs to check in for the test with you. If your driver doesn't check in with you, we will need to speak to your driver before we can start your test. Your test will be delayed or canceled if we cannot speak to your driver. If you take a cab, bus, or medical transportation, an adult other than the driver needs to ride with you for your safety.
- Please leave all valuables and jewelry, including piercings, at home.
- For patients who are able to become pregnant, be prepared to give a urine sample in case a pregnancy test is needed.
- Bring these with you to your tests:
  - A list of all medicines, including prescription and over the counter medicines and any vitamin or herbal products you are taking
  - A list of your allergies
  - List of medical conditions and previous surgeries
  - A copy of advanced directive, such as a living will or health care power of attorney
  - Your photo identification, insurance card, and co-payment if needed
- **If you have alcohol, marijuana, or illegal drugs in your system,** your procedure may be rescheduled for your safety.
- **Waxaad u baahan doontaa qof weyn oo masuul ah oo guriga kuu ka xeeyo baaritaanka kadib.** Darawalkaaga wuxuu u baahanyahay inuu kula saxo baaritaanka adiga. Haddii darawalkaaga uusan kula saxin, waxaan u baahaneynaa inaan la hadalno darawalkaaga ka hor inta aanan bilaabin baaritaanka. Baaritaankaaga waa la daahin doonaa ama la baajin doonaa haddii aan la hadli karin darawalkaaga. Haddi aad u qaadatid taksi, bas, ama gaadiidka caafimaadka, qof weyn aan ka aheyn darawalka ayaa loo baahanyahay inuu ku soo raaco badbaadadaada.
- Fadlan uga soo tag dhammaan waxyaabaha qaaliga ah ama dahabka oo ay ku jiraan cirbadaha, guriga.
- Bukaanaada oo qaadi kara uur waxaa looga baahnaan karaa inay bixiyaan tijaabo ah kaadi haddii loo baahdo baaritaan uur.
- La imow kuwaan baaritaanadaada:
  - Liiska daawooyinka, oo ay ku jiraan qoraalada dhaqtarka iyo daawooyinka dukaanka laga iibsado iyo fitamiin walba ama waxyaabaha aad qaadaneysid
  - Liiska alaarjiyadaada
  - Liiska xaaladaha caafimaad iyo qaliinada hore
  - Koobiga jaheyntaada hormarsan, sida rabitaanka noolaanshaha ama matalaada qareenka ee daryeelka caafimaadka
  - Aqoonsiga sawirkaaga, kaarka caymiska iyo lacag bixinta caymiska, haddii loo baahanyahay
- **Haddii jirkaada uu ku jiro khamri, marijuana mise maandooriyaasha sharci dara ah,** baaritaankaaga dib ayaa loo dhigi donaa si loo ilaaliyo badqabkaaga.

## Having the tests

- After you have registered, you will change into a hospital gown.
- A nurse will review your medicine list and medical history.
- An intravenous (IV) line will be placed to give you medicine. Let the nurse know if you have had problems having an IV placed in the past.
- When the nurse has you ready, you will be taken to a private room, where your tests will be done.
- You will be given a consent form to read over. The doctor will talk to you and go over the consent form. Ask any questions you have about the tests before you sign the form.
- You will be given medicines in your IV to help you relax. You will likely rest on your left side.
- The doctor slowly moves the tube through your colon.
- You may feel some cramping during and after the tests that will improve after passing gas.
- For the EGD, your throat may be sprayed with a numbing medicine. The doctor will pass another tube through your mouth and into your esophagus, stomach, and duodenum.
- These tests will take about 50 minutes.

## Sameynta Baaritaanada

- Kadib markaad isdiiwaangelisid, waxaad badeleysaa waxaa lagu xirayaa dharka isbitaalka.
- Kalkaaliso ayaa eegeyso liiska daawadaada iyo taariiqda caafimaadka.
- Faleebada (IV) ayaa lagu xirayaa si lagaaga siiyo daawo. Kalkaalisada ha ogaato haddii aad hdibaato ku qabtay xirista faleebada IV ee horay lagu geliyay.
- Markii kalkaalisada ku diyaariso, waxaa lagu geyn doonaa qol gaar ah, halkaas oo baaritaankaaga lagu sameyn doono.
- Waxaa lagu siinayaa foomka ogolaanshaha inaad dulmartid. Dhaqtarka ayaa kula hadlayo oo dulmarayo foomka ogolaanshaha. Weydii su'aalo walbo ee aad ka qabtid baaritaanka ka hor inta aadan saxiixin foomka.
- Waxaa laguugu siinayaa daawooyinka faleebada IV oo adiga ku seexiso. Waxaad inta badan ku seexaneysaa dhinacaaga bidix.
- Dhaqtarka ayaa si tartiib ah u dhaqaajiyo tuubada oo dhinaca mandhaciirkaaga.
- Waxaa laga yaabaa inaad dareento qaar ka mid ah qabasho inta lagu jiro iyo baaritaanka kadib ee sare u qaadayo aariyada.
- Wixii EGD, dhuuntaada waxaa lagu buufinayaa daawo kabaabiso. Dhaqtarka ayaa marinayo tuubo kale dhinaca afkaaga oo ka siigelinayo dhuunta, caloosha, iyo xundhurta.
- Baaritaanadaan waxay qaadanayaan qiyaastii 50 daqiiqo.

## After the tests

- You will be taken to a recovery area for 30 to 45 minutes.
- You will then change back into your clothes.
- The doctor will speak with you and your family member (or other adult who came with you) before you leave.
- Plan to take the day off of work and rest at home after the tests.
- You should have an adult with you to help you at home for at least 6 hours after the tests.
- You should not drive, operate machinery, drink alcohol, or make any legal decisions until the day after your tests.

## Baaritaanada Kadib

- Waxaa lagu geynayaa aag aad ku soo kabsatid oo 30 illaa 45 daqiiqo.
- Waxaad kadib ku badeleysaa dharkaaga.
- Dhaqtarka ayaa adiga kula hadli doona adiga iyo xubnaha qoyskaaga (ama qof kale oo weyn oo kula imaada) ka hor inta aadan bixin.
- Qorshey inaad maalintaa fasax ka qaadatid shaqada oo aad guriga ku nasatid baaritaanada kadib.
- Waa inuu guriga kula joogaa qof weyn oo ku caawiya ugu yaraan 6 saacadood baaritaanada ka dib.
- Waa inaad kaxeeyn, ku shaqayn mishiin, cabin khamri, ama aadan samayn wax go'aano sharci ah ilaa maalinta ka dambaysa baaritaanada.

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**Buug-gacmeedkan waxaa loogu talagalay ujeedooyin macluumaad oo kaliya. La hadal dhakhtarkaaga ama kooxda daryeelka caafimaadka haddii aad qabto wax su'aalo ah oo ku saabsan daryeelkaaga.** Wixii macluumaad caafimaad oo dheeraad ah, kala xariir Maktabada Macluumaadka Caafimaadka 614-293-3707 ama [health-info@osu.edu](mailto:health-info@osu.edu).

**This handout is for informational purposes only. Talk with your doctor or healthcare team if you have any questions about your care.** For more health information, contact the Library for Health Information at 614-293-3707 or [health-info@osu.edu](mailto:health-info@osu.edu).