EGD oo leh la socodka pH ee bilaa fiilada ah

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Fadlan dib u eeg dhammaan tilmaamaha ku saabsan baaritaankaaga iyo diyaarinta isla marka aad hesho, si aad isu diyaarin karto.

Muhiim in la ogaado

- **MA mari kartid baaritaankan haddii aad leedahay qalab kiciya wadnaha, qalab lagu saxo garaaca wadnaha (defibrillator), ama qalab lagu duubo garaaca wadnaha (Holter monitor).** Qalabkani wuxuu dhibaato ku keeni karaa duubista pH ee bilaa fiilada ah. Fadlan wac bixiyahaaga daryeelka caafimaadka si aad uga wada hadashaan ikhtiyaarro kale.
- **Daawooyinka yareeya aashitada waa in la joojiyaa maalmo ka hor baaritaankaaga.** Faahfaahinta ka eeg qayb dambe oo tilmaamahan ka mid ah.
- **Qof weyn waa inuu guriga kuu geeyo baaritaankaaga ka dib.** Haddii aad taksi, bas, ama adeeg gaadiid caafimaad ku aadayso guriga baaritaankaaga ka dib, qof weyn oo aan ahayn darawalka waa inuu kula raacaa badbaadadaada awgeed. Daawada lagu siiyo si ay kaaga caawiso inaad isdejiso inta baaritaankaagu socdo waxay saamayn doontaa garashadaada iyo falcelinnadaada inta badan maalinta.
- Haddii aadan iman karin ballantaada, fadlan la xiriir bixiyaha daryeelka caafimaadka ee samaynaya baaritaankaaga.

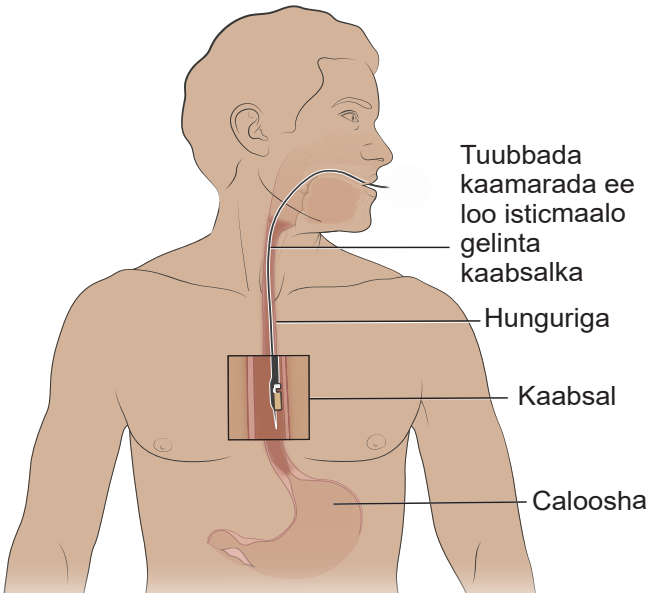
Isbeddellada Daawada Ka Hor Habraacaaga

Waxaad u baahan kartaa inaad isbeddello ku samayso daawooyinkaaga maalmo badan ka hor baaritaankaaga. Si taxaddar leh u akhri macluumaadka isbeddelka daawada ee ku yaal go.osu.edu/pted5422. Kuwaas waxaa ka mid ah daawooyinka dhiigga khafiifiya, daawooyinka sonkorowga, miisaanka dhimista, iyo xaaladaha wadnaha, iyo kuwo kale. Haddii aadan samayn isbeddellada daawada ee loo baahan yahay, waxaa laga yaabaa in habraacaaga dib loo jadwaleeyo.

Ku saabsan baaritaankaaga

Baaritaanka kaamarada ee hunguriga, caloosha iyo bilowga mindhicirka yar (esophagogastroduodenoscopy, EGD) waxaa sidoo kale loo yaqaan baaritaanka kaamarada ee qaybta sare ee marinka dheefshiidka. Waxaa lagu sameeyaa tuubbo dhuuban oo dabacsan oo leh kamarad iyo nalal, taas oo afka laga geliyo marinka dheefshiidka sare. Waxay u ogolaataa bixiyaha inuu arko hungurigaaga, calooshaada, iyo qayb ka mid ah mindhicirka yar, oo loo yaqaan mindhicirka laba iyo tobanlaha (duodenum).

Inta lagu jiro EGD, bixiyahaagu wuxuu kaabsal aad u yar, oo loo yaqaan **qalabka la socodka pH** ee bilaa fiilada ah, ku dhejin doonaa xuubka hungurigaaga, kaas oo isku xira cunahaaga iyo calooshaada.



Kaabsalkan wuxuu hubiyaa heerka aashitada (pH) ee hungurigaaga. Wuxuu sidoo kale hubiyaa inta jeer ee aashitada calooshu si aan caadi ahayn dib ugu soo noqoto hungurigaaga (reflux). Baaritaanka pH ee bilaa fiilada ah wuxuu ka caawiyaa bixiyahaaga inuu si fiican u fahmo calaamadahaaga oo uu qorsheeyo daaweyntaada.

Dib u eeg **Tilmaamaha qalabka wax duuba ee la socodka pH ee bilaa fiilada ah ee** ku yaal go.osu.edu/pted5827 ama ku sawir koodka QR kamaradda taleefankaaga casriga ah ama tablet-kaaga.

Muuqaalka tilmaamaha bukaanka ee la socodka pH ee bilaa fiilada ah

Isbeddellada daawooyinka yareeya aashitada

- **7 maalmood ka hor baaritaankaaga,** waxaad u baahan doontaa inaad joojiso qaadashada daawooyinkan haddii bixiyahaagu si kale kuu farayn. Haddii aadan joojin daawooyinkan 7 maalmood ka hor baaritaankaaga, baaritaankaaga dib ayaa loo jadwalayn doonaa. Daawooyinkan waxaa ka mid ah:
  - dexlansoprazole (Dexilant)
  - esomeprazole (Nexium)
  - lansoprazole (Prevacid)
  - omeprazole (Prilosec)
  - omeprazole iyo sodium bicarbonate (Zegerid)
  - pantoprazole (Protonix)
  - rabeprazole (Aciphex)
  - vonoprazan (Voquezna)
- **3 maalmood ka hor baaritaankaaga**, waxaad u baahan doontaa inaad joojiso qaadashada daawooyinkan:
  - cimetidine (Tagamet)
  - famotidine (Pepcid)
  - nizatidine (Axid)
- **Waxaad qaadan kartaa daawooyinka baabi'iya aashitada,** sida Alka-Seltzer, Gaviscon, Gelusil, Maalox, Milk of Magnesia, Mylanta, Rolaids, Pepto-Bismol, Tums, iyo kuwo kale, **ilaa fiidka ka horreeya baaritaankaaga**.

Hal maalin ka hor baaritaankaaga

- Waad qaadan kartaa cuntadaada caadiga ah maalin ka hor baaritaankaaga.
- **Haddii aad taariikh u leedahay dib u dhac ku yimaada faaruqinta caloosha (gastroparesis) ama cillad adkaysa in cuntadu hunguriga uga gudubto caloosha (achalasia),** waxaa lagugula talinayaa cunto dareere cad ah maalinta ka horreysa baaritaankaaga.
- Maalinta ka horreysa iyo maalinta baaritaankaaga waa inaadan sigaar cabin ama vape isticmaalin.
- Haddii isbeddello waaweyn ku yimaadaan caafimaadkaaga, fadlan la xiriir bixiyaha daryeelka caafimaadka ee sameynaya habraacaaga. Habraacaaga waxaa laga yaabaa in wax laga beddelo si loo ilaaliyo badbaadadaada.

Fiidka ka hor baaritaankaaga

- **Waxaad cuni kartaa cuntooyinkaaga caadiga ah ilaa 11-ka habeenimo habeenka ka horreeya baaritaankaaga.** Ha cunin wax cunto adag ah ama ha cunin hana cabin wax caano ah ama waxyaabaha caanaha laga sameeyo ilaa baaritaankaaga la dhammeeyo.
- **Waxaad cabbi kartaa dareereyaal cadcad ilaa 4 saacadood ka hor baaritaankaaga (aan casaan ama guduud ahayn).**
  Dareereyaashan cadcad waa la oggol yahay:
  - Biyo
  - Casiirrada miraha ee aad dhex ka arki karto (sida tufaax, cranberry cad, ama canab cad)
  - Baraf macaan oo ul ku yaal ama jajabyo baraf ah
  - Soodhaha sinjibiisha ama soodhaha liinta huruudda iyo liinta cagaaran
  - Gatorade, cabitaanno kale oo isboorti, ama isku-darrooyin cabitaan sida Kool-Aid
  - Maraq cad ama bouillon
  - Jell-O ama gelatin kale
  - Kafeega ama shaaha (aan caano ama kariim lagu darin)

Subaxa baaritaankaaga

Qorshee inaad timaaddo waqtiga imaanshaha ee ku qoran warqaddaada, si shaqaaluhu kuu diyaariyaan. Ka filo inaad halkan joogto 2 ilaa 4 saacadood baaritaankaaga iyo waqtiga soo kabashada.

- Daawooyinka laguu oggol yahay ku qaado adigoo ku cabbaya **kabasho yar** oo biyo ah **ilaa 2 saacadood ka hor baaritaankaaga**.
- Fadlan uga soo tag dhammaan waxyaabaha qaaliga ah ama dahabka oo ay ku jiraan dahabka daloollada jirka lagu xirto, guriga.
- Bukaannada awooda inay uur qaadaan, u diyaar garooba inaad bixiso muunad kaadi ah haddii baaritaanka uurka loo baahdo.
- Darawalkaagu waa inuu joogaa marka aad isdiiwaangelinayso si baaritaankaaga loo sii wado.
- Waxyaabahan la imow baaritaankaaga:
  - Liiska dhammaan daawooyinka, oo ay ku jiraan daawooyinka dhakhtarku qoro iyo kuwa farmashiyaha laga iibsado, iyo fiitamiin kasta ama waxyaabaha geedaha laga sameeyo ee aad qaadanayso
  - Liiska xasaasiyadaada
  - Liiska xaaladaha caafimaad iyo qaliinada hore
  - Nuqul ka mid ah tilmaamaha hore ee daryeelka caafimaadka, sida dardaaran nololeed ama wakiilnimo sharci
  - Aqoonsi sawir leh, kaarka caymiska, iyo qoondada caymiska, haddii loo baahdo
- Haddii darawalkaagu ka baxo xarunta inta baaritaankaagu socdo, waxaan u baahan doonnaa lambar telefoon oo lagala xiriiri karo. Darawalkaagu waa inuu joogaa meel uu 30 daqiiqo gudahood kaga iman karo qaybta baaritaanka kaamarada.
- **Haddii aad leedahay qalab kiciye ah oo lagugu rakibay,** waa in la damiyaa ka hor habraacaaga. Fadlan maalinta habraaca la imow qalabka fog ee lagu hago.
- **Haddii jirkaaga ay ku jiraan khamri, marijuana, ama daroogooyin sharci-darro ah,** habraacaaga dib ayaa loo jadwalayn karaa badbaadadaada awgeed.

Maritaanka baaritaankaaga

- Ka dib markaad isdiiwaangeliso, waxaad xiran doontaa goonnada cusbitaalka.
- Kalkaaliso ayaa dib u eegi doonta liiska daawooyinkaaga iyo taariikhdaada caafimaad.
- Tuubbo faleebo oo xididka la geliyo (intravenous, IV) ayaa laguu gelin doonaa si daawo laguu siiyo inta baaritaankaagu socdo. Isla markiiba kalkaalisada u sheeg haddii aad hore dhibaato uga soo martay gelinta IV.
- Marka kalkaalisadu ku diyaariso, waxaa laguu qaadi doonaa qol gaar ah oo baaritaankaaga loogu talagalay.
- Waxaa lagu siin doonaa foom oggolaansho ah si aad u akhrido. Bixiyahaagu wuu kula hadli doonaa oo wuxuu kula eegi doonaa foomka oggolaanshaha. Weydii su'aal kasta oo aad ka qabto baaritaankaaga ka hor inta aadan saxiixin foomka.
- Waxaa IV-ga lagaa siin doonaa daawooyin kaa caawinaya inaad nasato. Waxay u badan tahay inaad dhinacaaga bidix ku nasan doonto.
- Cunahaaga waxaa lagu buufin karaa daawo kabuubisa.
- Bixiyahaagu wuxuu tuubbo ka marin doonaa afkaaga kuna gelin doonaa hungurigaaga, calooshaada, iyo mindhicirkaaga laba iyo tobanlaha.

Baaritaankaaga ka dib

- Waxaa laguu qaadi doonaa aagga soo kabashada muddo 30 ilaa 45 daqiiqo ah.
- Kadib waxaad dib ugu labisan doontaa dharkaaga.
- Bixiyaha ayaa adiga iyo xubinta qoyskaaga idin la hadli doona kahor inta aadan bixin.
- Qorshee inaad shaqada ka maqnaato maalintaas oo aad guriga ku nasato baaritaankaaga ka dib.
- Daawada lagu siiyo inta baaritaankaagu socdo waxay kuu keeni kartaa isbeddello xusuusta ah waxayna wiiqi kartaa garashadaada inta badan maalinta. Waa inaadan baabuur wadin, mashiin ku shaqayn, khamri cabin, ama aadan samayn wax go'aanno sharci ah ilaa maalinta ka dambaysa baaritaankaaga.
- Waa inaad sii waddaa inaad ka fogaato qaadashada daawooyinka liiska ku qoran ama sida dhakhtarkaagu kuu faray muddo 72 saacadood ah ka dib marka qalabka bilaa fiilada ah ee lagula socdo heerka pH-ga lagu rakibo. La hadal kooxdaada daryeelka caafimaadka haddii aad su'aalo ka qabto goorta aad dib u bilaabayso daawooyinkaaga.
- Waxaad heli doontaa tilmaamo faahfaahsan oo ku saabsan sida qalabkaaga la socodka pH ee bilaa fiilada ah loogu diiwaangeliyo calaamadahaaga iyo sida diiwaan qoraal ah loogu qoro calaamadahaas.
- Marka baaritaankaaga 72-ka saacadood ah ee lagula socdo heerka pH-ga iyadoo la adeegsanayo qalab bilaa fiilo ah uu dhammaado, waxaa lagu siin doonaa tilmaamo ku saabsan sida aad u soo celin lahayd qalabka wax duuba iyo buuggaaga diiwaanka si dhakhtarkaagu u eego natiijooyinka.

Kheyraadkan waxaa loogu talagalay ujeeddooyin macluumaad oo keliya. La hadal daryeel bixiyahaaga caafimaadka haddii aad qabtid wax su'aalo ah oo ku saabsan daryeelkaaga.

Wixii waxbarasho dheeraad ah, kala xiriir Maktabadda Macluumaadka Caafimaadka (Library for Health Information) 614-293-3707 ama health-info@osu.edu.

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EGD With Wireless pH Monitoring

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Please review all the instructions about your test and prep as soon as you get them, so you can prepare.

Important to know

- **You CANNOT have this test if you have a cardiac pacemaker, defibrillator, or Holter monitor.** These devices may cause problems with the wireless pH recording. Please call your healthcare provider to discuss other options.
- **Acid reducing medicines must be stopped days before your test.** See details later in these instructions.
- **An adult must take you home after your test.** If you are taking a cab, bus, or medical transportation service home after your test, an adult, other than the driver, needs to ride with you for your safety. Medicine given to help you relax during your test will affect your judgment and reflexes much of the day.
- If you cannot keep your appointment, please contact the healthcare provider who is doing your test.

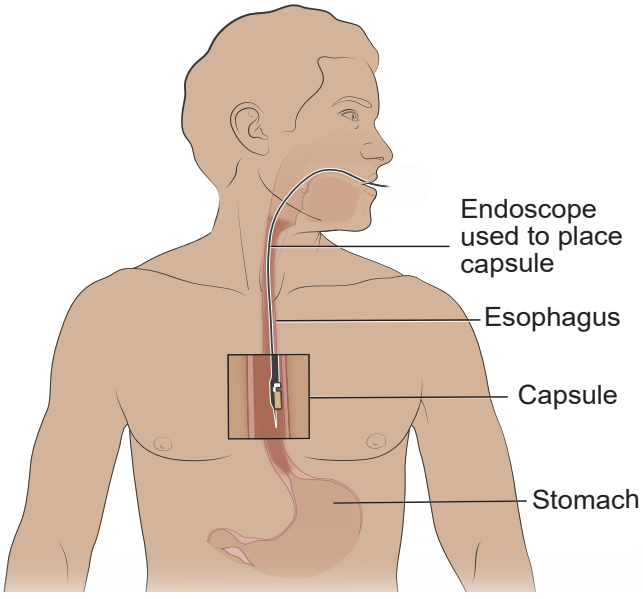
Medicine Changes Before Your Procedure

You may need to make changes to your medicines many days before your test. Read carefully the medicine change information at go.osu.edu/pted5422. These include blood thinners, medicines for diabetes, weight loss, and heart conditions, and others. If you do not make the medicine changes needed, your procedure may need to be rescheduled.

About your test

An **EGD** (esophagogastroduodenoscopy) is also called an **upper GI endoscopy**. It is done with a narrow, flexible tube that has a camera and lights that goes in through your mouth into the upper digestive tract. It allows your provider to look into your esophagus, stomach, and part of the small intestine, called the duodenum.

During the EGD, your provider will attach a tiny capsule, called a **wireless pH monitoring** device, to the lining of your esophagus, which connects your throat to your stomach.



This capsule checks the acid level (pH) in your esophagus. It also checks how often you have abnormal backflow (reflux) of stomach acid into your esophagus. The wireless pH test helps your provider better understand your symptoms and make plans for your treatment.

Review your **Wireless pH Monitoring Recorder Instructions** at go.osu.edu/pted5827.

Acid reducing medicine changes

- **7 days before your test,** you will need to stop taking these medicines unless directed otherwise by your provider. If you do not stop these medicines 7 days before your test, your test will have to be rescheduled. These medicines include:
  - dexlansoprazole (Dexilant)
  - esomeprazole (Nexium)
  - lansoprazole (Prevacid)
  - omeprazole (Prilosec)
  - omeprazole and sodium bicarbonate (Zegerid)
  - pantoprazole (Protonix)
  - rabeprazole (Aciphex)
  - vonoprazan (Voquezna)
- **3 days before your test**, you will need to stop taking these medicines:
  - cimetidine (Tagamet)
  - famotidine (Pepcid)
  - nizatidine (Axid)
- **You may take antacids,** such as Alka-Seltzer, Gaviscon, Gelusil, Maalox, Milk of Magnesia, Mylanta, Rolaids, Pepto-Bismol, Tums, and others, **up until the evening before your test**.

One day before your test

- You may have your normal diet the day before your test.
- **If you have a history of gastroparesis or achalasia,** a clear liquid diet is recommended for the day before your test.
- You should not smoke or vape the day before and on the day of your test.
- 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.

Evening before your test

- **You may eat your regular meals until 11 p.m. the night before your test.** Do not eat any solid food or eat or drink any milk products until after your test is done.
- **You can drink clear liquids up to 4 hours before your test (no red or purple).** These clear liquids are allowed:
  - Water
  - Fruit juices that you can see through (such as apple, white cranberry, or white grape)
  - Popsicles or ice chips
  - Ginger ale or lemon-lime soda
  - Gatorade, other sports drinks, or drink mixes like Kool-Aid
  - Clear broth or bouillon
  - Jell-O or other gelatin
  - Coffee or tea (no milk or cream added)

Morning of your test

Plan to arrive at the arrival time on your letter, so the staff can get you ready. Expect to be here 2 to 4 hours for your test and recovery time.

- Take your allowed medicines with **a sip of water up to 2 hours before your test**.
- 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.
- Your driver must be present when you sign in to proceed with your test.
- Bring these with you to your test:
  - List of all medicines, including prescription and over-the-counter medicines, and any vitamin or herbal products you are taking
  - List of your allergies
  - List of medical conditions and previous surgeries
  - Copy of advance directives, such as a living will or power of attorney
  - Photo ID, insurance card, and co-payment, if needed
- If your driver leaves the facility during your test, we will need a phone number where they can be reached. Your driver needs to be within 30 minutes of the endoscopy unit.
- **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 you have alcohol, marijuana, or illegal drugs in your system,** your procedure may be rescheduled for your safety.

Having your test

- 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 during your test. Let the nurse know right away 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 for your test.
- You will be given a consent form to read over. Your provider will talk to you and go over the consent form. Ask any questions you have about your test 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.
- Your throat may be sprayed with a numbing medicine.
- Your provider will pass a tube through your mouth and into your esophagus, stomach, and duodenum.

After your test

- You will be taken to a recovery area for 30 to 45 minutes.
- You will then change back into your clothes.
- Your provider will speak with you and your family member before you leave.
- Plan to take the day off of work and rest at home after your test.
- The medicine given during your test can cause you to have memory changes and impair your judgment much of the day. You should not drive, operate machinery, drink alcohol, or make any legal decisions until the day after your test.
- You will need to continue to stop taking the medicines listed or as your doctor instructed for 72 hours after the wireless pH monitoring device is placed. Talk to your healthcare team if you have questions about when to restart your medicines.
- You will get detailed instructions for how to use your wireless pH monitoring device to track your symptoms and how to keep a written diary of them.
- After your 72-hour wireless pH monitoring test is done, you will get instructions for how to return your recorder and diary so your doctor can review the results.

This resource is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.

For more education, contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.

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