

Tilmaamaha Isbitaal Ka-saarida Bukaanada Maray Baaritaanka Tuubada ee Caloosha iyo Mindhicirka

GI Endoscopy Discharge Instructions

Your nurse will review your discharge instructions after your GI (gastrointestinal) procedure. Follow these care guidelines, unless you are given other instructions.

General instructions

- Take your usual medicines as directed and follow up with your primary care provider as scheduled.
- You should expect to pass air from your rectum and burp after the procedure.
- Follow these care guidelines during your recovery for the next 24 hours.

If you have any questions or concerns, please call 614-293-6255.

You were given medicine for sedation

You have been given medicines during your procedure that might make you sleepy, weak, forgetful or lack coordination.

Kalkaalisadaadu waxay dib-u-eegi doontaa hab-raacyadaada isbitaal ka-saarida ka dib nidaamkaaga uus ku jirta (caloosha iyo mindhicirka). Raac tilmaamahan daryeelka, ilaa lagu siiyo tilmaamo kale mooyee.

Tilmaamaha guud

- U qaado daawooyinkaaga caadiga ah sida lagu faray oo la soco daryeel bixiyahaaga caafimaadkaaga sida loo jadwaleeyay.
- Waa inaad filataa inaad hawo ka sii deysaa malawadkaaga iyo aad daacsataa hawshaada ka dib.
- Raac tilmaamahan daryeelka inta lagu guda jiro soo kabashadaada 24 saacadood ee soo socda.

Haddii aad wax su'aalo ama walaacyo ah aad qabtid, fadlan wac 614-293-6255.

Waxaa lagu siiyay daawo loogu taalagalay suuxin

Waxaa lagu siiyay daawooyin inta lagu guda jiray hawshaada taas oo laga yaabo inay kaa dhigto mid hurdaysan, tabar yar, illowsh badan ama wada xiriir la'aan.



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To prevent problems:

- Rest for the rest of the day after you are home. You should be back to your normal activity tomorrow.
- **For the next 24 hours:**
 - **Do not drive.**
 - **Do not drink alcoholic beverages.**
 - **Do not make any important decisions or sign any legal forms.**
 - **Do not work around machinery or power equipment.**
- The medicines used for sedation may make you feel nauseous (sick to your stomach).
 - Start with clear liquids, such as tea, Jell-O, broth, and ginger ale. As you feel better, you may add soft foods, such as pudding and ice cream.
 - When you no longer feel nauseous, you may try your normal diet.
- You should be back to eating your normal meals after 24 hours.

If you had a biopsy with your

procedure: Samples of tissue were taken today that will be sent to the lab. You will get a MyChart message, letter, or phone call about the results. If you have not received your results in 2 weeks, please call the number listed and ask for your results.

What you may expect after your procedure

Depending on the type of test you had, you may have:

- Mild discomfort in your abdomen

Si looga hortago dhibaatooyinka:

- Naso inta ka dhiman maalinta marka aad guriga tagto. Waa inaad ku soo laabataa hawshaadii caadiga ahayd berri.
- **24 ka saacadood ee soo socda:**
 - **Ha wadin gaari.**
 - **Ha cabbin cabitaannada khamriga ka sameysan.**
 - **Ha samayn wax go'aano muhiim ah hana saxiixin foomam sharci ah.**
 - **Ha ka shaqayn agagaarka mishiinada ama qalabka korontada.**
- Daawooyinka loo isticmaalo suuxinta ayaa laga yaabaa inay ku dareensiyaan lallabbo (calooshaada oo bukoota).
 - Ku bilow cabitaanno saafi ah, sida shaaha, Jalaatada, maraq, iyo shaaha sinjibiisha. Marka aad dareento fiicnaan, waxaad ku dari kartaa cuntooyinka jilicsan, sida macmacaanka iyo jalaatada.
 - Marka aadan gebi ahaanba lallabbo dareemeyn, waxaa isku dayi kartaa cuntadaada caadiga ah.
- Waa inaad ku soo noqotaa cunista cuntadaada caadiga ah 24 saacadood ka dib.

Haddii lagugu sameeyay cad saarida ee hawshaada:

Tijaabooyin unugyo ah oo la qaaday maanta kuwaas oo loo diri doono shaybaarka. Waxaad heli doontaa fariin MyChart ah, warqad, ama taleefan ku saabsan natiijooyinka. Haddi aadan natiijadaada ku helin 2 todobaad gudahooda, fadlan wac lambarka ku qoran oo weydii natiijadaada.

Waxa aad filan karto hawshaada ka dib

Iyada oo ay ku xiran tahay nooca baaritaanka lagugu sameeyay, waxaa laga yaabaa inaad yeelato:

- Raaxo-daro fudud oo calooshaada ah

- Bloating or burping
- Sore or dry throat
- Spit small amount of blood
- Small amount of blood in your first few bowel movements

IV site care

- You can remove the bandage from your IV site after 2 hours.
- If your site is red or swollen, place a warm, damp washcloth on the site for 20 minutes every hour, until the redness or swelling stops or decreases.

Call if you have any of these problems

Call 614-293-6255, option 2, if you have:

- Fever of 101 degree F (38 degrees C)
- Bleeding from the rectum that is more than 1 tablespoon
- Black stools or blood in your bowel movements
- Nausea with vomiting that continues for more than 24 hours
- Abdominal pain or bloating that continues for more than 24 hours
- IV site swelling gets worse or there is more redness after 24 hours
- Fainting

- Dibiryo ama daacsi
- Cunna xanuun ama qallan
- Tufida qadar yar oo dhiig ah
- Qadar yar oo dhiig ah oo ku jira calool socodkaaga ugu horreeya ee saxarada

Daryeelka goobta faleebbada (IV)

- Waxaa ka qaadi kartaa faashadda goobtaada faleebbada 2 saac ka dib.
- Haddii goobtaadu ay guduudan tahay ama bararsan tahay, saar maro diirran oo qoyan goobta 20 daqiiqo saacad kasta, ilaa uu gaduudku ama bararku ka istaago ama uu hoos u dhaco.

Soo wac haddii aad qabto mid ka mid ah dhibaatooyinkan

Wac 614-293-6255, xulashada 2, haddii aad qabto:

- Qandho ah 101 digrii F (38 digrii C)
- Dhiigbaxa malawadka oo ka badan 1 qaado
- Saxaro madow ama dhiig ku jira saxaradaada
- Lalabbo wadata matag soconaysa in ka badan 24 saacadood
- Calool xanuun ama calool barar soconaysa in ka badan 24 saacadood
- Bararka goobta faleebbada oo ka sii daraysa ama uu jiro casaan badan 24 saacadood ka dib
- Miyir beelid

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.

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.