Calool Diyaarin 1 Maalin ah oo lala Yeelanayo MiraLAX iyo Dulcolax

1 Day Bowel Prep With MiraLAX and Dulcolax

Preparing for Your Colonoscopy or Procedure

Review this information when you receive it so that you are prepared for your procedure. Look for more information from Endoscopy Scheduling or check with your doctor.

Important to know:

- **You will need to change your diet starting 5 days before and begin this bowel prep at 3 p.m. the day before.**
- **You need to have an adult come with you to your procedure.**
- **If there are major changes to your health, please contact the health care provider who is doing your procedure.** Your procedure may need to be changed for your safety.

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 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.

U diyaargarowga Baaristaada Walamadka ama Hawshaada

Dib u eeg macluumaadkan marka aad hesho si aad ugu diyaargarowdo qaliinkaaga. Ka raadi macluumaad dheeraad ah Jadwalka Baaritaanka gudaha jirka ee tuubada ama ka soo hubso dhakhtarkaaga.

Waxaa muhiim ah in la ogaado:

- **Waxaad u baahan doontaa inaad beddesho cunadaada adiga oo bilaabaaya 5 maalmood ka hor oo bilow diyaarintan saxarada marka ay tahay 3 p.m. maalin ka hor.**
- **Waxaad u baahan tahay in qof weyn uu kuu raaco howshaada.**
- **Haddii ay jiraan isbeddelo waaweyn oo ku yimaada caafimaadkaaga, fadlan la xiriir bixiyaha daryeelka caafimaadka ee sameynaya howshaada.** Howshaada ayaa laga yaabaa in ay u baahato in wax laga beddelo badbaadadaada.

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 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.**

THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Buy at the store:

- Large bottle (8.3 oz or 238 gm) of laxative polyethylene glycol 3350, such as MiraLAX
- 4 Dulcolax laxative tablets (5 mg each)
- 2 sport drinks (32 oz size), such as Gatorade (no red or purple)

  For diabetes: use sugar free option

Kasoo iibso dukaanka:

- Dhalada weyn (8.3 oz ama 238 gm) ee ku jirta calool jilciyaha ee polyetylen glycol 3350, sida MiraLAX
- 4 kaniini Dulcolax caloosha jilciya (5 mg midkiiba)
- 2 cabitaan isboorti ah (xajmiga 32 oz), sida Gatorade (aan lahayn casaan ama basali)

  Sonkorowga: isticmaal ikhtiyaarka aan sonkorta lahayn

Laga bilaabo 5 maalmood ka hor hawsha, wax ha cunin:

Starting 5 days before your procedure, do not eat:

Galey
Corn

Naarjiin
Nuts

Caleenta cagaaran
Leafy greens

Daango
Popcorn

Miro leh maqaar ama iniinyo
Fruit with skin or seeds

Hadhuudh dhan ama cuntooyinka faybarku ku badan yahay
Whole grain or high fiber foods

Ha qaadan fiitamiinnada ku jira macdanta, kaniiniyada feerada, ama dheellitirka fiber-ka.
Do not take vitamins with iron, iron tablets, or fiber supplements.

About this prep

- You will drink a medicine mixture to clear your bowels of all solid matter. You will need to go to the bathroom often, and your stool will get very watery. The prep may cause you to have cramps or feel bloated.
- The prep medicine may not taste good. You need to take all of it so your bowels are clear. Your bowels are clear when you are passing pale yellow liquid without any stool.
- **If you vomit up your prep medicine, have not had any bowel movements, or your bowels are not clear after this prep, please contact the health care provider who is doing your procedure**. The procedure may need to be rescheduled.
- **If you have a history of heart failure, kidney disease, cirrhosis of the liver, electrolyte problems, or chronic constipation, you may need a different bowel prep medicine.** Please contact the nurse for instructions.
- You should not smoke or vape the day before and on the day of your procedure.
- **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.

Ku saabsan diyaarigarowgan

- Waxaad cabbi doontaa isku darka daawada ee lagu cadeynayo saxaradaada oo dhamaan waxyaabaha adag. Waxaad u baahaneysaa inaad inta badan musqusha aadid oo saxaradaada aad ayay u jilceysaa. Diyaarinta waxay kugu sababi kartaa inay qabasho lahaato ama dareentid dibir.
- Daawada diyaarinta laga yaabo inaysan si wanaagsan u dhadhamin. Waxaad u baahan tahay inaad qaadatid dhammaantood markaa saxaradaada way u cadaanaysaa. Saxaradaada waxay cadahay markii aad saxarooneysiid biyo jaala ah oo aan saxaro la socon.
- **Hadii aad lasoo hunqaacdo daawadaada prep-ka, oo aadna hore u lahayn wax calool bax ah, ama aanu calooshaadu marnayn kadib daawadaan prep-ka, fadlan la xiriir bixiyaha daryeelka caafimaadka ee sameynaya howshaada**. Hawshaan waxaa laga yaabaa inay u baahato in dib loo dhigo.
- **Haddii aad leedahay taariikh wadne xanuun, keli xanuun, shabqoowida beerka, dhibaatooyinka korantada, ama calool istaaga raaga, waxa laga yaabaa inaad u baahan tahay daawo calool diyaarin ka duwan.** Fadlan la xariir kalkaalisada wixii tusaale ah.
- Waa inaadan 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

Day before your procedure

Start Clear Liquid Diet

Do not eat any solid food or eat or drink any milk products until after your procedure is done. Drink only clear liquids. You can drink clear and light colored liquids up to 4 hours before your procedure. Do not have anything with red or purple dye.

Maalin ka hor hawshaada

Bilow Cunnada Dareeraha Nadiifka ah

Ha cunin wax cunto adag ah ama ha cunin wax ka mid ah waxyaabaha caanaha laga sameeyo illaa hawshaada laga boggo. Cab kaliya biyo cad. Waxaad cabi kartaa dareere midab khafiif leh oo nadiif ah illaa 4 saacadood ka hor hawshaada. Ha qaadan wax kasta oo leh kalarka cas ama guduudan.

Okay to have:

Waxaa wanaagsan inaad qaadato:

Biyo, biyo dhadhan loo yeelay, ama jajabyo baraf ah

Water, flavored water, or ice chips

Kafeega ama shaaha aan caanaha ama kariimka **laheyn**

Coffee or tea with **no** milk or cream

Soodhaha sanjabiisha ama liinta

Ginger ale or lemon-lime soda

Miraha juuska aad iska dhax arki kartid, sida tufaaxa ama canabka cad

Fruit juices you can see through, such as apple or white grape

Gatorade ama cabbitaanada kale ee isboortiga ama cabbitaanada kale ee isku qasan sida Kool-Aidka

Gatorade, other sports drinks, or other drink mixes like Kool-Aid

Daango (**aan ku jirin** wax khudaar ama kareem) (**aan ahyan** casaan ama basali)

Popsicles (**no** fruit or cream) (**no** red or purple)

Jell-O ama jelatin kale, oo aan lahayn miro (**aan ahayn** casaan ama basali)

Jell-O or other gelatin, without fruit (**no** red or purple)

Maraq cad ama maraqa hilbaha

Clear broth or bouillon

Do NOT have:

- Alcoholic drinks
- Milk
- Smoothies
- Milkshakes
- Cream
- Yogurt
- Orange juice
- Grapefruit juice
- Tomato juice
- Soup (other than clear broth)
- Red or purple drinks

HA qaadanin:

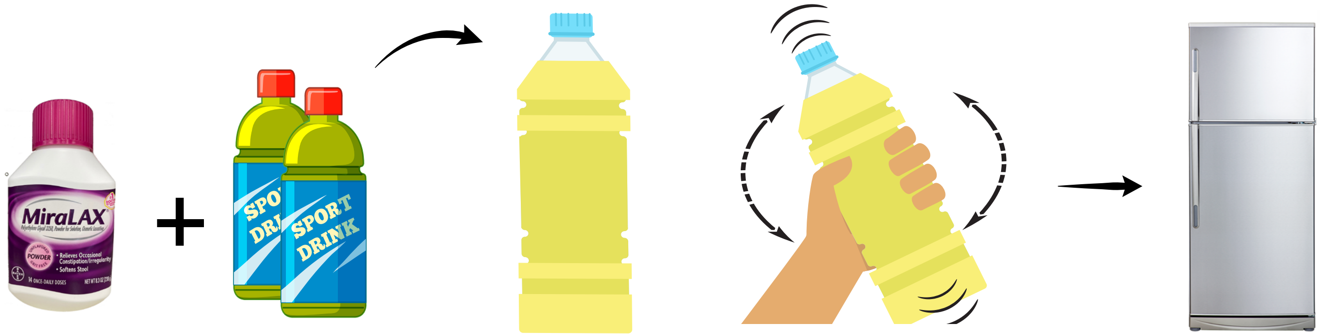
- Cabitaanka khamriga
- Caanaha
- Jiliciyeyaasha
- Cabitaanada caanaha
- Kareemka
- Subaga
- Cabitaanka liinta
- Cabitaanka canabka
- Cabitaanka yaanyada
- Maraq (aan ahayn maraq cad)
- Cabitaanada cas ama basaliga ah

At 3 p.m., take 4 Dulcolax tablets.

Marka ay tahay 3 p.m., qaado 4 kiniini oo Dulcolax ah.

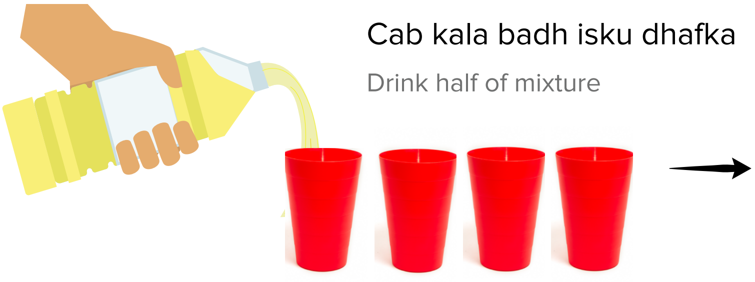
Pour all of the MiraLAX and the two bottles of sports drink into a larger container and shake well. Put it into the refrigerator to keep cool.

Ku shub dhamaan MiraLAX iyo labada dhalo ee cabitaanka isboortiga weel weyn oo si fiican u rux. Geli firinjeerka si aad u qaboojiso.



At 6 p.m., drink one (8-ounce) glass of the mixture every 10 to 15 minutes until you finish half of it. It may help to use a straw. Put the rest back in the refrigerator.

Marka ay tahay 6 p.m., cab hal (8-waqiyadood) galaas oo isku darka ah 10 illaa 15 daqiiqo walba illaa aad ka dhameyso barkiisa. Waxaa laga yaabaa inay caawiso isticmaalka istaroowga. Inta soo hartay ku celi qaboojiyaha.



Cab kala badh isku dhafka

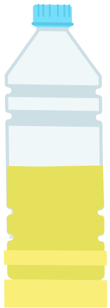
Drink half of mixture

6 hours before your procedure

6 hours before your procedure, drink the rest of the mixture. You may need to set your alarm to get up to finish your prep medicine. Drink two (8-ounce) glasses of clear liquids after you finish the mixture. You can drink clear liquids up to 4 hours before your procedure.

6 saacadood ka hor hawshaada

6 saacadood ka hor hawshaada, cab inta soo hartay ee isku darka. Waxaad u baahan kartaa inaad ku saxdid alaarmigaaga si aad u kacdid oo aad u dhameysid daawadadaada diyaarinta. Cab labo galaasood (8-waqiyadood) oo ah biyaha cad kadib marka aad dhameysatid isku-darka. Waxaad cabi kartaa dareere kale oo illaa 4 saacadood ka hor hawshaada.



Cab inta kale ee isku dhafka ah

Drink rest of mixture

+

Cab 2 galaas oo dareere saafi ah

Cab 2 galaas oo dareere saafi ah

You can take a small sip of water to take any allowed medicines within 2 hours of your procedure. Your procedure will be delayed or canceled if you drink anything other than a sip of water with medicines. This is important to make sure it is safe to give you sedation or anesthesia.

If you have alcohol, marijuana, or illegal drugs in your system, your procedure may be rescheduled for your safety.

Waxaad qaadan kartaa kabasho yar oo biyo ah si aad u qaadatid daawooyin kasta oo la oggol yahay 2 saac gudahooda ee hawshaada. Hawshaada waa la daahinayaa ama la joojinayaa haddii aad la cabtid wax aan ka aheyn kabashada biyaha oo lala qaadanayo daawooyinka. Tani waa muhiim si loo hubiyo inay badbaado leedahay in lagu siiyo hurdosiin ama suuxdin.

Haddii jirkaada uu ku jiro khamri, marijuana mise maandooriyaasha sharci dara ah, baaritaankaaga dib ayaa loo dhigi donaa si loo ilaaliyo badqabkaaga.

Arriving for the procedure

Arrive by the arrival time on your letter, so the staff can get you ready.

- Please leave all valuables and jewelry, including piercings, at home.
- Patients who can become pregnant may need to give a urine sample in case a pregnancy test is needed.
- Bring these with you to your procedure:
  - 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 your advanced directive, such as a living will or power of attorney
  - Photo identification, insurance card, and co-payment, if needed

U imaansha hawsha

Ku imow waqtiga imaanshaha ee warqadaadada ku qoran, si shaqaalaha ay kuu diyaargareeyaan.

- Fadlan uga soo tag dhammaan waxyaabaha qaaliga ah ama dahabka oo ay ku jiraan cirbadaha, guriga.
- Bukaanada oo qaadi kara uur waxaa Looga baahnaan karaa inay bixiyaan tijaabo ah kaadi haddii loo baahdo baaritaan uur.
- La imow kuwaan hawshaada:
  - Liiska daawooyinka oo dhan, oo ay ku jiraan qoraalada dhaqtarka iyo daawooyinka dukaanka laga iibsado, iyo fitamiin walba ama waxyaabaha aad qaadaneyso
  - Liiska xasaasiyadaada
  - Liiska xaaladaha daawada iyo qaliinada hore
  - Nuqulka jaheyntaada hormarsan, sida dardaaran nololeed ama awood qareenimo
  - Aqoonsiga sawirka, kaarka caymiska iyo lacagta go'an ee caymiska, haddii loo baahdo

You need to have an adult come with you to your procedure

You will be given medicine to help you relax during the procedure. For your safety, you will need a **responsible adult to drive you home after the procedure.** Your driver needs to check in for the procedure with you. If your driver doesn’t check in with you, we will need to speak to your driver before we can start your procedure. **Your procedure 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.
- You should have an adult with you to help you at home after the procedure for at least 6 hours.
- You should not drive, operate machinery, drink alcohol, or make any legal decisions until the day after your procedure.

Waxaad u baahan tahay in qof weyn uu kuu soo raaco hawshaada

Waxaa lagu siin doonaa daawo kaa caawisa inaad nasato inta hawsha lagu jiro. Oo badbaadadaada ah, waxaad u baahan doontaa, **qof weyn oo masuul ah oo guriga kuu kaxeeyo hawsha kadib.** Darawalkaaga wuxuu u baahanyahay inuu kula soo xaadiro hawsha adiga. Haddii darawalkaaga uusan kula soo xaadirin adiga, waxaan u baahan doonaa inaan la hadalno darawalkaaga ka hor inta aanan bilaabin hawshaada. **Hawshaada waa la daahin doonaa ama la joojin doonaa haddii aan la hadli karin darwalkaaga.**

- Haddi aad u qaadatid taksi, bas, ama gaadiidka caafimaadka, qof weyn aan ka aheyn darawalka ayaa loo baahanyahay inuu ku soo raaco badbaadadaada.
- Waa inaad haysataa qof weyn oo kula jiro ee kugu caawiyo guriga hawsha ka dib ugu yaraan 6 saacadood.
- Waa inaadan kaxeyn, ku shaqayn mishiin, cabin khamri, ama aadan samayn wax go'aano sharci ah ilaa maalinta ka dambaysa hawshaada.

Hadii aad qabto su'aal ama walaac ku saabsan daawada prep-ka ee baaritaankaaga, fadlan la xiriir bixiyaha daryeelka caafimaadka ee sameynaya qaliinkaaga. Wixii macluumaad dheeraad ah oo ku saabsan ku yeelashada baarista walamadka ee Jaamacadda Gobolka Ohio, Ohio State University, go.osu.edu/colonoscopy.

If you have questions or concerns about the prep for your test, please contact the health care provider who is doing your procedure. For more information about having a colonoscopy at Ohio State, go.osu.edu/colonoscopy.

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Isbedelka Daawadu Kahor ka hor Habka endoscopy-gaga

Medicine Changes Before Your Endoscopy Procedure

Some medicines need to be stopped a certain number of days before your procedure. Review these instructions as soon as you get them to see if you are taking any of these types of medicines. Common brand names are listed, but there may be other brand names not listed.

If you take a blood thinner (anticoagulant or antiplatelet) medicine

Your doctor may tell you to stop taking this medicine a certain number of days before your procedure. Or your doctor may tell you to keep taking it. Make sure that you understand exactly what your doctor wants you to do.

- Ask the doctor who ordered this medicine if it is safe for you to stop taking it before this procedure.
- **If you have had a stent,** especially a stent in your heart or brain, DO NOT STOP taking your blood thinner medicine until you are instructed by the doctor who placed the stent.

Daawooyinka qaarkood waxay u baahan yihiin in la joojiyo dhawr maalmood ka hor hawshaada qaliinka. Si aad u ogaatid haddii aad qaadaneyso daawooyinka noocan ah dib u eeg tilmaamahan sida ugu dhakhsaha badan ee aad u hesho. Magacyada summadaha caadiga ah waa la taxay, laakiin waxaa jiri kara magacyo calaamadeed oo kale oo aan ku jirin liiska.

Haddii aad qaadato daawada dhiiga (ka-hortagga xinjirowga dhiiga oo khafiifisa)

Waxa laga yaabaa in dhakhtarkaagu uu kuu sheego inaad joojiso qaadashada dhawr maalmood ka hor qalinka. Ama waxaa laga yaabaa in dhakhtarkaagu uu kuu sheego inaad sii wadato qaadashada. Hubi inaad si sax ah u fahantay waxa uu dhakhtarkaagu kaa rabo inaad sameyso.

- Waydii dhakhtarka amray dawadan haddii ay badqab kuu tahay inaad joojiso qaadashada ka hor qalinka.
- **Hadii aad leedahay tuubada yar ee dhiiga qaada,** gaar ahaan tubada dhiiga ku yaal wadnahaaga ama maskaxdaada, HA JOOJIN qaadashada daawada khafiifisa dhiigaaga ilaa uu kuu sheego dhakhtarka dhigay tubada dhiiga.

- If your doctor has told you NOT to stop taking these medicines before this procedure, please contact the health care provider who is doing your procedure and ask to speak to a nurse.
- **Anticoagulant and antiplatelet medicines:** Below is a list of common blood thinner/stent medicines. If your blood thinner/stent medicine is not listed, contact the doctor who ordered your medicine for instructions:
  - apixaban (Eliquis)
  - clopidogrel (Plavix)
  - dabigatran (Pradaxa)
  - edoxaban (Savaysa)
  - enoxaparin (Lovenox)
  - fondaparinux (Arixtra)
  - heparin
  - rivaroxaban (Xarelto)
  - ticagrelor (Brilinta)
  - vorapaxar (Zontivity)
  - warfarin (Coumadin, Jantoven)

If you take any of these medicines for diabetes, weight loss, or another reason

- If you take insulin, ask the doctor who ordered the insulin how to adjust before for your procedure.
- Do not take oral (by mouth) diabetes medicines on the day of your procedure.

- Haddii dhaqtarkaaga uu kuu sheegay INAADAN joojin qaadashada daawooyinkaan ka hor qalinka, fadlan la xiriir bixiyaha daryeelka caafimaadka ee sameynaya qaliinkaaga.
- **Dawooyinka xinjirowga lidka ku ah iyo kuwa ka hortagga platelet:** Hoos waxaa ku qoran liiska daawooyinka caadiga ah ee dhiigga khafiifisa/tubada dhiiga. Haddii daawada dhiigga lagu khafiifiyo/ tubada la geliyo aysan ku jirin liiska, la xiriir dhakhtarka kuu qoray daawada si aad u hesho tilmaamaha:
  - apixaban (Eliquis)
  - clopidogrel (Plavix)
  - dabigatran (Pradaxa)
  - edoxaban (Savaysa)
  - enoxaparin (Lovenox)
  - fondaparinux (Arixtra)
  - heparin
  - rivaroxaban (Xarelto)
  - ticagrelor (Brilinta)
  - vorapaxar (Zontivity)
  - warfarin (Coumadin, Jantoven)

Haddii aad qaadatid daawooyinkaas midkoodna macaanka, miisaanka oo yaraada, ama sabab kale awgeed

- Haddii aad qaadato dawada unugyada, weydii dhakhtarka kuu qoray dawada unugyada sida loo yareeyo ka hor inta aan laguu sameyn qaliinka.
- Ha qaadanin daawooyinka macaanka ee (afka) laga qaato maalinta qaliinka laguu sameynayo.

- **If you take any of these oral medicines listed below,** stop taking it for the following number of days before your procedure:

- **Haddii aad qaadatid daawooyinka afka laga qaato ee hoos ku qoran** jooji qaadashada ilaa tirada soo socota ee maalmood ka hor qalinka:

Daawada/**[Medicine]**	**Tirada maalmaha la joojinayo qaadashada ka hor qaliinka**/**[Number of days to stop taking before procedure]**
‣ ertugliflozin (Steglatro)	4 maalmod/[4 days]
‣ bexagliflozin (Brenzavvy) ‣ canagliflozin (Invokana) ‣ dapagliflozin (Farxiga) ‣ empagliflozin (Jardiance) ‣ sotagliflozin (Inpefa)	3 maalmod/[4 days]
‣ semaglutide (Rybelsus)	1 maalin/[1 day]

- **If you use one of these injection medicines,** stop taking it before your procedure as listed below:

- **Haddii aad isticmaasho mid ka mid ah daawooyinkaan la isku duro** Jooji qaadashada ka hor qalinka sida hoos ku qoran:

Daawada/**[Medicine]**	**Tirada maalmaha la joojinayo qaadashada ka hor qaliinka**/**[Number of days to stop taking before procedure]**
‣ dulaglutide (Trulicity) ‣ exenatide (Bydureon BCise, Byetta) ‣ liraglutide (Saxenda, Victoza) ‣ semaglutide (Ozempic, Wegovy) ‣ tirzepatide (Mounjaro, Zepbound)	‣ Haddii aad maalin walba isticmaaleysid duritaanka: ha isticmaalin maalinta qaliinka/[If you use the injection daily: do not use on day of procedure] ‣ Haddii aad isbuuc walba isticmaaleysid duritaanka: jooji qaadashada 1 todobaad kahor qaliinka/[If you use the injection weekly: stop taking 1 week before the procedure] ‣ Haddii aad isticmaashid duritaanka toddobaad kasta **miisaanka oo yaraada kaliya:** jooji qaadashada 2 todobaad kahor qaliinka/[If you use the injection weekly for **weight loss only:** stop taking for 2 weeks before the procedure]

- **If you take phentermine (Adipex), phentermine/topiramate (Qysmia), or naltrexone/bupropion (Contrave),** please contact your prescribing provider to taper off the medicine before your procedure. These medicines should be stopped slowly by taking smaller doses overtime as directed by your provider.

- **Haddii aad qaadato phentermine (Adipex), phentermine/topiramate (Qysmia), ama naltrexone/bupropion (Contrave),** fadlan la xidhiidh bixiyahaaga daawada si aad u joojiso daawada ka hor qalinkaaga. Daawooyinkan waa in si tartiib ah loo joojiyo iyadoo la qaadanayo qiyaas yar oo dheeraad ah sida uu ku farayo bixiyahaaga.

Other medicines

- If you take aspirin or NSAIDs, such as ibuprofen (Advil, Motrin, and Nuprin), naproxen (Aleve), or celecoxib (Celebrex) for pain, you **CAN** keep taking these medicines before this procedure.
  - You should continue all your other medicines with a sip of water unless you are instructed to make a change before this procedure.

Daawooyinka kale

- Haddii aad qaadatid aspirin ama NSAIDs, sida ibuprofen (Advil, Motrin, iyo Nuprin), naproxen (Aleve), ama celecoxib (Celebrex) xanuunka,adiga waxa **AWOODA** in aad sii wadato qaadashada daawooyinkan ka hor inta aan la sameynin qalinka.
  - Waa inaad ku sii wadataa dhammaan daawooyinkaaga kale kabbasho biyo ah ilaa lagu amro inaad wax ka bedesho ka hor qalinka.

Qoraalkan waxa loogu talagalay ujeeddooyin macluumaad oo keliya. La hadal dhakhtarkaaga ama kooxda daryeelka caafimaadka haddii aad qabto wax su'aalo ah oo ku saabsan daryeelkaaga. Macluumaad dheeraad ah oo ku saabsan caafimaadka waxaad ka heleysaa maktabadda macluumaadka caafimaadka 614-293-3707 ama health-info@osu.edu.

[This handout is for informational purposes only. Talk with your doctor or health care 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.]

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