Calool Diyaarin 2 Maalin ah oo lala Yeelanayo MiraLAX iyo Dulcolax

2 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 may need to make changes to your medicines up to 10 days before your procedure.**
- **You will need to change your diet starting 5 days before and begin this bowel prep 2 days before starting at 6 p.m.**
- **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.

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 ubaahan tahay inaad wax ka beddesho daawooyinkaaga ilaa 10 maalmood ka hor hawshaada.**
- **Waxaad u baahan doontaa inaad beddesho cunadaada adiga oo bilaabaaya 5 maalmood ka hor oo bilow diyaarintan saxarada 2 maalmood ka hor inta aadan bilaabin 6 p.m.**
- **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.

Buy at the store:

Laxative polyethylene glycol 3350, such as MiraLAX:

- 1 large bottle (8.3 oz or 238 g)
- 1 small bottle (4.1 oz or 119 g)
- 4 Dulcolax laxative tablets (5 mg each)
- 3 sport drinks (32 oz size), such as Gatorade (no red or purple)

  For diabetes: use sugar free option

Kasoo iibso dukaanka:

Polyethylene glycol 3350 ee caloosha jilciya, sida MiraLAX:

- 1 dhalo weyn (8.3 oz ama 238 g)
- 1 dhalo weyn (4.1 oz or 119 g)
- 4 kaniini Dulcolax caloosha jilciya (5 mg midkiiba)
- 3 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.

Medicine changes

- **Tell your doctor ALL the medicines you take**, including vitamins, supplements, and herbal remedies. Your doctor will tell you if you should stop taking any of them before this procedure and how soon to do it.
- **If you take medicines for diabetes:** Do not take oral diabetes medicines on the day of your procedure. If you take injection medicines for diabetes, such as insulin, ask the doctor who ordered the medicines how to adjust your medicines for this procedure.
- **If you take a blood thinner (anticoagulant or antiplatelet) medicine:** Your doctor may tell you to stop taking it 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.
  - **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.** Ask to speak to a nurse.

Isbeddelada daawada

- **U sheeg dhakhtarkaaga DHAMMAAN daawooyinka aad qaadato**, oo ay ku jiraan fiitamiinada, kaabayaasha, iyo daawooyinka dhirta. Dhakhtarkaaga ayaa kuu sheegi doona haddii ay tahay inaad joojiso qaadashada mid ka mid ah ka hor hawshaan iyo sida ugu dhakhsaha badan ee loo sameynayo.
- **Haddii aad u qaadato dawooyin sonkorowga:** Ha qaadan daawooyinka sokorowga afka maalinta hawshaadaada. Haddii aad qaadato daawooyinka lisku duro ee sonkorowga, sida insulinta, weydii dhakhtarka amray daawooyinka sida loo saxo daawooyinkaaga si loo sameeyo hawshaan.
- **Haddii aad qaadato daawada dhiiga (ka-hortagga xinjirowga dhiiga) khafiifisa:** Waxa laga yaabaa in dhakhtarkaagu uu kuu sheego inaad joojiso qaadashada dhawr maalmood ka hor hawshaadaada. Ama waxaa laga yaabaa in dhakhtarkaagu uu kuu sheego inaad sii wadato qaadashadooda. Hubi inaad **si sax ah** u fahantay waxa dhakhtarkaagu uu doonayo inaad samayso.
  - **Waydii dhakhtarka amray dawadan** haddii ay badqab kuu tahay inaad joojiso qaadashada ka hor hawshaan.
  - **lHaddii aad lahayd tuubadar yar jirka (stent),** gaar ahaan mida ku jirta wadnahaaga ama maskaxdaada, **HA JOOJININ** qaadashada daawadaada dhiig khafiifinta ilaa uu ku amro dhakhtarka geliyay tuubada.
  - **Haddii dhaqtarkaaga uu kuu sheegay INAADAN joojin qaadashada daawooyinkaan ka hor hawshaan, fadlan la xiriir bixiyaha daryeelka caafimaadka ee sameynaya qaliinkaaga.** Codso inaad lahadasho kalkaaliso.

- **If you take aspirin or NSAIDs,** such as ibuprofen (Advil, Motrin, and Nuprin), naproxen (Aleve), or celecoxib (Celebrex) for pain, you do NOT need to stop 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.

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 call 614-293-6255.** The procedure may need to be rescheduled.
- **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.

- **Haddii aad xannuun u qaadanayso asbiriin NSAIDs,** sida ibuprofen (Advil, Motrin, iyo Nuprin), naproxen (Aleve), ama celecoxib (Celebrex), UMA baahnid inaad joojiso qaadashada daawooyinkaan kahor hawshaan.
- Waa inaad ku sii wadataa dhammaan daawooyinkaaga kale kabbasho biyo ah ilaa lagu amro inaad wax ka bedesho ka hor hawshaan.

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.
- **Haddii aad soo matagdo daawadaada diyaarinta, oo aadan saxaroon, ama aysan saxaradaada cadaan diyaarintaan ka dib, fadlan soo wac 614-293-6255.** Hawshaan waxaa laga yaabaa inay u baahato in dib loo dhigo.
- **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.

2 days 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.

Okay to have:

2 maalmood 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.

Waxaa wanaagsan inaad qaadato:

Biyo, biyo dhadhan loo yeelay, ama jajabyo baraf ah

Water, flavored water, or ice chips

Kafeega ama shaaha aan **lahayn** caano ama kareem

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

Drink at least four (8-ounce) glasses of water through the day, as well as other clear liquids.

Cab ugu yaraan afar (8-waqiyadood) galaasyo biyo ah maalinta oo idil, sidoo kale sida dareeraha kaloo nadiifka ah.

Cab 4 ama in ka badan koobo oo biyo ah

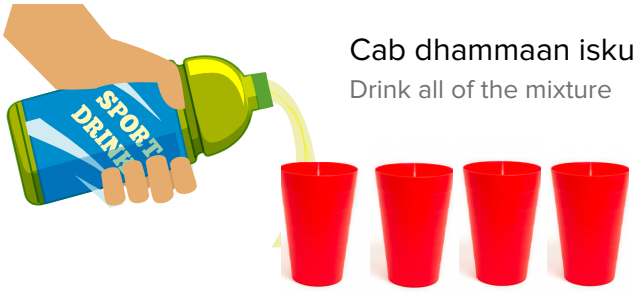
Drink 4 or more glasses of water

Pour all of the small bottle of MiraLAX into 1 bottle of sports drink and shake well. Put it into the refrigerator to keep cool.

Ku shub dhammaan dhalada yar ee MiraLAX 1 dhalo oo cabitaan isboorti ah 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 it. It may help to use a straw. Keep drinking other clear liquids all evening.

Marka ay tahay 6 p.m., cab hal (8-waqiyadood) galaas oo isku dhafka ah 10 illaa 15 daqiiqo walba illaa aad ka dhameyso. Waxaa laga yaabaa inay caawiso isticmaalka istaroowga. Sii wad inaad cabto dareeraha kale oo saafiga ah fiidkii oo dhan.



Cab dhammaan isku dhafka
Drink all of the mixture

1 day before your procedure

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

Keep drinking only clear liquids.

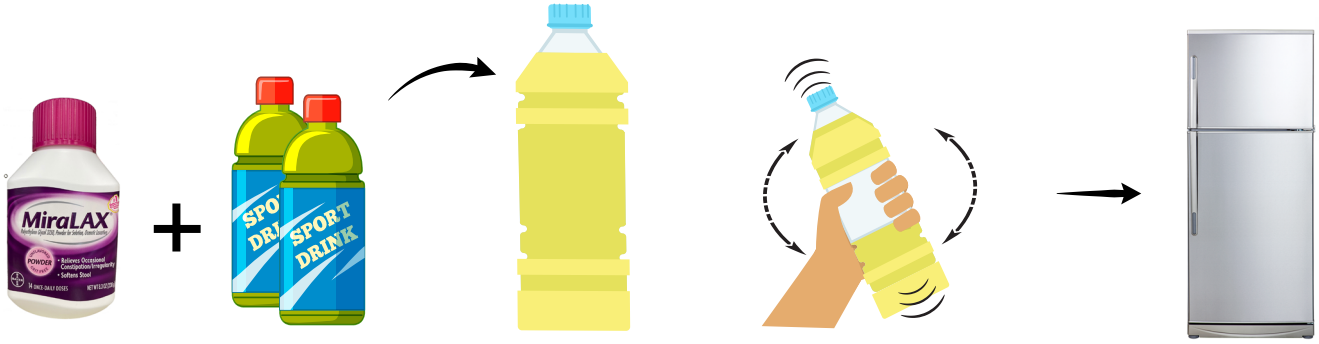
1 maalin ka hor hawshaada

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

Sii wad inaad cabto kaliya biyaha cad.

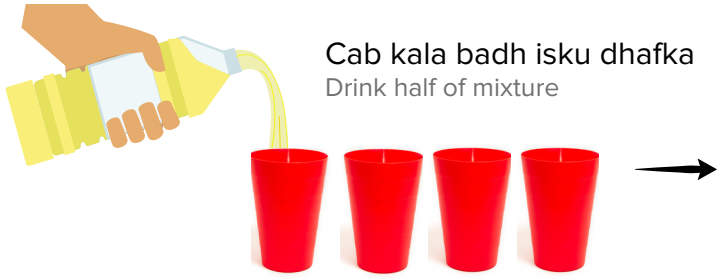
Pour the large bottle of MiraLAX with the other two bottles of sports drink into a larger container and shake well. Put it into the refrigerator to keep cool.

Ku shub dhalada weyn ee MiraLAX oo ay ku jiraan labada dhalo ee kale 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. Put the rest back in the refrigerator. Keep drinking other clear liquids all evening.

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. Inta soo hartay ku celi qaboojiyaha. Sii wad inaad cabto dareeraha kale oo saafiga ah fiidkii oo dhan.



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
Drink 2 glasses of clear liquids

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 illegal drugs or alcohol in your system, your procedure may be rescheduled for your safety.

Arriving for the procedure

Arrive by the arrival time on your letter, so the staff can get you ready. Expect to be here 2 to 4 hours for your procedure and recovery time.

- Please leave all valuables and jewelry, including piercings, at home.
- Female patients may need to give a urine sample if 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

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 aad nidaamkaaga ku haysato daroogo sharci darro ah ama aalkolo, nidaamkaaga waxa laga yaabaa in dib loo qorsheeyo badbaadadaada darteed.

U imaansha hawsha

Ku imow waqtiga imaanshaha ee warqadaadada ku qoran, si shaqaalaha ay kuu diyaargareeyaan. Filo inaad halkaan joogayso 2 illaa 4 saacadood ee hawshaada iyo waqtigaaga soo kabsashada.

- Fadlan uga soo tag dhammaan waxyaabaha qaaliga ah ama dahabka oo ay ku jiraan cirbadaha, guriga.
- Bukaanada dumarka ah waxa ay u baahan yihiin inay bixiyaan muunad kaadi ah haddii baaritaan uur loo baahdo.
- 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 caafimaad 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 your driver leaves the facility during the procedure, they need to give the staff a phone number where they can be reached. Your driver needs to be **within 30 minutes** of the procedure location.
- 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.**

- Haddii darawalkaaga uu ka tago xarunta inta lagu jiro hawsha, waxay u baahan yihiin inay siiso shaqaalaha lambar taleefon halka lagala xiriiri karo. Darawalkaaga waa inuu joogaa meel u jirta **30 daqiiqo gudahooda** goobta hawsha.
- 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.

© 2015 – May 5, 2023, The Ohio State University Wexner Medical Center