

Baaritaanka Gudaha Jirka Tuubada ee Qeybta Sare (EGD)

Upper Endoscopy (EGD)

Review this information when you receive it so that you are prepared for your test.

Important to know:

- **You need to have an adult come with you to your test.**
- If you are not able to keep your appointment, please contact the healthcare provider who is doing your test

About your test

You are having an upper GI (gastrointestinal) endoscopy. This test may also be called EGD (esophagogastroduodenoscopy).

This test uses a narrow, flexible tube (called an endoscope) that goes in through your mouth into the upper digestive tract.

It allows your doctor to look into your esophagus, stomach, and part of the small intestine called the duodenum or small bowel.

Dib u eeg macluumaadkan marka aad hesho si aad ugu diyaargarowdo baaritaankaaga.

Waxaa muhiim ah in la ogaado:

- **Waxaad u baahantahay in qof weyn kula imaado baaritaanka.**
- Haddii aadan awoodin inaad ilaaliso ballantaada, fadlan la xiriir bixiyaha daryeelka caafimaadka kaas oo sameynaya baaritaankaaga.

Ku saabsan baaritaankaaga

Waxaa lagugu samaynayaa (uus ku jirta) baaritaanka gudaha jirka sare ee tuubada. Baaritaankaan waxaa sidoo kale lagu magacaabi karaa EGD (esophagogastroduodenoscopy).

Baaritaankan wuxuu adeegsadaa tuubo ciriiri ah, oo dabacsan (oo loo yaqaano endoscope) oo leh kaamiro iyo iftiimo ee ka gashaa afka oo tagta illaa mareenka dheefshiidka sare.

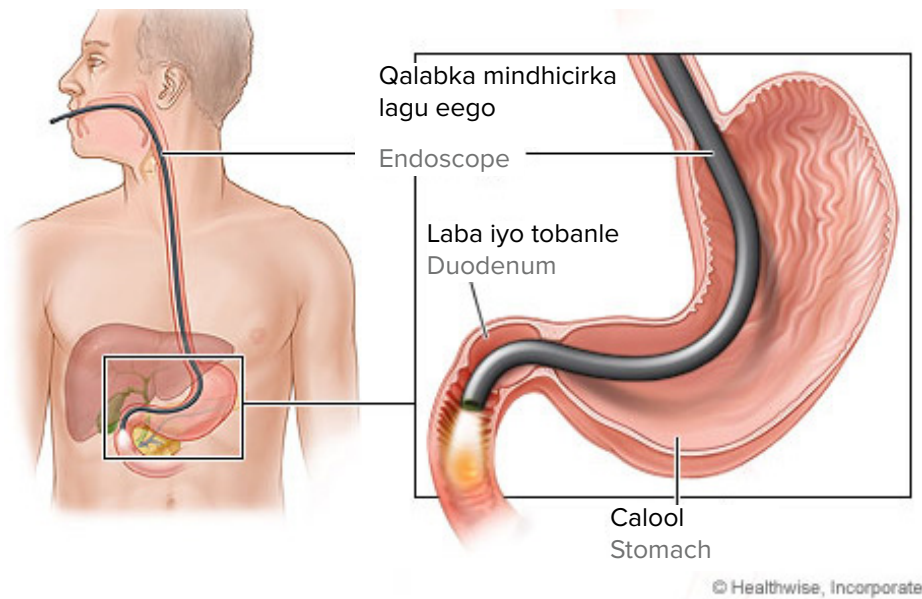
Waxay u ogolaataa dhaqtarkaaga inuu arko dhuuntaada, calooshaada, iyo qeyb ka mid ah xiidmaha yar ee loo yaqaan xudhunta ama mindhicirka yar.



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

wexnermedical.osu.edu



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.**

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.**

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 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,

Hal maalin ka hor baaritaankaaga

- Waad qaadan kartaa cuntadaada caadiga ah maalin ka hor baaritaankaaga.
- **Haddii aad horey usoo qabtay xanuunka gaaska ama bararitaanka tuubada caloosha**, cunto dareere ah ayaa lagugula talinayaa inaad cunto maalinta ka horeyso baaritaankaaga.
- Waa inaad cabbin sigaar ama shiishada dhijitaalka ah (vape) maalinta ka horeysa iyo maalinta laguugu sameynayo baaritaankaaga

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).**
- Okay to have:
 - Water, flavored water, or ice chips
 - Coffee or tea with no milk or cream
 - Ginger ale or lemon-lime soda
 - Fruit juices you can see through, such as apple or white grape
 - Gatorade, other sports drinks, or other drink mixes like Kool-Aid
 - Popsicles (no fruit or cream)
 - Jell-O or other gelatin without fruit
 - Clear broth or bouillon

Morning of your test

- **You can take a small sip of water to take any allowed medicines within 2 hours of your test. Your test 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.

- **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.**

Maqribka ka hor baaritaankaaga

- **Waxaad cuni kartaa cuntadaada caadiga ah ilaa 11 habeennimo. habeenka ka horreeya baaritaankaaga.** Ha cunin cunto adag ama ha cunin ama ha cabin wax kasta oo caano ah ilaa inta laga samaynaayo baaritaankaaga.
- **Waxaad cabi kartaa biyo cad oo illaa 4 saacadood baaritaankaaga ka hor (casaan iyo guduud midna aan ku jirin).**
- Waxaa wanaagsan inaad qaadato:
 - Biyo, biyo dhadhan loo yeelay, ama jajabyo baraf ah
 - Kafeega ama shaaha aan lahayn caano ama kareem
 - Soodhada jiiinjaha ama liimada
 - Miraha juuska aad iska dhax arki kartid, sida tufaaxa ama canabka cad
 - Gatorade, ama cabitaanada kale ee ciyaaraha ama cabitaanada kale ee u qasan sida Kool-Aid
 - Jalaatada cabbitaanka (aan ku jirin miro ama labeen)
 - Jell-O ama jelatin kale oo aan lahayn miro
 - Maraqa cad ama maraqa hilibaha

Subaxda Baaritaankaaga

- **Waxaad qaadan kartaa kabasho yar oo biyo ah si aad u qaadatid daawooyin kasta oo la oggol yahay 2 saac gudahooda ee baaritaankaaga. Baaritaankaaga waa la daahin doonaa ama la baajin doonaa haddii aad la cabtid wax aan ka aheyn kabashada biyaha lagu kabanaayo daawooyinka.** Tani waa muhiim si loo hubiyo inay badbaado leedahay in lagu siiyo hurdosiin ama

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

Arriving for the test

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.
- 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 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 your advanced directive, such as a living will or power of attorney
 - Photo identification, insurance card, and co-payment, if needed

U imaansha baaritaanka

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 baaritaanka:**
 - Liiska daawooyinka oo dhan, oo ay ku jiraan qoraalada dhaqtarka iyo daawooyinka dukaanka laga iibsado, iyo fitamiin walba ama waxyaabaha aad qaadaneysa
 - 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 test

You will be given medicine to help you relax during the test. For your safety, 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.
- You should have an adult with you at home to help you for at least 6 hours after the test.
- You should not drive, operate machinery, drink alcohol, or make any legal decisions until the day after your test.

Waxaad u baahantahay in qof weyn kula imaado baaritaanka

Waxaa lagu siin doonaa daawo kaa caawinaysa inaad nasato inta baaritaanka lagu jiro. Badbaadadaada darteeda, **waxaad u baahaneysaa 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.
- Waa inuu guriga kula joogaa qof weyn oo ku caawiya ugu yaraan 6 saacadood baaritaanka ka dib.
- Waa inaadan kaxeeyn, ku shaqayn mishiin, cabin khamri, ama aadan samayn wax go'aano sharci ah ilaa maalinta ka dambaysa baaritaankaaga.

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.