

EGD (Baaritaanka caloosha iyo qaybta koowaad ee xiidmaha yaryar)

EGD (Endogastroduodenoscopy)

An EGD, also called an upper endoscopy, is a test that looks inside your digestive tract. Parts of your digestive tract to be checked with this test are: the esophagus, the stomach and the duodenum, the first part of the small bowel.

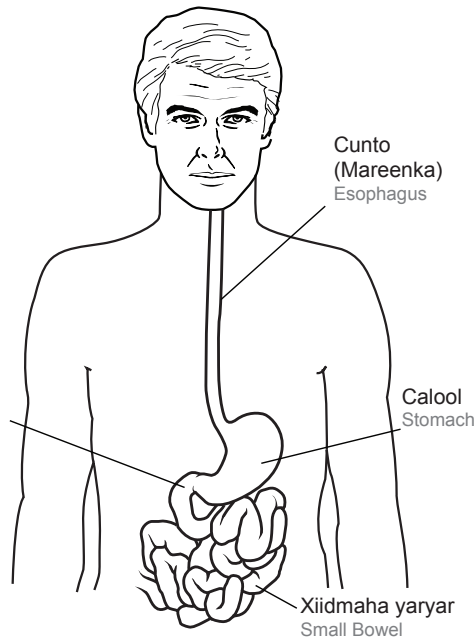
During the test, a narrow tube is put through your mouth into your digestive tract. This test causes little or no pain.

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or return home alone.

Arrive on time for your test. The test takes about 30 minutes. Plan on being here for 2 to 3 hours.

To Prepare

- Your stomach must be empty for this test.
- Do not eat or drink anything, including water, after midnight before the test.



EGD, oo sidoo kale loo yaqaan baaritaanka qofka tuubada laga geliyo afka, waa baaritaan lagu ogaado gudaha dheefshiidka. Qaybaha dheefshiidka ee lagu ogaan karo baaritaankaan waa: cunto mareenada, caloosha iyo qaybta koowaad ee mindhicirada yaryar, qaybta koowaad ee mindhicirada.

Inta lagu jiro baaritaanka, tuubo dheer ayaa la geliyaa afkaaga illaa dheefshiidka. Baaritaankaan waxa uu sababaa xanuun yar ama maba lahan xanuun.

Xubnaha qoyska ama saaxiib qof wayn ay ayaa loo baahan yahay inuu kusoo raaco si uu guriga kuugu kaxeeyo baaritaanka kadib. Amaan ma ahan inaad adigu gaari guriga ku aado ama aad kaligaa baxdo.

Imoow xiliga baaritaanka. Baaritaanka wuxuu qaadataa 30 daqiiqo. Qorshee inaad halkaan joogto 2 illaa 3 saac.

Si aad U diyaargarowdid

- Marka baaritaankaan lagu sameynaayo calooshaada waa inay noqotaa faaruq.
- Ha cunin ama cabin waxba, ayna ku jiraan biyo, illaa saqda dhexe habaynka ka horeeya maalinta baaritaanka.

- If you are to take your medicines the morning of the test, take them with sips of water only.
- Before the test, the staff may ask you about:
 - Your medicines including prescription and over the counter medicines, herbals, vitamins and other supplements
 - Allergies such as to medicines, foods or latex
 - Other health conditions and past surgeries
- If you are pregnant, or think you may be pregnant, tell the staff before the test.
- Haddii ay qasab tahay inaad daawo cunto subaxa baaritaanka, ku cun dhawr kabo oo biyo ah kaliya.
- Kahor baaritaanka, shaqaalaha waxay wax kaa waydiin karaan:
 - Daawooyinkaaga oo ay kujiraan kuwo lagu sooqoray iyo kuwa aad dukaamada kasoo iibsatay, daawooyinka dhirta, feetamiinada iyo nafaqooyinka kale
 - Xasaasiyada sida daawooyinka, cuntooyinka ama waxyaabaha geedaha
 - Xanuunada kale iyo hadaad qaliin horey usoo gashay
- Haddii aad uur leedahay ama aad isleedahay waad noqon doontaa, u sheeg shaqaalaha kahor baaritaanka.

During the Test

- You will wear a hospital gown.
- You lie on your left side.
- An IV (intravenous) is put in a vein in your arm. Medicine is given through the IV to make you sleepy.
- Numbing medicine may be sprayed into your throat to keep you from coughing or gagging.
- Your doctor passes the tube through your mouth. You can breathe around the tube.
- Your doctor looks through the tube at the inside of the parts of the digestive tract.
- A small piece of tissue may be removed to be tested.
- The tube is removed.

Inta lagu jiro Baaritaanka

- Waxaad xiranaysaa shuluga isbitaalka.
- Waxaad u seexanaysaa qaybta bidix.
- Tuubada IV (intravenous) ayaa la surayaa xididka gacantaada. Daawooyinka waxaa lagugu siinayaa IV si aad u seexato.
- Daawooyinka dareen la'aanta ayaa lagu buufin karaa dhuuntaada si looga hortago inaad qufacdo ama ku saxato.
- Dhakhtarkaaga waxa uu tuubada kaa gelin doonaa afka. Waad neefsan kartaa tuubbada oo kugu jirta.
- Dhakhtarkaagu waxa uu fiirin doonaa tuubada kujirta gudaha dheefshiidkaaga.
- Waxaa lasoo qaadi karaa xubin yar oo jirka kamid ah si loo baaro.
- Tuubada ayaa lagaa saarayaa.

After the Test

- You will stay in the test area until most of the medicine wears off. You will feel sleepy.
- You may feel bloated from air pushed through the tube during your test.
- Your throat may be sore for a few hours.
- Your doctor will tell you what you can eat today.
- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- Do not plan to go back to work for the rest of the day. It is not safe for you to drive or handle tools or equipment because of the medicines you were given.
- Test results are sent to your doctor. Your doctor will share the results with you.

Call your doctor if you have:

- New or increased pain
- Nausea or vomiting
- A continuous cough
- A fever over 100.5 degrees F or 38 degrees C
- Other concerns

Baaritaanka kadib

- Waxaad joogi doontaa goobta baaritaanka illaa inta badan daawooyinka jirkaaga ka baxaan. Waxaad dareemi doontaa hurdo.
- Waxaad dareemi doontaa dibiro sababo la xariira hawada tuubada inta baaritaanku socdo.
- Dhuuntaada waxaad ka dareemi kartaa xanuun dhowr saacadood.
- Dhakhtarkaagu waxa uu kuu sheegi doonaa waxa ay tahay inaad cunto maanta.
- Daawooyinka la siiyo inta lagu jiro baaritaanka ayaa hurdo kugu ridaaya. Waa inuu qof wayn oo qoyskaaga ah ama saaxiib uu guriga kuu qaadaa si badqabkaaga loo dhawro.
- Ha qorsheen inaad dib ugu laabato shaqada inta maalinta ka harsan. Ma ahan ammaan inaad gaari wado ama inaad qabato qalab ama agabyo maadaama aad cuntay daawo.
- Natijada baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaaga ayaa kuu sheegaaya natijada.

Wac dhakhtarkaaga haddii:

- Aad dareento xanuun cusub ama mid kugu sii badanaaya
- Aad dareento lalabo ama matag
- Aad isku aragto qufac aan joogsanayn
- Qandho ka badan 100.5 digrii F ama 38 digrii C
- Walaacyada kale

Call 911 right away if you:

- Have trouble breathing
- Have chest pain
- Are coughing up or vomiting blood
- Have severe abdominal pain

Talk to your doctor or nurse if you have any questions or concerns.

Soo wac 911 isla markiiba haddii:

- Neeftu ugu adkaato
- Dareento xabad xanuun
- Dareento qufac ama dhiig aad matageyso
- Aad dareento calool xanuun

La hadal dhakhtarkaaga ama kalkaalisadaada haddii aad qabtid wax su'aalo ah ama walaacyo.