

Nadiifinta caloosha ee Miralax iyo Dulcolax

Miralax and Dulcolax Bowel Prep

A bowel prep is done to clear the bowel or large intestines and rectum, of all solid matter before certain tests or procedures. Please review these instructions as soon as you get them and then follow the instructions to prepare.

Begin the bowel prep 1 day before your scheduled procedure.

To Prepare

- Tell your doctor if you have diabetes or take blood thinners. You may need to stop some of your medicine a few days before your test.
- Ask your doctor if you should take any of your medicines the morning of your test. If so, take with sips of water only.
- You will need to buy 2 laxative medicines from a pharmacy:
 - Miralax (Polyethelene Glycol 3350) in large bottle (8.3 ounces or 238 grams)
 - 4 Dulcolax (bisacodyl) laxative tablets (5 milligram tablets) – Often sold in boxes of 10 or more tablets

There may be store brands of these products that cost less. Ask the pharmacist to help you find what you need.

Nadiifinta caloosha waxaa loo sameeyaa in lagu nadiifiyo caloosha ama xiidmaha waawayn iyo malawadka, loogana saaro dhammaan waxyaabaha adag ee kujira kahor inta aan la sameyn qaar kamid ah qaliinada ama baaritaanada. Fadlan akhri macluumaadkaan isla markiiba marka aad hesho kadibna raac tilmaamaha si aad u diyaariso.

Bilool calool nadiifinta 1 aad maalinta kahoreysa ballanta baaritaankaaga.

Si aad U diyaargarowdid

- U sheeg dhaqtarka haddii aad qabto sonkorow ama qaado dhiig qafiifiye. Waxaad u baahan tahay inaad iska joojiso qaar kamid ah daawooyinkaaga dhowr bari kahor baaritaankaaga.
- Waydii dhakhtarkaaga haddii aad cuni karto wax daawo ah subaxda baaritaanka. Haddii ay saas tahay, ku cun kabooyin biyo ah.
- Waxaad u baahaneysaa inaad farmashiga ka iibsato 2 daawooyinka caloosha jilciya ah:
 - Miralax (Polyethelene Glycol 3350) oo kujira dhalo wayn (8.3 wiqiyood ama 238 garaam)
 - 4 Dulcolax (bisacodyl) oo kiniiniga caloosha jilciya (5 milligram oo kiniini ah) – Badanaa waxaa lagu iibiyaa bokisyo 10 xabo kujirto ama kasii badan

Waxaa laga yabaa inay jiraan daawooyinka oo shirkado kale ah oo qiimo jaban. Weydii farmashiistaha inuu kugu caawiyo inaad heshid waxa aad u baahantahay.

- Buy a large 64-ounce bottle of sports drink such as Gatorade, Powerade or other sports drinks that are not red in color. If you have diabetes, buy a no or low calorie drink such as Crystal Light instead. This will be used to mix your Miralax the day before your test. Do not use carbonated beverages.
- You may also want to buy some other clear liquids from the list below to drink the day before your test.
- Arrange to have an adult bring you to your appointment and take you home after your test.
- libso 64 waqiyadood oo ah cabitaanada ciyaaraha, sida Gatorade, Powerade ama cabitaanada kale ee ciyaaraha ee aan gaduud aheyn midib ahaan. Haddii aad qabto cudurka sonkoroowga, gado cabitaan aan lahayn ama leh kaloori yar sida cabitaanka Crystal Light. Tani waxaa loo isticmaali doonaa in lagu qaso Miralax-kaaga maalinta ka horeyso baaritaankaaga. Ha isticmaalin cabitaanada karboonka leh.
- Waxaa sidoo kale laga yabaa inaad liiska hoose kaga baahato inaad ka gadato cabitaano fudud oo aad cabto maalinta baaritaankaaga ka horeysa.
- Diyaarso qof wayn oo kuu kaxeeya goobta baaritaanka hana kula joogo si uu guriga kuu keeno baaritaanka kadib.

5 Days before your test and until your test is done:

- Do not take iron tablets or vitamins with iron.
- Do not take fiber supplements like Metamucil, Citrucel or Fiberall.
- Do not eat popcorn, corn, nuts, seeds or green leafy vegetables such as kale or spinach.

On the day before your test

- **Starting in the morning, drink only clear liquids** on this list and **avoid all red colored liquids**. Clear liquids for your prep include:
 - Water
 - Fruit juices you can see through and have no pulp such as apple, white cranberry or white grape

5 Maalmood kahor baaritaankaaga iyo illaa baaritaanka laga sameynaayo:

- Ha cuni macdanta feerada ama fiitamiinada leh macdanta feerada.
- Jooji isticmaalida cuntooyinka leh faybarka sida Metamucil, Citrucel, ama Fiberall.
- Ha cunin daango, hadhuudh, loowska, miro ama khudaarta cagaarka ah sida kale ama koostada.

Maalinta baaritaankaaga

- **Adoo ka bilaabaya subaxdii, cab biyo cad oo kaliya** adoo ka doonaya liiska **iskana ilaali cabitaanada leh midabada casaanka ah**. Biyaha cad ee aad ku faarujineyso calooshaada waxaa kamid ah:
 - Biyaha
 - Casiirka miraha oo aad ka dhex arki karto ama kuwa aan lahayn qoyaan sida tufaaxa, karanbeeriga cad ama canabka cad

- › Popsicles
- › Ice
- › Soft drinks such as ginger ale or lemon lime soda
- › Gatorade, Powerade or other sports drinks
- › Clear broth or bouillon
- › Jello
- › Kool Aid or other drink mixes
- › Coffee or tea with no milk or cream added
- Do not eat any solid food or milk products until your test is done.
- Drink at least 4 (8-ounce) glasses of water through the day as well as other clear liquids.
- › Jalaatada
- › Barafka
- › Cabitaanada fudud sida sanjabiisha ama soodhada liinta ka sameysan
- › Gatorade, Powerade ama cabitaanada kale ee ciyaaraha
- › Maraq cad ama maraqa hilibaha
- › Jalaato
- › Kool Aid ama cabitaanada kale ee isku dhexjira
- › Kafeega ama shaaha aan caanaha ama kariimka laheyn
- Ha cunin wax cuntada adag ama ha cunin wax ka mid ah waxyaabaha caanaha laga sameeyo illaa baaritaankaaga la dhameeyo.
- Cab ugu yaraan 4 (8-waqiyadood) oo galaasyo biyo ah illaa maalinta sidoo kale cab biyaha kaloo caadiga ah.

Taking Your Prep Medicines

You will take some pills and drink a medicine mixture that will clear your bowels of all solid matter. You will need to go to the bathroom often and your bowel movements will become very watery. The medicines may cause you to have cramps or feel bloated.

Be sure you take all of the prep medicines as directed, so your bowels are clear for your test. If your bowels are not cleared, you may have to have the test rescheduled and do another prep.

The bowels are clear or clean when there is only pale yellow fluid without flecks of stool.

Qaadashada daawooyinkaaga caloosha lagu nadiyo

Waxaad qaadan doontaa xoogaa kaniiniyaal ah ama waxaad cabi doontaa cabitaano isku qasan oo nadiifin doonaa calooshaada si dhammaan qashinku usoo baxo. Waxaad u baahanaysaa inaad inta badan musqusha aadid maadaama saxaradaadu aad u jilceyso. Daawooyinku waxay kugu sababi karaan inaad dareento calool shanqar ama dibiro.

Hubi inaad dhammaan daawooyinka u qaadato sidii laguugu soo qoray, si calooshaadu nadiif ugu noqoto baaritaanka. Haddii saxaraadaada aysan cadeyn, waxaa laga yaabaa in baaritaanka dib loo dhigo oo aad sameysid diyaarin kale.

Calooshu waxay nadiif ama maran tahay kaliya marka dheecaanka ka yimaada uu noqdo jaalle qafiif ah oo aan lahayn saxaro.

Many people start the medicines early in the afternoon at about 3:00 PM. If you are working the day before your test, you may want to wait until you are home in the early evening, about 6:00 PM.

At 3:00 PM or when you are home from work:

- Take 4 Dulcolax tablets with a drink of clear liquids.
- Mix the Miralax in a 64-ounce bottle of Gatorade or other clear liquid of choice.
 - To make room for the Miralax in the sports drink bottle, pour out a cup of the sports drink and drink it.
 - Pour the Miralax powder into the sports drink bottle. Cap the bottle and shake the bottle to dissolve the powder.
 - Most people prefer to drink the liquid chilled, so you may want to place it in the refrigerator.

3 hours after taking the Dulcolax tablets

- Start to drink the Miralax mixture. Drink one glass every 10 to 15 minutes. Drink it quickly rather than sipping small amounts because it does not taste that good. Finish drinking half of the mixture.
- Place the other half of the mixture into the refrigerator. You will need to drink the rest of the mixture in the morning, 6 hours before your test.
- Continue to drink other clear liquids through the evening.
- Set an alarm for the morning to get you up 6 hours before your test time.

Dad badan waxay bilaabaan inay qaataan daawooyinka isla galabtii hore marka la gaaro 3:00 galabnimo. Maalinta ka horeysa baaritaankaaga haddii aad shaqeyneyso, waxaad u baahan kartaa inaad sugto illaa aad guriga ka imaanayso isla maqribadii, qiyaastii 6:00 maqribnimo.

Marka la gaaro 3:00 galabnimo ama marka aad shaqada ka tagto aadna imaato guriga:

- Qaado 4 kiniini oo ah Dulcolax adigoo ku laqaayaa cabitaanka biyaha cad.
- Ku qas Miralax 64 waqiyood oo ah dhalo Gatorade ah ama cabitaan kale oo cad oo aad adigu rabto.
 - Si aad u isticmaasho Miralax ee dhalada cabitaanka ciyaaraha, ku shub koob cabitaanka ciyaaraha ah kadibna cab.
 - Ku daadi budada Miralax dhalada cabitaanka ciyaaraha. Xir daboolka dhalada oo rux si ay u baaba'do buddada.
 - Inta badan dadku waxay jecel yihiin inay cabaan cabitaanka oo qaboow, marka waxaa laga yabaa inaad u baahato inaad geliso qaboojiyaha.

3 saac kadib marka aad qaadato kiniiniyaasha Dulcolax

- Bilow inaad cabtid isku darka daawada Miralax. Cab hal galaas 10 illaa 15 kii daqiiqaba mar. Si dhaqso ah u cab halkii aad aad ka kaban lahayd sababtoo ah ma macaana. Dhamee inaad cabto kala bar iskudarka.
- Geli barka kale ee isku darka ah tallaaajadda. Waxaad u baahaneyso inaad cabtid ee isku darka subixii, 6 saacadood baaritaankaaga ka hor.
- Sii wad inaad cabtid biyo kaloo cad illaa maqribka oo dhan.
- Saacad ku xiro waqti xasuusan ah oo ku aadan subaxdii si aad u kacdo 6 saac kahor waqtiga baaritaankaaga.

The Morning of Your Test or Procedure

6 hours before your test:

- › Drink the rest of your Miralax mixture as before.
- › Drink 2 (8-ounce) cups of clear liquids after you finish the Miralax mixture.
- › You can drink clear liquids up to 4 hours before your test.
- › If you are to take morning medicines before your test, take with a small sip of water within 2 hours of your test time. Your test will be delayed or canceled if you drink anything other than a sip of water with your medicines.
- Bring all medicines you usually take (in their original containers) to the hospital with you.
- You will need to have an adult with you to take you home after your test. You will not be able to leave by yourself and it will not be safe for you to drive because of the medicine you are given at the start of the test.
- You may be told to arrive up to 1 hour before your test is scheduled so that staff can get you ready.

Expect to be here for 2 to 4 hours for your test and recovery time.

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

Subaxda Baaritaankaaga ama Qaliinkaaga

6 saac kahor baaritaankaaga:

- › Sidii hore oo kale u cab iskudarka Miralax ee kuu hartay.
- › Cab 2 koob (8-waqiyadood) oo ah biyaha cad kadib markaad dhameysatid iskudarka Miralax.
- › Waxaad cabi kartaa biyo cad oo illaa 4 saacadood ka hor baaritaankaaga.
- › Haddii aad dooneyso inaad daawooyin qaadato subaxdii kahor baaritaankaaga, ku cab dhowr kabo oo biyo ah muddo 2 saacadood gudahood ah waqtiga baaritaankaaga. Baaritaankaaga waa la daahinayaa ama waa la joojinayaa haddii aad la cabtid wax aan ka aheyn kabashada biyaha daawooyinka.
- Isbitaalka usoo qaado dhammaan daawooyinka aad horey u qaadan jirtay (ayagoo kujira baakadahooda asalka ah).
- Waxaad u baahan doontaa qof wayn oo guriga kuu qaada baaritaanka kadib. Adigu isma ka xeen kartid mana ahan badqab inaad gaari qaadato sababo la xariira daawada lagu siiyay marka baaritaanka lagugu bilaabayay.
- Waxaa lagaa codsan karaa in aad 1 saac kahor waqtiga baaritaankaaga imaato si shaqaaluhu isku diyaariyaan.

Filo inaad halkaan joogto 2 illaa 4 saacadood oo ah waqtiga baaritaankaaga iyo waqtiga soo kabsashada.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabto wax su'aal ah ama walaacyo ah.