

Sigmoidoscopy

Sigmoidoscopy is a test used to check the rectum and lower part of the large intestine called the sigmoid colon. Your doctor will use a lighted, flexible tube called an endoscope to look at the inside of your rectum and colon. You will need two Fleet enemas to empty your colon before the test.

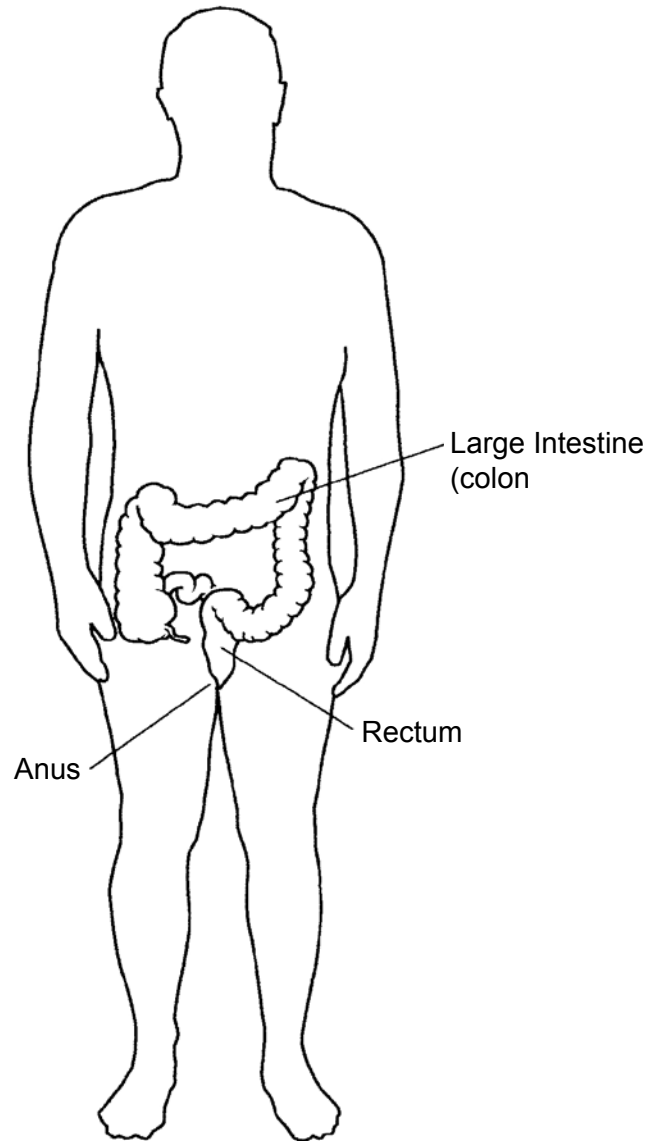
Arrive on time for your test. Plan a stay of 1 to 2 hours to allow time to get you ready for the test and time to recover after the test. The test itself takes about 15 minutes and no medicine or sedation is usually needed.

To Prepare

- You will need to buy two Fleet enemas from a pharmacy.
- Ask your doctor if you should take your medicines the morning of the test.

Three hours before your test

- **Do not** eat solid foods or drink milk products.



Baaritaanka Malawadka (Sigmoidoscopy)

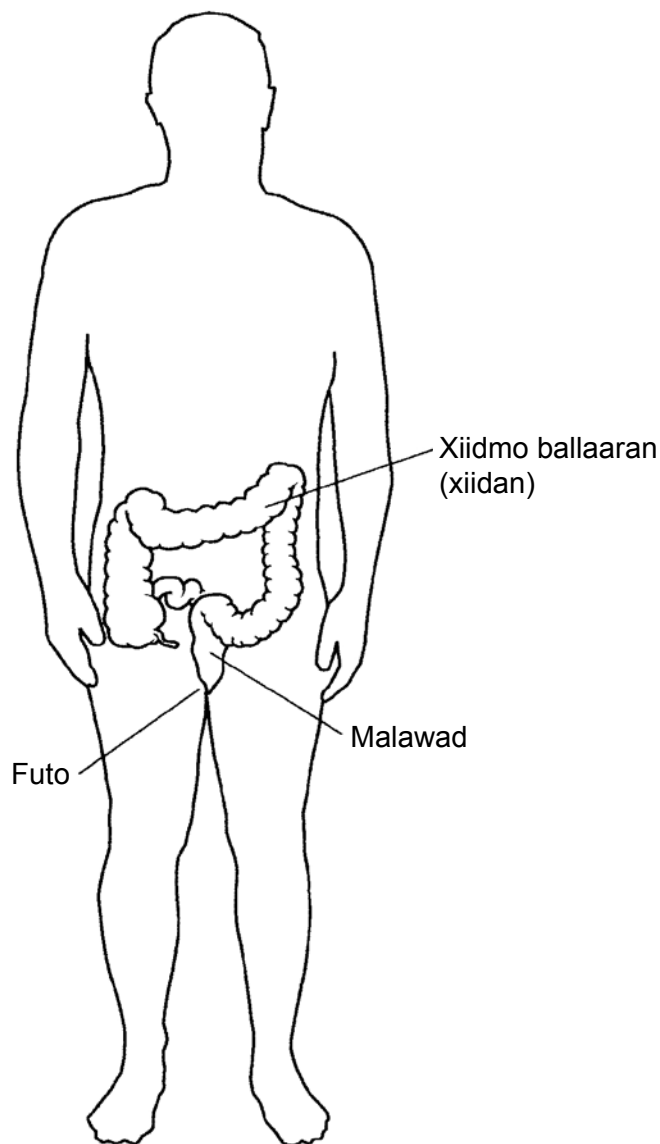
Baaritaanka Malawadka waa baaritaan la isticmaalo si loo fiiriyo malawadka iyo qaybta hoose ee xiidmaha weyn ee loo yaqaanno xiidanka sigmoid. Takhtarkaagu wuxuu isticmaali doonaa tubbo leh iftiin oo jilicsan oo la yidhaahdo “endoscope” si uu u eego gudaha malawadkaaga iyo xiidanka. Waxaad u baahan doontaa laba “Fleet enemas” si aad u soo faaruqiso xiidankaaga baaritaanka ka hor.

Waqtiga ku imow baaritaankaaga.

Ku soo talogal joogitaan ah 1 ilaa 2 saacadood si loo helo wakhti laguugu diyaariyo baadhitaanka iyo wakhti aad u ku raysatid ka dib baadhitaanka. Baaritaanku laftiisu wuxuu qaadanayaa ilaa 15 daqiiqadood loo mana baahna wax dawo ama seexin ah caadi ahaan.

Si aad isugu diyaariso

- Waxa aad u baahan doonta inaad farmasiga ka soo iibsatid laba “Fleet enemas”
- Takhtarkaaga weydiiso haddii ay tahay in aad qaadato daawooyinkaaga subaxda ka horreysa baaritaanka.



Saddex saacadood ka hor baaritaankaaga

- **Ha cunin** cunnooyin adag ama ha cabbin waxyaabaha caanaha ka sameysan.

Sigmoidoscopy. Somali.

- **Do not** drink red or purple liquids. Drink clear liquids only until after the test, such as:
 - ▶ Water
 - ▶ Clear broth or bouillon
 - ▶ Clear fruit juices without pulp such as apple, white grape and lemonade
 - ▶ Clear drinks such as lemon-lime soda, Kool-aid or sport drinks
 - ▶ Decaffeinated coffee or tea without milk or nondairy creamer
 - ▶ Jello or popsicles
- **Start the first enema.**
 1. Shake the bottle.
 2. Remove the orange plastic cover on the tip of the bottle.
 3. Lie on your left side with your right knee bent and your arms relaxed.
 4. Gently put the bottle tip into your rectum. Push as if you are having a bowel movement. This will relax the muscles so the tip goes in easier.
 5. Stop pushing and take slow, deep breaths.
 6. Squeeze the bottle until most of the liquid is in your rectum.
 7. Remove the tip from your rectum. Lie on your left side and squeeze your buttocks to hold the liquid in your rectum.
 8. You will have a strong urge to have a bowel movement in about 5 minutes. Hold the liquid in as long as you can.
 9. Use the toilet.
 10. Wash your hands with soap and water.
- **Start the second enema 1 hour later.**

- **Ha cabin** cabitaano cas ama basali ah. Cab cabitaano cad kaliya ilaa ka dib baadhitaanka, sida:
 - ▶ Biyo
 - ▶ Maraq cad ama fuud
 - ▶ Casiirrada furutada cad ee aan lahayn saxarka sida tufaaxa, canabka, iyo liinta
 - ▶ Cabitaannada cad sida soodhada liinta, Kool-aid ama cabitaannada isboortiga
 - ▶ Qaxwo oo aan kafeyiin ku jirin ama shaah aan caano lahayn ama labeen aan caano ka sameysneyn
 - ▶ Jello ama popsicles
- **Billow tubbad/enemada koowaad.**
 1. Dhalada rux-rux.
 2. Daboolka caagga ah ee midabka liinta/oranjada ah ee saaran figta dhalada ka qaad.
 3. Dhinacaaga bidix u seexo iyadoo jilibkaaga midige uu laaban yahay gacmuhuna ay kuu kala baxsan yihiin.
 4. Afka dhalada si tartiib ah malawadka isaga geli. Soo riix sidii adigoo saxaroonaya. Tani waxay dabcin doontaa murqaha si markaas afku si fudud gudaha ugu galo.
 5. Jooji riixidda oo neef tartiib ah, oo qoto dheer qaado.
 6. Tuuji dhalada ilaa iyo inta dareeruhu uu malawadkaaga ka galayao.
 7. Afka dhalada ka soo saar malawadkaaga. U seexo dhinacaaga bidixe ka dibna badhida iska tuuji si aad dareeraha malawadka ugu celiso.
 8. Waxaa si xooggan kuu qaban doona saxaro muddo 5 daqiiqadood gudahooda ah. Dareeraha meesha ku hay ilaa iyo inta aad awooddo.
 9. Musqusha isticmaal.
 10. Gacmaha saabbuun iyo biyo isaga dhaq.
- **Bilaab dhalada/enemada labaad 1 saac ka dib.**

Sigmoidoscopy. Somali.

During the Test

- The staff will ask you about:
 - ▶ Your medicines including prescription and over the counter medicines, herbals, vitamins and other supplements
 - ▶ Allergies to medicines, foods or latex
 - ▶ Other health conditions and past surgeries
- If you are pregnant, or think you may be pregnant, tell the staff.
- You will wear a hospital gown and lie on your left side.
- You may be asked to pull your knees up towards your chest.
- The tube is gently put into your rectum and slowly moved into your colon. You may feel an urge to move your bowels.
- Breathe deeply and slowly through your mouth to help you relax.
- Small puffs of air are used to expand the colon so that the rectum and sigmoid colon can be seen.
- After the rectum and colon are checked, the tube is carefully removed.

After the Test

- You may feel some pressure or cramping for a short time from the air that was put into your colon. This feeling will go away as you pass gas or air that was put in your colon during the test.

Waqtiga Baaritaanka

- Shaqaaluhu waxa uu wax kaa weydiin doonaa:
 - ▶ Dawooyinkaaga oo ay ku jiraan dawooyinka dhakhtar kuu qoray iyo kuwa la iibsado waraaq la'aaan, dhirta, fitamiinada iyo kaabisyada kale
 - ▶ Xaasiyadaha/alerjiyada ama diidmooyinka aad u leedahay dawooyin, cunto ama cinjir (latex)
 - ▶ Xaalado caafimaad oo kale iyo qalitaano hore
- Haddii aad uur leedahay, ama u maleynaysid inaad uur leedahay, u sheeg shaqaalaha.
- Waxaad xiran doontaa goonnada isbitaalka waxaadna u seexan doontaa dhinacaaga bidixe.
- Waxaa laga yaabaa in lagaa codsado in aad jilbahaaga kor ugu soo qaaddo ilaa feedhahaaga.
- Tubbo ayaa si tartiib ah loo gelin doonaa malawadkaaga oo si tartiib ah ayaa loo sii gudbin xiidanka. Waxaa laga yaabaa in aad dareento inay khasab kugu tahay in aad saxarooto.
- Si qoto dheer oo tartiib ah afka uga neefso si ay kaaga caawiso in aad kala baxdo.
- Afuufid hawo oo yar ayaa la isticmaalaa si loo kala fidiyo xiidmaha si loo arki karo malawadka iyo xiidmaha weyn.
- Ka dib marka la fiiriyo malawadka iyo xiidmaha, si tartiib ah ayaa lagaaga saari doonaa tuubada.

Baaritaanka ka Dib

- Waxa aad dareemi kartaa xoogaa ah cadaadis ama maroojis mudo gaaban taasoo ka imanaysa hawada lagu afuufay xiidmahaaga. Dareenkaasi waa uu kaa tagi doonaa marka ay uu kaa yimaado naqaska ama hawada lagu afuufay xiidmaha intii uu socday baadhitaanku.

- You will be checked by a nurse for a short time after your test and your blood pressure will be recorded. You will be given discharge instructions before you leave.
- You can return to your normal diet and activities.
- Test results are sent to your doctor. Your doctor will share the results with you.

If you have any problems after the test such as bleeding or pain, call your doctor right away.

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

- Waxa mudo gaaban ku fiirin doonta kalkaaliso ka dib baadhitaanka waxana la cabiri doonaa cadaadiska dhiiggaaga. Waxa lagu siin doonaa fariimaha bixitaanka ka hor inta aanad bixin.
- Waxaad ku noqon kartaa cuntadaadii iyo hawlahaagii caadiga ahaa.
- Natiijooyinka baadhitaanka waxaa loo dirayaa takhtarkaaga. Takhtarkaagu adiga ayuu natiijooyinka kula socodsiin doonaa.

Haddii aad qabtid wax dhibaatooyin ka dib baadhitaanka sida dhiig-bax ama xanuun, wac dhakhtarkaaga isla markiiba.

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

2005 – 9/2011 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Sigmoidoscopy. Somali.