

Tusmadaada shanta maalmood ee raajada mindhicirka adoo adeegsanaaya afarta liitar ee diyaarinta mindhiiciirka (Your five-day guide for your colonoscopy using a four-litre bowel preparation)

Magaca buukaanka:

Raajadaada mindhicirka waxay ku beegan tahay:

Rugta caafimaadka ee aad ku marayso (*Maalinta asbuuca, bisha, taariikhda iyo sanadka*)
raajadaada mindhicirka:

Fadlan u imoow raajada mindhicirka:

Lambarka taleefanka
rugta caafimaadka:

'Lambarka taleefanka ee 'waydii
Su'aal':

Biloow inaad diyaar garoowdo shan
maalmood kahor marka la gaaro:

(*Maalinta asbuuca, bisha, taariikhda iyo sanadka*)

Fadlan xili hore diyaar garoow



Inaad u diyaar garoowdo raajada mindhicirku waxay qaadanaysaa shan maalmood. Buug tusmeedkaan ayaa dulmaraya wawa aad u baahan tahay inaad samayso maalin kasta mudadaada **diyaar garoowga ee shanka maalmood ah**. Fadlan akhri tilmaamahaan kahor inta aadan bilaabin inaad u diyaar garoowdo baaritaankaaga.

Waxaa ku caawin **kara inaad daawato muuqaalka** la socda buug tusmeedka. Booqo myhealth.alberta.ca/colonoscopy ama iskaan garee koodhka QR ka. Haddii aad qabto wax su'aalo ah oo ku saabsan timaamaha, fadlan wac lambarka taleefanka ee 'waydii Su'aal' ee kor ku qoran.

Dhibcaha guud ee ku saabsan raajadaada mindhicirka ee soo socota

Kahor inta aan la gaarin raajadaada mindhicirka u sheeg dhakhtarkaaga ama kalkalisada xasaasiyado kasta oo aad ku qabto daawada ama cilado caafimaad oo aad qabto. U sheeg kalkalisada ama dhakhtarka haddii aad haysato aalado caafimaad sida bamka insulinta, aalada wadnaha taageerta, hawo bixiyaha, oksijiinta guriga, mashiinka neef xiranka xiliga hurdada, ama kaalmaatiga maqalka.

Qor dhammaan daawooyinka aad qaadato. Liiskaaga waa inaad soo raacisaan daawooyinka dhakhtarku kuu qoray, kuwa xanuun baabi'yaasha, sida Advil™, Aspirin™, kaalmaatiga ayroonka iyo kaalmaatiga daawo dhaqameedka. Xaqiiji inaad ku darto xanuun baabi'yaasha awooda badan (opioids), tranquilizers sida Valium™ iyo Xanax™, marijuana ama daawooyinka kale ee aan dhakhtarku qorin. **Xaqiiji in kalkalisadaada ama dhakhtarku arko liiskaan.**

Daawooyinka



Inta badan daawada ayaa la wadi karaa ilaa laga gaaro maalinta baaritaankaaga. Haddii aad daawo joogto ah afka ka qaadato waxaad u baahan kartaa inaad waqtiga beddesho. Daawooyinka la qato kahor labo saacadood gudahood kadib cabista daawada diyaarinta mindhicirka ayaa laga yaabaa inaysan si buuxda ugu milmin jirkaaga oo aysan shaqayna.

Ha cunin daawo kasta inta lagu jiro labada saacadood ee ka horaysa ama ka danbaya marka aad cabto daawada diyaarinta mindhicirka. Haddii aad u baahan tahay talo ku aadan inaad lixqo iyo in kale daawooyinka, la hadal farmashiilahaaga ama dhakhtarkaaga.

Kaniiniyada sonkoroowga ama insulinta, daawada dhiiga jilcisa, iyo anti-bayootigada, sida Coumadin™, Plavix™, Pradaxa™ iyo Xarelto™, ayaa ah tusaaleyaasha daawooyinka **u baahan kara in wax laga badelo ama la joojiyo**.

Haddii aad qaadato daawooyinkaan la hadal kalkalisada ama dhakhtarka kahor baaritaankaaga. Ayaga ayaa kuu sheegi doona haddii aad u baahan tahay inaad joojiso ama wax ka badesho daawo kasta kahor baaritaankaaga.

Haddii aad biloowdo qaadashada daawo marka balantaada la qabto taasoo aysan ka warqain rugta caafimaadka, u sheeg isla markaba. Daawooyinka qaarkood ayaa ka dhigi kara baaritaanka mid aan badqab ahayn. Wac lambarka taleefanka ee 'waydii Su'aal' ee ku qoran bogga koobaad kahor maalinta baaritaankaaga si aad u xaqiijiso inay sax tahay inaad qaadato.

Sameyso qorsheyaal aad guriga ku tagayso kadib baaritaankaaga



- Wuxaan dooran kartaa inaad dooneyso ama aadan dooneyn daawada suuxinta. Raajooyinka xiidmaha ayaa la geli karaa ayadoo aan la cunin daawo kaa yareynaysa xanuunka (suuxin). Dadka qaar ayaa dareemi kara dikaar (xanuun). Dad badan ayaa doorta inay qaadataan daawada kabaabisada si loogu sameeyo baaritaanka.
- Haddii aad isticmaasho daawada suuxinta, **gaari ma wadi kartid ugu yaraan sideed saacadood** kadib marka lagu siyo daawada kabaabisada. Daawada kabaabisada ayaa kugu rideysa hurdo. Qof wayn oo masuul ah ayaa laga doonayaa inuu ku geeyo guriga kadib baaritaanka.
- **Darawalkaaga ayaa u baahan inuu yimaado waaxda** ee aad ku galayso baaritaanka si uu kuu qaado. Ha wadin gaari, ama ha qaadan tagsi ma bas adoo keigaa ah si aad guriga u tagto.
- Haddii **aadan** daawada kabaabisada ah, la hadal kalkalisadaada ama dhakhtarka maalinta baaritaankaaga. **Samayso qorsheyaasha qof guriga gaari kugu gaynaaya** kadib baaritaanka, haddii aad codsato in lagu siyo daawada kabaabisada si aadan u dareemin xanuun.



Muhiim ayay kuu tahay inaad u sheegto darawalkaaga xogta soo socota:



Darawalkaaga ayaa u baahan inuu yimaado rugta caafimaadka _____ saacadood kadib wakhtiga laguu sheegay inaad timaado.

AMA



Xubin kamid ah shaqaalaha ka socda rugta caafimaadka ayaa wici doona darawalkaaga kadib baaritaankaaga si uu ugu sheego marka aad diyaar u tahay inaad guriga aado.

- Haddii aadan haysan qorsheyaal uu qof kale guriga kugu gaynaayo, waxaad dib u dhigan kartaa baaritaankaaga adoo waxaaya lambarada taleefanka 'Waydii Su'aal' ee ku qoran bogga koobaad ama waxaad dooran kartaa in lagu baaro bilaa kabaabiso.

Diyaari mindhicirkaaga

Si aad ugu diyaar garoowdo raajadaada mindhiicirka, waa inaad nadiifisaan mindhicirkaaga. Mindhicirka waxaa sidoo kale loo yaqaanaa mindhiicirka wayn ama malawadka. Mindhicirka ayaa lagu diyaarshaa inaad cabto dareeraha caloosha jilciya oo awood badan si aad u faarujiso aadna u nadiifiso mindhicirka.

Haddii aan xiidmahaagu si buuxda nadiif u ahayn, finanka loo yaqaano "burooyinka" ama waxyabaha kale ee walaaca keeni kara ayaan arki doonin. Baaritaankaaga ayaa u baahan kara in la baajiyo dibna loo dhigo waqtii danbe haddii aan mindhicirkaagu nadiif buuxda ahayn. Tan aaya ka dhignaan karta inaad mar labaad samayso diyaarinta mindhiicirka.

Cabista dareeraha diyaarinta mindhicirka ayaa kugu keeni doonta inaad dhigto saxaro aad u badan oo shuban iyo biyo ah (shuban biyood). **Xaqiji inaad cabto biyo aad u badan oo nadiif ah iyo sidoo kale dareeraha diyaarinta mindhicirka, si jirkaagu uusan u lumin biyo aad u badan uusana kuugu dhicin fuuqbax.**

Haddii aad u baahan tahay inaad aado safar soconaaya in ka badan labo saacadood si aad u tagto rugta caafimaadka codso in balantaada laga dhigo saacadaha danbe ee maalinta.



Keliya soo iibso dareeraha diyaarinta mindhicirka ee laguu sheegay inaad iibsato. **Haku** badelin ama ku qasin maadooyinka caloosha jilciya. Keliya raac tilmaamaha ay ku siisay rugta caafimaadku, **maaha** tilmaamaha shirkada daawada samaysay.

Ugu danbayn shan maalmood kahor baaritaankaaga

Kasoo iibso farmashiyaha ama dukaanka daawada:

- Dhalada afarka liitar ah ee diyaarinta mindhicirka ee dhakhtarkaagu kugula taliyay. Waxaa jira noocyoo kala duwan oo laxative-yada diyaarinta mindhiiciirka ah, sida Colyte™ ama PegLyte™. Uma baahan doontid waraaqda dhakhtarka, laakiin waa inaad waydiisaa farmashiilaha inuu ku siiyo.
- Cabitaan nadiif ah sida cabitaannada ciyaaraha ama maraqa biyaha ah. **Ha cabin wax leh mid cas, baarbol, ama buluug ah. Ha cabin keliya biyo madoow.** Akhri bogga 6 si aad u hesho liiska waxa aad cabi karto.
- Waxaad dooni kartaa inaad hesho suufka sifeeynta iyo ama kareenka difaaca jirka si aad ugu daweysa xanuunka jiir go'a ee kaasoo gaara mararka badan ee aad galayso musquusha.

5 maalmood kahor baaritaankaaga

Haddii aad qaadato kaniiniyada ayroonka ama kaalmaatiga fibarka sida Metamucil™ ama Benefibre™ **jooji** cunistooda isla maanta.

Haddii aad u baahan tahay inaad dib u dhigato baaritaankaaga, fadlan wac lambarka taleefanka ee 'waydii Su'aal' ee ku qoran bogga koobaad sida ugu dhakhsaha badan ee suuragalka ah si aad ugu sheegto.



Tilmaamaha faahfaahsan ee maalin kasta ayaa kasii socda bogga xiga

4 maalmood kahor baaritaankaaga

Fadlan biloow inaad cunto cuntooyin fibarku ku yar yahay oo sii wad cunistooda ilaa marka hal maalin kaharto maalinta raajadaada mindhicirka.

Cuntooyinka fibartu ku yar tahay waa caadi inaad cunto:

- Doorada, hilibka lo'da, khaansiirka, kaluunka, tofu, ama subaga lawska ee jilicsan.
- Miraha qasaca ku jira sida biijka ama tiinka (oo miraha laga saaray, maqaarka, ama jeexyada).
- Khudaarta sida fican loo kariyay ee laga saaray miraha, maqaarka, ama la fiiqay.
- Rootiga cad, baastada cad, bariiska cad.
- Maadooyinka caanaha sida yooqadka bilaa sonkorta ah ama jiiska.
- Ukunta.



Ha cunin:

- Miraha qalalan iyo iniihaha.
- Sabuulka, qaloonka.
- Boorashka.
- Miraha ceeriin ama qalalan.
- Khudaarta ceeriin, ayna ku jirto yaanyada.
- Digirta, misirta, iyo masagada.
- Roodhiga khamadiga guud ama fibarka badan.
- Baastada, seeriaalka, ama boorashka khamadiga guud ama haruurka guud.

3 maalmood kahor baaritaankaaga

Sii wad cunista keliya cuntooyinka fibirku yar Cuntooyinka fibarku ku yar yahay way fudud yihiin in la shiido waxayna sahlayaan sifeeynta mindhiciirka.

2 maalmood kahor baaritaankaaga

Sii wad cunista keliya cuntooyinka fibirku yar

1 maalin kahor baaritaankaaga

Kahor 10 subaxnimo

Cun quraacda fudud ee aan lahayn fibar badan sida roodhiga cad ee khaliga ah, casiirka aan midabka lahayn, shaax, ama kafee. Ha cabin caano ama ha adeegsan maadooyinka caanaha u dhigma sida kafeega cadeyska ah.

Quraacda kadib

- **Ha** cunin wax cunto ah oo adag ilaa kadib marka baaritaankaaga la sameeyo.
- **Cab keliya cabitaan khali ah** ilaa laga gaaro labo saacadood kahor marka lagaa codsaday inaad timaado rugta caafimaadka.
- Waa muhiim in la cabو noocyada kala duwan ee dareeyaasha khaliga ah, maaha keliya biyo. Cabitaannada ciyaaraha iyo maraqa khaliga ah ayaa kaa caawinaaya inay buuxshaan booska elektaroodyada marka aadan wax cunayn. Elektaroodyadu waa macaadinta jirkaagu u baahan yahay.
- Si aadan u fuuq bixin cab cabitaanno badan oo khali ah. Fuuqbaxa ayaa kaa dhigi kara dacif ama mid dawakhsan. Tan ayaa kugu ridaysa suuxid ama inaad jooga ka dhacdo. Haddii aad awoodo, u sheeg qof wayn inuu kula joogo inta aad u diyaarinayso mindhicirkaaga baaritaanka.

Fadlan ha cabin

- Cabitaan cas, baarbol ah ama buluug ah
- Maadooyinka caanaha ama badelka caanaha sida sooyada, almond, ama caanaha riyaha
- Badellada cuntada sida Boost™ ama Ensure™
- Khamriga

Cabitaannada khaliga ah ee aad cabi karto

Shaaxa qaboow, shaaxa ama kafeega aan caanaha lahayn ama lagu darin badellada caanaha	Casiirka aan cadadka lahayn sida tufaaxda, cinabka cad, karanbeeriga cad, ama liinta	Soodhada khaliga ah sida cabitaanka sanjabiisha ama cabitaannada fudud ee liinta, biyaha, iyo biyaha qunbaha	Cabitaannada ciyaaraha sida Gatorade™ ama Powerade™ (midabyada jaallaha, oranjiga, iyo cagaarku waa caadi)	Cuntooyinka Gelatin sida Jell-O™ ama casiirka Popsicles™ (midabyada jaallaha, oranjiga, iyo cagaarku waa caadi)	Maraqa nadiifta ah ama fuudka
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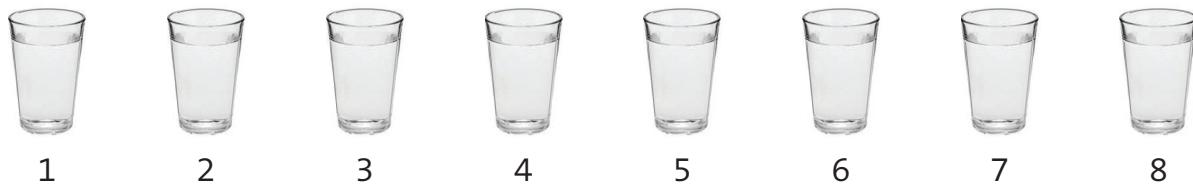
Waxyabaha aad sameeyneyso 'maalinta 1 kahor baaritaankaaga' ayaa kasii socda bogga xiga

Waxaa wali socda xogtii bogga hore: 1 maalin kahor baaritaankaaga

Subaxdii <ul style="list-style-type: none"> Subixii qas dareere afarta liitar ah ee diyaarinta mindhicirka adoo ku daraaya biyo si aad u buuxiso dhalada. Saar furka kadibna rux ilaa dhammaan budadu qasanto. Ha ku darin wax kale sida sonkor ama macmacaan dareeraha. Geli talaagada haddii aad rabto. Dadka qaar ayay u fududahay inay cabaan wax qabow ah.
Ogoow <p>Haddii baaritankaagu ku beegan yahay galabtii waxaad cuni kartaa cunto fudud sida cad bur solan ama solayga Melba 24 saac kahor wakhtiga laguu sheegay inaad timaado rugta caafimaadka. Tusaale, haddii laguu sheegay inaad timaado 2 duhurnimo maalinta Khamiista waxaad cuni kartaa cunto fudud marka la gaaro 2 duhurnimo maalinta Arbacada (maalinta ka horaysa baaritaankaaga). Ha cunin cunto adag inta u dhexaysa quraacdaada iyo cuntadaan fudud. Kadib cuntadaada fudud ha wax cunto ah oo adag ilaa aad samayso baaritaankaaga mindhicirka.</p>
Maalinta oo dhan <p>Xasuusnoow inaad cabto biyo badan oo khali ah maalinta oo dhan ilaa xiliga hurdada. Tan aaya kaa caawinaysa inaad iska ilaalso inaad fuuqbando marka dareeraha mindhicir diyaarinta uu bilaabo inuu shaqeeyo.</p>
Marka la gaaro 8 pm <ul style="list-style-type: none"> Cab abo liitar (nus kamid ah dhalada) dareeraha mindhicir diyaarinta labo saacadood gudahood. Cab hal koob, ku dhawaad 250 mL (sideed firiyo), 15 daqiiqo kasta. Rux dhalada kahor inta aadan shuban galaas kasta si aad u xaqiijiso inay si fican u qasnaato. Way kuu fududaan kartaa haddii aad galaaska degdeg u cabto. Haddii aad dareemayo qarqaryo kadib marka aad cabto biyo badan oo qaboww, ha joojin. Wuxaad dooni kartaa inaad cabto wax diiran, sida shaax ama maraq, kadib marka aad cabto galaas kasta oo diyaarinta mindhiiciirka ah. Tilmaamo dheeri ah oo ku aadan sida loo fududeeyo dareeraha diyaarinta si aad u cabto aaya laga heli karaa bogga 11. Xaqiji inaad u dhowdahay musql marka aad bilowdo inaad cabto diyaaraha mindhiiciirka. Hal ilaa afar saacadood gudahood, waxaad filan kartaa inaad aad u shubanto ama saxaro biyo ah. Wuxaad dareemi doontaa degdeg iyo inaad isticmaasho musqusha marar badan dhawr saacadood. Wuxaad cabi doontaa labada liitar ee ugu danbaysa berito.
 <p>Ka firi bogga xiga si aad ula socoto dareeraha mindhicir diyaarinta ah ee aad cabto</p>

Waxaa wali socda xogtii bogga hore: **1 maalin kahor baaritaankaaga**

La soco dareeraha mindhicir diyaarinta ah ee aad cabto 1 maalin kahor baaritaankaaga adoo adoo tig saaraaya galaaska 250 mL kasta marka aad cabto.



Maalinta baaritaanka

Ha cunin waxba. Ha cabin kafee ama shaax bikiis ah.

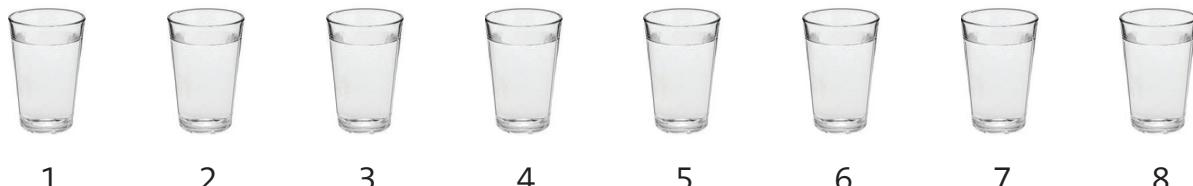
5 saacadood kahor wakhtiga laguu sheegay inaad timaado xarunta

- **Cab labada liitar ee ugu danbeeya dareeraha mindhicir diyaarinta** labo saac gudahood. Isla sidii aad habynkii hore samaysay, cab hal galaas, oo ah ku dhawaad 250 mL (sideed firiqo) 15 daqiqo kasta. Ayadoo ku xiran wakhtiga aad u baahan tahay inaad u timaado baaritaankaaga koobaad, waxaad u baahan kartaa inaad timaado xili hore. Tusaale, haddii laguu sheegay inaad timaado 10 subaxnimo, biloow inaad cabto dareeraha 5 fiidnimo. Dadka qaar ayay ku adkaan kartaa inay xili hore toosaan, laakiin waa muhiim inaad raacdo jadwalka saxda ah si aad u xaqiijiso in mindhicirkaaga si sax ah loo nadiifyo.
- Haddii aad dhigto saxaro jilicsan, oo biyo ah kadib marka aad cabto sadex liitar, kama dhigna inaad joojin karto cabista dareeraha. Waxaa mindhicirkaaga ku jiri kara saxaro adag. Xaqiiji inaad cabto dhammaan afarta liitar ba.
- Haddii aad jid dheer ku safreyso si aad balantaada u tagto, xaqiiji inaad haysato waqtii ku filan oo aad ku dhamayso sifeeyaha mindhiiciirka.

Qor wakhtiga aad u baahan tahay **inaad biloowdo cabista** dareeraha diyaarinta mindhicirka:

Maanta marka a gaaro _____

La soco dareeraha mindhicir diyaarinta ah ee aad cabto maalinta ka horaysa baaritaankaaga adoo adoo tig saaraaya galaas kasta marka aad cabto.



Hubi saxaradaada

Marka aad dhamayso cabitaanka **dhammaan afarta liitar** saxaradaadu waa inay noqoto biyo. Waxay noqon kartaa jaalle, dareere khali ah, sida kaadi. Haddii aysan sidaan u ekayn, wac lambarka taleefanka ee 'waydii Su'aal' oo ku qoran bogga koowaad maadaama uu ku siin karo tilmaamo dheeri ah.

2 saacadood kahor wakhtiga laguu sheegay inaad timaado xarunta

- **jooji cabitaanka** wax kasta labo saacadood kahor wakhtiga laguu sheegay inaad timaado xarunta.
- Haddii aad u baahato inaad liqdo daawo laguu qoray labo saacadood gudahood kahor inta aadan rugta imaan, waxaad ku liqi kartaa kabo biyo ah, ilaa in laguu sheego maahee si kale.

Qor wakhtiga aad dooneysyo **inaad joojiso cabista**:

Maanta marka a gaaro

Kahor inta aadan isbitalka imaan

- Fadlan soo qaado Kaarkaaga Alberta Healthcare iyo sawirka aqoonsiga sida ruqsada darawalnimada.
- Soo qaado daawo kasta oo laguu sheegay inaad la timaado sida daawada neefta ama insulinta.
- Guriga uga soo tag dhammaan alaabaha qaaliga ah sida kaararka daynta, lacagta, iyo dahabka.

Marka aad u timaado baaritaankaaga mindhicirka

- Fadlan imoow miiska qaabiliaada waqtu ku qoran bogga koobaad ee tilmaamahaan.
- Waxaa agaa codsan doonaa inaad sheegto magaca iyo lambarada taleefanka qofka guriga ku gaynaaya. Waxaa sidoo kale wax lagaa waydiin doonaa markii ugu danbaysay ee aad wax cuntay waxna cabtay.
- Waa inaad qorsheyso inaad rugta timaado ku dhawaad 1.5 ilaa 3 saacadood kahor. Waxaa jira marar baaritaannada dib loo dhigi karo. Dulqaadkaaga ayaan u baahan nahay maadaama mararka qaar dib u dhacyadaan ay ku yimaadaan si aan horey loo qorsheyn.
- Kalkaalisada aya ku gayn doonta aag kale, halkaas oo laguugu soo xiraayo shuluga isbitalka. Kalkaalisada aya eegi doonta daawada aad cunto, iyo xasaasiyaad kasta oo aad qabi karto, waxayna hubinaysaa neeftaada, cadaadiska dhiiga, heerkulka, iyo heerka garaaca wadnaha.
- Haddii aad su'aalo ka qabto baaritaankaaga mindhicirka, waydii kalkaalisada ama dhakhtarka kahor baaritaankaaga.

- Cirbad (IV) ayaa lagaa siin doonaa xididka gacantaada ama garabkaaga. Haddii aad doorato kabaabisada waxaa daawada lagaa siin doonaa IV gaaga.
- Baaritaanka mindhicirka waxaa sameeya dhakhtar wuxuuna badanaa qaataa 20 ilaa 45 daqiiqo.

Kadib raajadaada mindhicirka

- Natijjooyinka baaritaankaaga mindhicirka ayaa lagu tusi doonaa kadib baaritaankaaga. Haddii aan burooyin lagaa helin waxaa laguu sheegi doonaa marka xigta ee lagu baari doono.
- Haddii burooyin lagaa helo waa muhiim inaad balan ka qabsato dhakhtarkaaga qoyska si uu u eego natijjooyinka una eego haddii loo baahan yahay balamo kale.
- Waxaa lagu siin doonaa tilmaamaha Isbitaal Ka bixida kadib baaritaanka mindhicirka.
- Haddii ay qasab noqoto inaad joojiso cunista daawo kahor baaritaanka, dhakhtarka ama kalkalisada ayaa kuu sheegaysa marka aad bilaabi cunista daawada markale.

Haddii lagu siiyay daawada kabaabisada

Qof kasta oo la siiyo daawada kabaabisada waxaa loo arkaa inuu naafyo yahay. Sababtaan awgeed, waxaa jira nashaadaad kala duwan o aadan samayn karin ugu yaraan sideed saacadood. Gaari ha wadin, ha cabin khamri, ha ku shaqeyn mashiin wayn ama haka qaybgelin nashaadaadka khatarta ah. Ha gaarin wax go'aano waawayn ama ha saxiixin wax dukumiinti sharci ama dhaqaale ah. Haddii aad u baahan tahay inaad ilmo daryesho, diyaarso qof kale oo wayn oo kula jooga.

Guriga

- Waxaad bilaabi kartaa inaad cunto cunno caadi ah kadib baaritaanka mindhicirka.
- Xaqiji inaad nasato aadna iska ilaalso jimicsiga adag ama qaadista waxyaabaha culus.
- Waad ku laaban kartaa hawlahaaga caadiga ah maalin kadib baaritaankaaga.



Waa muhiim inaad ogaato inaadan caymis ka helayn shirkadaada caymiska safarka haddii dhibaato (caqabad) kaaga timaado baaritaankaaga mindhicirka aadna ka baxsan tahay gobalka ama degmada. Haddii arintaani walaac abuurto, fadlan waydii shirkadaada caymiska safarada ama iska ilaali inaad safarto labo asbuuc kadib baaritaankaaga mindhicirka.

Ogeysiisyo ku saabsan cabista dareerahaaga diyaarinta mindhicirka ee 4 liitar ah

Tilmaamaha fududeynta cabista dareeraha

Dareeraha diyaarinta mindhicirka ayaa u dhadhami kara cusbo ama mid kharaar. Waxay kaa caawin kartaa:

- Cab dareeraha adoo adeegsanaaya istaroow aad gelinayso salka danbe ee afkaaga.
- Nuug naqnaq cad, ama menthol lozenge kahor ama kadib marka aad cabto dareeraha. Ha dhuuqin wax leh midab cas, baarbol, ama buluug.
- Ku luqluqo biyo ama daawada luqluqa kadib marka aad cabto dareeraha ama aad cadeydo ilkahaaga.
- Kabo dareere leh dhadhan adag, sida Powerade™ ama Gatorade™, kadib marka aad cabto dareeraha. Ha cabin wax leh midab cas, baarbol, ama buluug ah.

Aad ayay muhiim u tahay inaad sii wado cabista dareeraha diyaarinta mindhicirka xataa haddii ay ku xanuunayso calooshu. Haddii aad jiran tahay, waxay kaa caawin kartaa:

- Tartiib u cab dareeraha.
- Jooji cabista dareeraha 30 daqiiqo kadib si aad u dareento nafis kadibna biloow markale inaad cabto.
- Cab cabitaanka sanjabiisha.
- Liq daawada kahortagta lalabada sida kaniiniyada Gravol™ ama Gaviscon Nausea™. Wuxaad kasoo iibsan kartaa farmashiyaha ama dukaanka daawada, laakiin waxaad u baahan tahay inaad waydiisato farmashiilaha. Fadlan raac tilmaamaha ku qoran galka ama la hadal farmashiilahaaga.

Haddii aad iskudaydo talooyinkaan aadana bogsoon, wac lambarka taleefanka ee 'waydii Su'aal' ee ku qoran bogga koobaad.

Xasaasiyaadka daran ayaa kugu dhici kara, laakiin waa dhif

Wac 911 haddii aad:

- Qabto matag aan kala joogsanayn
- Aad dareemayso suuxdin
- Aad leedahay barar ama finan (nabaro cuncunaaya oo gaduudan oo kaasoo baxa maqaarka)
- Uu xanuun aad u xun kaa hayo caloosha

Si loo helo tallada kalkalisada oo 24/7 ah iyo xogta kale ee caafimaadka guud ka wac **Health Link 811**.

Khulaasada

Akhri dhammaan tilmaamaha kahor inta aadan bilaabin inaad u diyaar garoowdo baaritaankaaga.

	Cunista	Cabista	Daawooyinka
5 maalmood kahor baaritaankaaga	Ma jiraan xadidaado	Ma jiraan xadidaado	Jooji cunista kaniiniyada ayroonka ama kaalmaatiga fibarka sida Metamucil™ ama Benefibre™
4 maalmood kahor baaritaankaaga	<p>Cun cuntooyinka fibirkayar:</p> <ul style="list-style-type: none"> Khudaarta sida fiican loo kariyay (aan lahayn miraha, maqaarka, ama la fiiqay) Miraha qasaca ku jira (laga saaray miraha, maqaarka, ama la fiiqay) Roodhiga cad, baastada cad, bariiska cad Maadooyinka caanaha Hilibka lo'da, doorada, kaluunka, khaansiirka, ukunta, tofu, ama subaga lawska ee jilicsan <p>Ha cunin: Miraha beerka ah, sabuulka, qaloonka, iniiinaha, boorashka, miraha ceeriin ama qalalan, khudaarta ceeriin, ayna ku jiraan yaanyada, digirta, misirk, masagada, roodhiga khamadiga guud ama haruurka fibarka guud, baastada khamadiga guud ama haruurka guud, seeriaalka, ama boorashka.</p>	Ma jiraan xadidaado	
3 maalmood kahor	Isla cuntadii maalintii hore	Ma jiraan xadidaado	
2 maalmood kahor	Isla cuntadii maalintii hore	Ma jiraan xadidaado	
1 maalin kahor baaritaankaaga	<p>Kahor 10 subaxnimo Cun quraacda fudud ee aan lahayn fibar badan sida roodhiga cad ee khaliga ah, casiirka aan midabka lahayn, shaax ama kafee aan lahayn caano ama maadooyinka caanaha lamidka ah. Quraacda kadib ha cunin wax cunto ah oo adag ilaa kadib marka baaritaankaaga la sameeyo.</p> <p>Ogoow: Haddii baaritaankaagu ku beegan yahay galabtii ka fiiri ogeysiiska ku qoran bogga 7.</p>	<p>Cab cadad badan oo dareeraha khaligaa ah (arag liiska ku qoran bogga 6) kahor iyo kadib cabista dareeraha diyaarinta mindhicirka.</p> <p>Ha cabitaan cas, baarbol ah ama buluug ah, caano ama waxyaaabaha lamid ah, khamriga, ama badellada cuntada sida Boost™ ama Ensure™.</p>	<p>Ia gaaro 8 p.m. Cab 2 liitar (nus kamid ah dhalada) dareeraha mindhicir diyaarinta 2 saacadood gudahood.</p> <p>Cab hal koob, ku dhawaad 250 mL 15 daqiqo kasta.</p>
Maalinta baaritaankaaga Sii qorsheyso inaad hesho qof wayn oo guriga ku geeya kadib marka lagu baaro	Ha cunin waxna	<p>Sii wad inaad cabto keliya dareeraha khaliga ah. Ha cabin kafee ama shaax madoow.</p> <p>Jooji cabitaanka wax kasta 2 saacadood kahor wakhtiga laguu sheegay inaad timaado xarunta.</p> <p>Haddii aad u baahato inaad liqdo daawo laguu qoray labo saacadood gudahood kahor inta aadan rugta imaan, waxaad ku liqi kartaa kabo biyo ah, ilaa in laguu sheego maahee si kale.</p>	<p>5 saacadood kahor wakhtiga laguu sheegay inaad timaado xarunta cab 2 liitar ee ka hارتay dareeraha mindhicir diyaarinta 2 saacadood gudahood.</p> <p>Cab hal koob, ku dhawaad 250 mL 15 daqiqo kasta, ilaa aad dhalada ka dhamaysato.</p>

*Xarumaha caafimaadka ayaa u adeegsan kara boggaan inay soo raaciyaan xogta
dheeriga ah ee bukaanka sida qariiradaha.*

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