

PATIENT EDUCATION

Tilmaamaha Nadiifinta Caloosha: Beeritaanka Saxarada Lagu Beero Mindhicirada Golytely (Stool Transplant Lower Golytely)

Waa muhim in aad raacdo dhamaan talooyinka halkan lagu soo xusay si aad ugu diyaar garoowdo beeritaanka saxarada qeybta hoose ee mindhicirada. Mindhiciradaadu waa in ay marnaadaan, si dhakhtarku u arki karo xilliga baariitaanka. Qaar badan oo bukaanka ka mid ah ayaa dareema in nadiifinta caloosha ay tahay qeybta ugu adag beeritaanka saxarada ee qeybta hoose ee mindhicirada.

U diyaargarowga saxarada Lagu beero mindhicirada

- Maalinka ka horeysa maalinta beeritaanka saxarada ee qeybta kore ee mindhicirada., waa in aad bilowdaa diyaarinta calooshaada.
- Ha cunin cunto culus (adag) maalinta oo dhan maalinta ka horeysa.
- Waxa aad isticmaaleysaa Golytely si aad calooshaada u diyaariso oo aad i nadiifiso mindhicirkaaga.
- Fadlan raac tilmaamahan dhamaantood si taxadar leh. Haddii aadan tilmaamahan u raacin si sax ah, waxaa laga yaabaa in balantaada saxarada Lagu beero mindhicirada la baajiyo.

Waxyaabaha aad iibsaneysa

- Si aad ugu diyaargarowdo baaritaanka, waxaa lagaa doonayaa in aad iibsato daawooyinka caloosha lagu nadiigiyo.
- **Daawada in lagu qoro loo baahan yahay:**
 - La xiriir farmashiyaha aad daawada ka qaadato si ay kuu siiyaan Golytely ama daawo u dhiganta oo aan wadan astaanka shirkadeed.
- **Looma baahna daawo dhakhtar kuu qoro**
 - Afar (4) xabo oo ah kaniiniga Bisacodyl/Dulcolax (5mg) ama daawo u dhiganta oo aan wadan magaca shirkadeed. Waa in uu noqdaa kiniinka afka laga qaato.
 - Bac yaryar oo Crystal Light ah yaa kaa caawin kara in aad wanaajiso dhadhanka (aan aheyn casaan ama hurdi). (Waajib kuguma ah)

Macluumaadka Daawada

Waxaa laga yaabaa in lagaa doonayo in aad joojiso qaar ka mid ah daawooyinka aad qaadato ama aad wax ka bedesho baaritaanka ka hor.

- Dhiig Khafiifiyayaasha
 - Sida oo kale Coumadin (warfarin), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Pletal (Cilostazol), Brillinta (Ticagrelor), Eliquis (Apixaban), Effient (Prasugrel), Plavix (Clopidogrel), and adult Aspirin **325 mg**. (iyo dawada dadka wa weyn qatan oo xanun ba'biyaha.) Haddii aad ku jirto anticoagulant ama antiplatelet aanan halkan lagu qorin, fadlan uu sheeg kooxda caloosha sida ugu dhakhsaha badan ee suurtogalka ah.
 - Waa in aad la hadashaa takhtarkaga ama takhtarkaaga ku takhasusay ugu yaraan 2 isbuuc kahor nidaamka la qorsheeyay. Ha joojinin daawooyinka adigoo haysan wax ogolaansho ah oo ka haysan daryeelahaaga ku xiiil saran.
- Aspirin **81 mg** (baby)
 - Waxad qadan karta aspirin 81 mg oo lagu qoray iyo wax yare oo biyo aah.
- Dawooyinka Macaanka (Insulin and diabetes medications)
 - Fadlan Wac takhtarka uu xiiil saaran la socodka macankaaga (glucose levels). Daawooyinkaaga waxaa laga yaabaa in ay uu baahan yihiin in la hagaajiyo ayadoo ay sababtu tahay qorshaha

cuntada ee hawsha loo baahan yahay. Ha joojinin daawooyinkaan adigoon haysan wax ogolaansho ah oo ka haysan daryeelahaaga ku xiiil saran.

- Glucagon-Like Peptide-1 (GLP-1 Agonist)
 - Sida oo kale Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Wegovy (Semaglutide), Trulicity (Dulaglutide), Bydureon (Exenatide), Mounjaro (Tirzepatide), or Rybelsus (Semaglutide).
 - Waa in aad la hadashaa takhtarkaga ama takhtarkaaga ku takhasusay ugu yaraan 2 isbuuc kahor nidaamka la qorsheeyay. Ha joojinin daawooyinkaan adigoon haysan wax ogolaansho ah oo ka haysan daryeelahaaga ku xiiil saran.

Shan (5) maalmood ka hor maalinta la sameynaayo saxarada Lagu beero mindhicirada

- Ha qaadan daawooyinka caloosha socota (shubanka) joojiya.
 - Tusaale ahaan: Imodium ama Pepto-Bismol.
- Ha qaadan daawooyinka caloosha jilciya ama fitamiinada dheeraadka ah.
 - Tusaale ahaan: Metamucil ama Citrucel.
- Ha qaadan daawooyinka fatiimanada ama kuwa xoojiya qofka. Feetamiinada iyo kaalmaatiyada waxay wax ku reebaan malawadka waxaana adkaanaysa in dhakhtarku arko burooyinka yaryar.
 - Tusaale ahaan: Feetamiinada badan, saliida kaluunka, feetamiinta D, Ayroonka, ama sanjabiisha.

Sadex (3) maalmood ka hor baaritaanka

- Ku bilow cunto fudud oo ay ku yar yihiin waxyaaba caloosha jilciya. Cuntada ay ku yar tahay waxyaabaha caloosha jilciya waxa ay caawisaa in ay si wanaagsan u nadiifiso caloosha.
- Cuntada caloosha jilcisa waxaa ka mid ah:
 - Rootiga cad, bariiska cad, baastada cad, buskudka, kaluunka, digaaga, ukunta, hilib shiidan, lawska shiidan, khudaar la kariyey, faakiho gasacadeysan, mooska, batiikh, caanaha, garoorka, farmaajada, waxyaabaha la mariyo salaataada iyo carfiyayaasha cuntada.
- Ha cunin cunto ay ku badan tahay waxyaabaha caloosha jilciya sida:
 - Daangada, miraha (noocyada kala duwan ee miraha la qariido sida gabal dayga), rootiga ama baastada ka sameysan qamadiga, miraha la qalajiyey, salaataada, khudaarta ceyriin, faakihada cusub ama la qalajiyey. Yaree inta aad ka cunto hilibka.

Laba (2) maalmood ka hor maalinta la sameynaayo saxarada Lagu beero mindhicirada

- Cabitaanka biyaha badso.
- Ku bilow cunto fudud oo ku yar yihiin waxyaabaha caloosha jilciya.

Hal (1) maalin ka hor maalinta beeritaanka saxarada ee mindhicirada.

- Biloow cabitaanka biyo cad.
- Cab biyo cad oo kaliya maalinta ka horeysa oo dhan maalinta beeritaanka saxarada ee mindhicirada.
- Biyaha cad waxaa ka mid ah:
 - Biyo, qaxwe madoow, ama shaah (aan caano ama boolbire laheyn), maraq cad ama baroodo cad, Gatorade, biyo ubriya kuwa aan ubrin (Coke, Sprite), cabitaan casiir aan miro laheyn (tufaax, cinabka cad, karambari cad), Jell-O, ama jalaato baraf. **Xusuusnoow, HA CABIN CABITAAN CASAAN AMA MIDABKA HURDIGA AH.**
- Xusuusnow, ha cunin cuntooyinka adag.
- 9 aroornimo, qaado afarta xabo ee kiniiniga Bisacodyl/Dulcolax. Waa in aad gasho suuliga ka dib marka aad qaadato kiniiniga.
- Ku dar Golytely weelka oo dhan oo si wanaagsan u rux. Talaajadda geli Golytely.
- Haddii aad jeceshahay in aad ku cabto iyada oo aan la qaboojin, waxa aad talaajadda ka soo saari karta 1-da duhurnimo.
- Waxaad ku dari kartaa baakidh crystal light ah koob kasta si aad u wanaajiso dhadhanka daawada.
- 4da galabnimo, biloow cabitaankaaga isku darka ah. Cab galaas sideed wiiqiyadood ah 15 daqiiqo kasta ilaa aad ka dhamayso labo liitar (nus kamid ah qasaca). Waxay qaadan doontaa laba ama saddex saacadood in la dhameeyo cabitaanka.

- Waa in aad ka ag dhawaataa suuliga ka dib marka aad bilowdo qaadashada daawada isdiyaarinta. Waxaa kugu dhacaya shuban waxaadna u baahaneysaa in aad si degdeg ah u gaarto suuliga.
- Dadka qaar ayaa dareemi kara yalaalugo, dibiro, ama matagi kara inta ay cabayaan daawada diyaarinta caloosha. Haddii ay tani dhacdo, qaado nasasho 15-daqiqo ah, kadibna isku day inaad cabto daawada isdiyaarinta.
- Ha qaadan kuurada fidkii ee **Vancomycin ama antibiyootiga**. In si kale kugula taliyo dhakhtarkaaga mooyee.
- Ka dib marka aad dhameeyso cabitaanka, waxa aad cabi kartaa biyo cad oo kaliya.
- Cabitaanka aad isku dartay ee Golytely ee soo hara ku keydi talaajadda.

Maalinta beeritaanka saxarada ee mindhicirka.

- **Shan** saacadood kahor baaritaankaaga mindhicirka weyn iyo malawadka, bilow cabitaanka labada litir ee hadhay (nuska ku hadhay weelka) ee daawada isdiyaarinta. Isku day inaad cabto koob qaada sideed-wiqiyadood oo ah daawada isdiyaarinta 15kii daqiqaba mar ilaa ay dhamaanayso diyaarinta caloosha. Waxay qaadan doontaa laba ama saddex saacadood in la dhameeyo cabitaanka.
- Waxaad ku dari kartaa baakidh crystal light ah koob kasta si aad u wanaajiso dhadhanka daawada.
- Waa in aad ka ag dhawaataa suuliga ka dib marka aad bilowdo qaadashada daawada isdiyaarinta. Waxaa kugu dhacaya shuban waxaadna u baahaneysaa in aad si degdeg ah u gaarto suuliga.
- Dadka qaar ayaa dareemi kara yalaalugo, dibiro, ama matagi kara inta ay cabayaan daawada diyaarinta caloosha. Haddii ay tani dhacdo, qaado nasasho 15-daqiqo ah, kadibna isku day inaad cabto daawada isdiyaarinta.
- Saxaradaadu ma sameysmi doonto waxaanay noqon doontaa dareere bilaa midab ah ama jaale ah.
- Waxaad cabi kartaa dareerayaasha bilaa midabka ah ilaa laba saacadood kahor wakhtiga aad is xaadirinayso.
- Ha cabin dareerayaasha casaanka ama basaliga ah, waxyaabaha caanaha ka sameysan, cabitaanada boratiinka ah, cabitaanada alkoolada ah, tukaabada la calaliyo, iyo daawooyinka sharci darada ah. Adeegsiga waxyaabahani waxay sababi doonaan in baaritaankaaga la baajiyo.
- Waxaad sidoo kale daawooyinkaaga ku qaadan kartaa kabbasho biyo ah.
- Xusuusnow, ha cunin cuntooyinka adag.
- Waxaad u baahan kartaa inaad wakhti dheeraad ah siiso tagista ballantaada maadaama aad u baahan karto inaad u joogsato ooaad isticmaasho musqul inta aad ku soo socotid.
- Xusuuso inaad qaadatid daawadaada **Vancomycin ama antibiyootiga** subaxdii. In si kale dhakhtar kugula taliyo mooyee.

Fariin/Tilmaamo gaar ah: