

Tilmaamaha Nadiifinta Caloosha

Daraasadda Kaabsulaha Fiidiyoowga ama Eegista Qeybta Sare ee Caloosha Golytely

Waa muhim in aad raacdo tilaamamaha u diyaargarowga baaritaanka. Mindhicradaadu waa in ay marnaadaan, si dhakhtarku u arki karo xilliga baariitaanka.

DU diyaargarowga araaasadda Kaabsulaha Fiidiyoowga ama Eegista Qeybta Sare ee Caloosha

- Maalinta ka horeysa Daraasadda Kaabsulaha Fiidiyoowga ama Eegista Qeybta Sare ee Caloosha, waxaa lagaa doonayaa in aad biloowdo diyaarinta midhiciradaada.
- 1da duhurnimo, jooji cunto cunista oo bilow in aad cabto daawada caloosha lagu nadiifinayo.
- Waxa aad isticmaaleysaa Golytely si aad calooshaada u diyaariso oo aad u nadiifiso mindhicirkaaga.
- Fadlan raac tilmaamahan dhamaantood si taxadar leh. Haddii aadan si wanaagsan u raacin tilmaamaha, waxaa suurogal ah in balantaada dib loo dhigo.

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 kuugu diyaariyaan Golytely.
- **Looma baahna daawo dhakhtar kuu qoro**
 - Bac yaryar oo Crystal Light ah yaa kaa caawin kara in aad wanaajiso dhadhanka (aan aheyn casaan ama hurdi). (Waajib kuguma ah)

Xusuusinta 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 (warfarin), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Pletal (Cilostazol), Brillinta (Ticagrelor), Eliquis (Apixaban), Effient (Prasugrel), and Plavix (Clopidogrel).
 - Waa in aad latashataa dhakhtarka daawada kuu qoray ama qof ku takhasusay ugu yaraan 2 todobaad ka hor xilliga Daraasadda Kaabsulaha Fiidiyoowga ama Eegista Qeybta Sare ee Caloosha. Ha joojin qaadashada daawada adiga oo aan ogolaasho ka helin dhakhtarkaaga.
- **Daawada Insuliinta iyo Macaanka (Sokoroowga)**
 - Fadlan la xiriir dhakhtarkaaga la socda heerka sokortaada. Waxaa laga yaabaa in loo baahdo in wax laga bedelo taasoo ku xiran cuntada aad cunto ee loo baahan yahay nadiifinta caloosha. Ha joojin qaadashada daawada adiga oo aan ogolaasho ka helin dhakhtarkaaga.
- **Asbiriin**
 - Waxaa laga yaabaa in aad qaadan karto Aasbiriinka sida dhakhtarku kuugu qoray adiga oo biyo ku kabanaya.

Hal (1) todobaad ka hor Daraasadda Kaabsulaha Fiidiyoowga ama Eegista Qeybta Sare ee Caloosha

- Jooji in aad qaadato xoojiyayaasha ay birtu ku jirto ama daawooyinka birta.

Maalinta ka horeysa Daraasadda Kaabsulaha Fiidiyoowga ama Eegista Qeybta Sare ee Caloosha

- 8Da aroornimo jooji cabitaanka. Waxaa laga yaabaa in aad joojiso cabitaanka sigaarka 24 saac ka inta aanay bilaabana daraasadda mindhcirka yar.
- 1da duhurnimo, jooji cunto cunista oo bilow in aad cabto daawada caloosha lagu nadiifinayo. Ku dar Golytely weelka oo dhan oo si wanaagsan u rux. Talaajadda geli Golytely.
- 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.**
- Ha cunin wax cunto ah oo adag.
- Haddii aad jeceshahay in aad cabitaanka nadiifinta caloosha aadan qaboojin, ka soo saar talaajadda 1da duhurnimo.
- Waxa aad ku dari kartaa baakad Crystall Light ah galaas kasta si aad u wanaajiso dhadhanka waxyaabaha aad isku dartay. Haku darin baraf cabitaanka aad isku dartay ee aad diyaarsatay.
- 4ta galabnimo bilow cabitaanka Golytely ee aad isku dartay. Waxa aad cabi kartaa oo kaliya laba liitar ama nus liitar cabitaanka aad isku dartay ee diyaarinta caloosha.
- Isku day in aad ku cabto koob qaada sideed wiiqiyadood 15kii daqiiqaba ilaa aad ka dhameyso labada liitar ama kala bar cabitaanka. Waxa ay kugu qaadanaysaa laba ilaa sadex saacadood ilaa aad dhameyso cabitaanka oo dhan.
- Waa in aad ka ag dhawaataa suuliga ka dib marka aad bilowdo qaadshada daawada. Waxaa kugu dhacaya shuban waxaadna u baahaneysaa in aad si degdeg ah u gaarto suuliga.
- Dadka qaar baa dareema yalaalugo ama lalabo, dibiro, ama matag inta ay cabayaan biyaha caloosha lagu nadiifinayo. Haddii ay sidaas kugu dhacdo, u naso 15-30 daqiiqo, ka dibna isku day in aad cabitaanka sii wado.
- 10ka fiidnimo cabitaanka biyaha cad. Daawada waxa aad ku kaban kartaa biyo cad oo kaliya.
- Daadi nuska ka soo haray cabitaanka aad isku dartay.

Maalinta ka horeysa daraasadda kaabsulaha fiidiyoowga ama eegista qeybta sare ee caloosha

- Waad qaadan daawooyinka muhimka ah wixii ka horeeya 6da aroornimo adiga oo biyo ku kabanaya.
- Ha qaadan wax daawo ah wixii ka dambeeya 6da aroornimo maalint daraasadda kaabsulaha.
- Waxba h cunin oo ha cabin ka hor Daraasadda Kaabsulaha Fiidiyoowga ama Eegista Qeybta Sare ee Caloosha.
- Fadlan soo xiro dhar aan kugu dhaganeyn, inta badan laba maro ka kooban. Dhar fudud ka hoos xiro.
- Ha cabin Sigaar ama tubaakada la ruugo, xanjadam ha dhuuqin nacnac adag.
- Ha soo xiran waxyaabaha la isku qurxiyo sida dhagadhagaha iyo dahbka. Alaabada qiimaha badan leh uga tag gurigaaga ama u dhiibo qoyskaaga.
- Haddii aad xirato muraayado, horey u soo qaado galka lagu rido.

Ka dib daraasadda kaabsulaha fiidiyoowga ama eegista qeybta sare ee caloosha

- Laba saacadood ka dib bilowga daraasadda kaabsulaha fiidiyoowga ama eegista qeybta sare ee caloosha:
 - Waxa aad cani kartaa biyo cad. Ha cunin wax cunto ah.
 - Ka fogoow dhamaan cabitaanka casaanka ama huriga ah.
 - Waad qaadan kartaa daawada.
- afar saacadood ka dib bilowga daraasadda kaabsulaha fiidiyoowga ama eegista qeybta sare ee caloosha:
 - Waad qaadan cunto fudud.
 - Ha cunin hilibka cas.
- Kaamarada le'eg kiniiniga ee aad liqday dib looma isticmaalayo waxayna raaceysaa saxarada. Lagaama doonayo in aad meel dhigto.

Fariin/Tilmaamo gaar ah: _____