

Raajitada lagu Oggaado xaaladaha Xiidmaha Waawayn

Barium Enema

A barium enema is an x-ray test of the large intestine, also called the colon. This test lets your doctor see the lining of your colon and rectum. Be sure to review these instructions before your test so you can prepare.

- If you take medicines each day, ask your doctor which of your medicines you should take the day before and the morning of the test.
- If you have diabetes and take insulin, check with your doctor to see if you need to adjust your insulin dose for this test.
- If you are pregnant, or think you might be, tell the staff before the x-ray is taken.

Arrive on time for your test. Plan on this test taking about 1 to 2 hours.

Before the Test

Buy these medicines from your local pharmacy. You will take them the day before your test to clear out your colon. Ask the pharmacist for help if needed.

- 10-ounce bottle of magnesium citrate
- Small box of Biscodyl (Dulcolax) laxative tablets – You will need to take 4 tablets

Raajitada xiidmaha waa baaritaan raajo oo la saaro xiidmaha waawayn, oo sidoo kalena loo yaqaan xiidmaha. Baaritaan waxa uu dhaqtarkaagu ku arkaa geesaha xiidmaha iyo malawadka. Hubi inaad akhrido tilmaamahaan kahor baaritaankaaga si aad isku diyaariso.

- Haddii aad qaadato daawooyin maalin kasta, waydii dhaqtarkaaga daawada ay tahay inaad qaadato maalinta ka horeysa ama subaxda baaritaanka.
- Haddii aad qabto sonkorooow aadna qaadatay insuliin, ka hubso dhaqtarkaaga si aad u oggaato inaad u baahan tahay inaad wax ka bedesho kuurada baaritaankaan.
- Haddii aad uur leedahay, ama aad isleedahay waad qaadi doontaa, u sheeg shaqaalaha kahor baaritaanka raajada.

Imoow xiliga baaritaanka. Qorshaha baaritaankaan waxa uu qaadanayaa 1 illaa 2 saac.

Kahor Baaritaanka

Ka gado daawooyinka farmashiga xaafadaada. Waxaad qaadan doontaa maalinta ka horeysa baaritaankaaga si aad u nadiifis xiidmahaaga. Waydii farmashiilaha haddii aad u baahan tahay caawimaad.

- 10-wiqiyood oo dhalo magnesium citrate ah
- Bokis yar oo uu kujiro Biscodyl (Dulcolax) kiniiniyada caloosha socodsiya – Waxaad u baahan doontaa inaad qaadato 4 kiniin

The Day Before Your Test

Your colon and rectum must be empty of all stool before this test. You will need to be on a clear liquid diet and take the laxative medicines.

- Do not eat solid foods or drink milk products the rest of today and until the test is done.
- **Do not drink any red liquids.**
- **Drink clear liquids only**, such as:
 - Water
 - Clear broth or bouillon
 - Clear fruit juices without pulp such as apple, white grape, white cranberry 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
- Drink plenty of water or other clear liquids from the list above throughout the day.
- At 1 PM the day before your test:
 - Pour the whole, 10-ounce bottle of magnesium citrate over ice and drink it.
 - Take 2 Biscodyl (Dulcolax) tablets.
 - If you work the day before your test, you may want to wait to take these medicines until you are at home.

Maalinta ka horeysa baaritaankaaga

Xiidmahaaga iyo malawadka waa inay maran yihiin oo aysan kujiran wax saxaro ah kahor baaritaankaan. Waxaad u baahan tahay inaad cabto kaliya biyo aadna qaadato daawooyinka caloosha jilciya.

- Ha cunin cunto adag hana cabin waxyaabaha ka sameysan caanaha inta maalinta ka harsan illaa baaritaanku dhammaanaayo.
- **Ha cabin wax kamid ah cabitaanada casanka ah.**
- **Cab cabitaanada qafiifka ah**, sida:
 - Biyaha
 - Maraq cad ama maraqa hilibaha
 - Miraha aan qoyaana lahayn sida tufaaxa, canabka cad, kareembeeriga cad iyo liinta
 - Cabitaanada qafiifka ah sida soodhada liinta ah, Kool-aid ama cabitaanada ciyaaraha
 - Kafeega aan kafeyn lahayn ama shaaxa aan lahayn caanaha ama kareem aan lahayn caanaha
 - Macmacaanka ama jalaatada
- Cab biyo aad u badan ama cabitaano kale oo qafiif ah oo aad ka doorato liiska kore inta maalinta lagu jiro.
- 1da duhurnimo maalinta ka horeysa baaritaankaaga:
 - Dhammaan ku shub, 10-wiqiyood oo ah dhalo magnesium citrate oo leh baraf kadibna cab.
 - Cab 2 kiniin oo ah Biscodyl (Dulcolax).
 - Haddii aad shaqeysay maalinta ka horeysa baaritaankaaga, waxaad u baahan doontaa inaad sugtid daawooyinkaas illaa aad guriga ka tagto.

- At 5 PM or 4 hours after you took the other laxative medicines, take 2 more Biscodyl (Dulcolax) tablets with 8 ounces or 240 ml of water.
- You will need to use the toilet often during the afternoon and evening.
- **After midnight, do not eat or drink anything, including water.**
- Marka la gaaro 5 galabnimo ama 4 saac kadib marka aad qaadato daawooyinka caloosha jilciya, qaado 2 kiniin oo dheeraad ah oo ah Biscodyl (Dulcolax) adoo ku cabaaya 8 wiqiyood ama 240 ml oo biyo ah.
- Waa inaad isticmaasha musqusha galabtii iyo fiidkii.
- **Marka la gaaro saqda dhexe habeenkii, waxba ha cabin waxna ha cunin, oo ay kujiraan biyo.**

The Morning of Your Test

If you are to take medicine, take with sips of water only. If you take other medicines later in the day, wait until after your test to take them.

During the Test

- You will wear a hospital gown.
- You lie on an x-ray table below a machine that looks like a TV. You will be awake for this test and the staff will try to keep you comfortable.
- A tube is put into your rectum and a balloon is inflated on the tube to keep it in place. The doctor watches as a barium mixture flows through the tube into your colon. Air may also be put into the tube to expand the colon to get better x-ray pictures. You are asked to roll on your side during the test.
- You may feel cramping and pressure. Take slow deep breaths through your mouth to help you relax.

Subaxda baaritaankaaga

Haddii ay qasab tahay inaad daawooyin cunto, ku cun dhawr kabasho oo biyo ah kaliya. Haddii ay tahay inaad daawooyin cunto isla maalintaas, sug illaa baaritaankaaga la sameynaayo.

Inta lagu jiro Baaritaanka

- Waxaad xiranaysaa dharka isbitaalka.
- Waxaad ku seexanaysaa miiska raajitada ee ka hooseeya mashiinka u eg TV-ga. Waad soojeedayasaa inta lagu jiro baaritaankaan shaqaalaha ayaana iskudi doona inay ku mashquuliyaan.
- Tuubo ayaa la gelin doonaa malawadkaaga kadibna buufin lagaa lagu buufin doonaa tuubada si ay meesha ugu jirto. Dhaqtarku waxa uu daawan doonaa iskudarka baaritaanka ee kudhex jira tuubada kujirta xiidmahaaga. Waxaa laga yabaa in hawo la geliyo tuubada si loo balaariyo xiidmaha si raajadu u noqoto mid sawir wanaagsan leh. Waxaa lagaa codsanayaa inaad dhinacaaga isku rogto inta baaritaanku socdo.
- Waxaad dareemi kartaa calool shanqar iyo cadaadis. Afka ka qaado neef meel hoose ah si aad u dareento deganaan.

- X-rays are taken. You will be asked to hold your breath at times.
- The tube will be removed. You will be taken to a toilet to empty the barium and air mixture from your colon.
- Another x-ray may be taken to finish your test.
- Test results are sent to your doctor. Your doctor will share the results with you.
- Waxaa la qaadayaa raajitada. Mararka qaar waxaa lagu waydiin doonaa inaad isku dhejiso naafta.
- Waxaa lagaa saari doonaa tuubada. Waxaa lagu geyn doonaa musqusha si lagaaga saaro baariyaam iyo iskudarka kujira xiidmahaaga.
- Waxaa laga yabaa in lagaa qaado raajito kale si loo dhameeyo baaritaanka.
- Natijada baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaaga ayaa kuu sheegaaya natijada.

After the Test

- You will be able to eat your normal diet.
- Drink plenty of water and other liquids the next 2 to 3 days. Avoid carbonated drinks during this time because they may cause you to have gas.
- Eat whole grains, fruits and vegetables, and/or take a mild laxative to help remove the barium.
- Your stool will be white or light in color due to the barium for a day or 2 after the test.

Baaritaanka Kadib

- Waxaad awoodi doontaa inaad cunto cuntadaadii caadiga ahayd.
- Cab biyo badan iyo cabitaano kale inta lagu jiro 2 illaa 3 da maalmood ee xigta. Iska ilaali cabitaanada kaarboonka leh inta lagu waqtigaan sababtoo ah waxay kugu keeni karaan gaas.
- Cun miraha geedaha, miraha iyo khudrada, iyo/ama qaado daawada caloosha jilcisa oo yar si aad iskaga soosaartid baariyaamka.
- Midabka saxaradaadu waxay noqon doontaa caddaan ama qafiif waxaana sababaaya baariyaanka maalin ama 2 maalmood kadib baaritaanka.

Call Your Doctor

Contact your doctor if you:

- Do not pass stool for more than 2 days after your test or if you are not able to pass gas from your rectum.
- Have a pencil-thin stool or notice a change in your usual bowel habits.
- Have pain in your lower abdomen (belly) or stomach.
- Do not have normal stools in 3 days.
- Have questions or concerns about your illness, medicine or the procedure.

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

Soo wac dhaqtarkaga

La xariir dhakhtarkaaga haddii aad:

- Saxaroon wayday wax ka badan 2 maalmood kadib baaritaankaaga ama haddii aadan awoodin inaad neefta kasoo bixiso malawadkaaga.
- Saxarooto saxaro dheer sida qalin qoriga ama haddii aad aragto in isbedel aan habbooneyn oo ku yimaaday calooshaada.
- Xanuun ka dareento uur kujirta hoose (uurka) ama caloosha.
- Saxaro caadi ah isku arkin muddo dhan 3 maalmood.
- Qabto su'aalo ama walaacyo ku aadan xanuunkaaga, daawada ama qaliinka.

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