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## **Fadlan imaw 15-20 daqiiqo balantaada ka hor. Waqtigaan waxaa loo isticmaalaa isu diyaarintaada sheybaarka.**

\*\*\* Waa inaad diyaarisaa qofka weyn oo masuul ah inay ku geeyaan balanta oo guriga ku keeno.

Haddii aadan laheyn gaari, waxaad qaadan kartaa tagasi ama uber haddii qof weyn oo masuul ah uu joogo inta lagu jiro safarka.

Haddii uusan jirin qof masuul ah oo xaadir ah, sheybaarka dib ayaa loo jadwaleynayaa, ama ma jiraan daawo la bixinayo. \*\*\*

**Balamo la seegay ama mardambe la baajiyay: Sheybaarka mandhaciirka waa in la baajiyaa ugu yaraan 7 maalmood oo hore ama qarash \$300 ayaa lagu dalaci karaa balanta dambe ee la baajiyay.**

Kaalisada sheybaarka ayaa kugu soo waceyso 2 isbuuc balantaada ka hor si aad dib ugu eegtid u diyaargarowga sheybaarka mandhaciirka, taariiqda caafimaadkaaga, daawooyinka, iyo ka jawaabida su'aalo walba ee aad qabtid ee la xiriirto sheybaarka.

## **U DIYAARGAROWGA LABADA JEER EE SHEYBAARKA MANDHACIIRKA**

### **Waxa aad u baahanaysid inaad iibsatid:**

- **4 - Bisacodyl tablets** (Dulcolax® laxative NOT Dulcolax® stool softener) kaniini walba wuxuu wataa 5 mg oo bisacodyl.
- **2 - 8.3-waqiyadood oo dhalo Polyethylene Glycol (PEG) 3350 Powder** (MiraLAX, SmoothLAX, ClearLAX ama daawo u dhiganto)
- **128 waqiyad Gatorade® /Powerade®** (dhadhan AAN gaduud aheyn- ama baluug xigeen-midibka) Joogta ah Gatorade®, Gatorade G2®, Powerade®, Powerade Zero®, Pedialyte ama Propel®.  
Dhammaan midabada kale (jaale, cagaar, oranji, baluug) waa okeyy.
- **Simethicone 80 mg ama 125 mg kaniiniyo, la calaalin karo, ama jeel jilicsan**
  - Simethicone waxaa laga heli karaa dukaanka.
  - Haddii aad iibsaneysid 125 mg kaniini ah, iibso wax ku fillan oo simethicone si aad u qaadtid 2 kaniini.
  - Haddii aad iibsaneysid 80 mg kaniiniyo, iibso wax kugu fillan oo aad ka qaadatid 3 kaniiniyo.

- **Ondansetron (Zofran)** (anti-nausea) daawada waxaa loo soo dirayaa farmashigaaga.

## **DAAWOYINKA LAGU JOOJINAYO**

### **7 Maalmood Sheybaarka Ka hor**

- Phentermine
- Dulaglutide (Trulicity®)
- Exenatide (Byetta®)
- Exenatide extended release (Bydureon®)
- Liraglutide (Victoza®)
- Lixisenatide (Adlyxin®)
- Semaglutide injection (Ozempic®) (Wegovy)
- Semaglutide tablets (Rybelsus®)
- Mounjaro (Tirzepatide®) (Zepbound®)

### **5 Maalmood Sheybaarka Ka hor**

- Plavix (Clopidogrel)
- Coumadin/Warfarin
- Ibuprofen, Aleve, Naproxen, Meloxicam, Celebrex, Advil
- Dhammaan fitamiinada iyo Dheeraadyada Dhirta

### **4 Maalmood Sheybaarka Ka hor**

- Invokana
- Farxiga
- Jardiance
- Steglatro

### **2 Maalmood Sheybaarka Ka hor**

- Arixtra®/Fondaparinux
- Pradaxa®/Dabigatran
- Xarelto®/Rivaroxaban

### **1 Maalin Sheybaarka Ka hor**

- Metformin
- Savaysa®/Edoxaban
- Lovenox®/Enoxaparin
- Eliquis®/Apixaban

## **Sida loo diyaariyo Sheybaarkaaga mandhaciirka**

### **3 Maalmood Sheybaarka mandhaciirka ka hor:**

\*Bilow cuntada faybarka ku yaryahay. LAMA ogolo miro ceyriin ah ama qudaarta (miraha la kariyay ama qudaarta waa okey). LAMA ogolo badarka ama cuntooyinka faybarka ku badan. LAMA ogola loosaska, daango, boorish, ama kiimikooyinka cuntada.

\*Cab ugu yaraan 8 – 8-waqiyadood galaasyo biyo ah inta lagu jiro maalinka.

### **2 Maalmood Sheybaarka mandhaciirka ka hor:**

- Jooji cunista cuntooyinka adag subixii.
- Ku bilow Cuntada Dareeraha Cad (dareeraha cad waxaa ka mid ah walxaha aad iska arki kartid).
  - Kuwa xiggo lagama ogolo cuntada dareeraha cad: dareeraha gaduudan ama baluug xigeenka ah, cabitaanada qamriga, walxaha caanaha, qasyada burutiinka, maraqa kareemka leh, juuska qolofa leh, walxaha wato saliida ama tubaakada la cuno.

### **Inta u dhaxeeyso 4-6pm:** Cab Miralax – diyaargarowga Gatorade/Powerade

- Ku qas 1 dhalo oo Miralax 64 waqiyadood oo dareere ah (ugu yaraan 56 waqiyadood oo cabitaanka enerjiga waa in loo isticmaalaa in lagu qaso Miralax iyo illaa 8 waqiyadood biyo ah ayaa lagu dari karaa si loo gaaro 64 waqiyadood ee la rabo).
- Cab 1 – 8 waqiyadood galaas oo Miralax/biyaha enerjiga 15 daqiiqo ee walba illaa isku qaska uu ka dhammaado.
- HAGAAG inaad qaadatid hal kaniini oo Ondansetron (Zofran) haddii aad lalabootid

### **1 maalin ka hor Sheybaarkaaga mandhaciirka:**

- Sii ad Cuntada Dareeraha Cad
- Galabtii: Qaado 4 kaniiniyada Bisacodyl (Dulcolax)
- Inta u dhaxeeyso 4-6pm: Cab Miralax – diyaargarowga Gatorade/Powerade
  - Ku qas 1 dhalo oo Miralax 64 waqiyadood oo dareere ah (ugu yaraan 56 waqiyadood oo cabitaanka enerjiga waa in loo isticmaalaa in lagu qaso Miralax iyo illaa 8 waqiyadood biyo ah ayaa lagu dari karaa si loo gaaro 64 waqiyadood ee la rabo).
  - Cab 1 – 8 waqiyadood galaas oo Miralax/biyaha enerjiga 15 daqiiqo ee walba illaa isku qaska uu ka dhammaado.
  - Iyo galaaska ugu dambeeyo ee Miralax – biyaha Gatorade: qaado 240-250 mg oo simethicone.
    - Simethicone waxaa laga heli karaa dukaanka.
    - Haddii aad iibsaneysid 125 mg kaniini ah, iibso wax ku fillan oo simethicone si aad u qaadtid 2 kaniini.
    - Haddii aad iibsaneysid 80 mg kaniiniyo, iibso wax kugu fillan oo aad ka qaadatid 3 kaniiniyo.

- HAGAAG inaad qaadatid kaniiniga dheeraadka ah ee Ondansetron (Zofran) haddii loogu baahdo lalabada

### **Maalinta sheybaarkaaga:**

Waxaad qaadi kartaa cadaadiska dhiigaaga, daawooyinka wadnaha, ama daawooyinka ka hortaga qalalka oo ay wehliyaan biyo yar **3 saacadood ka hor sheybaarkaaga ama ka horeyso**. Ha qaadan wax fitamiinada ama dheeraadyada la calaaliyo. Si aad uga fogaatid baajin, ha isticmaalin xashiish/THC maalinka sheybaarkaaga.

Sii wad Cuntada Dareeraha Cad illaa **3 saacadood ka hor sheybaarkaaga**, markaa jooji cabitaanka. Xasuusin ahaan, sii wad inaad ka fogaatid dareeraha gaduudan iyo baluug xigeenka ah, cabitaanada alkulada, walxaha caanaha, qasyada buritiinka, maraqa kareemka leh, juuska qolofa leh, walxaha wato saliid, tubaakada la calaaliyo iyo daroogooyinka sharci darada ah. Isticmaalka kuwaan waxay u keenayaan sheybaarkaaga in la baajiyo.

- 3 saacadood ka hor waqtiga sheybaarkaaga (Tusaale: 4:30am oo sheybaarka 7:30am)
  - JOOJI isticmaalka dareerahoo dhan.
  - Waxba haka qaadan afka inta lagu jiro waqtigaan.
  - U ogolow waqti dheeraad ah oo aad ugu safartid sheybaarkaaga maadaama aad ugu baahanaysid inaad joogsatid oo aad musqul isticmaashid inta aad sii socotid.

## **Tusaalooyinka Dareeraha Cad iyo Cuntada Faybarka Hooseeyo**

### **Cuntada Dareeraha Cad**

- ❖ Maraq – digaag, hilib lo', ama qudaar
- ❖ Jell-O – Aan laheyn midibada gaduudka ama baluug xigeenka
- ❖ Popsicles – Aan laheyn midibada gaduudka ama baluug xigeenka
- ❖ Miraha Juuska oo aan qolof laheyn – Tufaaxa, Canabka cad
- ❖ Kafeega – AAN LAHEYN kareem ama caano
- ❖ Shaah – kulul ama qabow
- ❖ Cabitaanada karbonka – Coke/Pepsi, Cuntada Coke/Pepsi, Mountain Dew – Aan laheyn midibada gaduudka ama baluug xigeenka
- ❖ Gatorade/Cabitaanada ciyaaraha – Aan laheyn midibada gaduudka ama baluug xigeenka
- ❖ Biyo – Cad, karbon leh, ama dhadhan leh
- ❖ Cabitaanada dhadhanka miraha – liimada
- ❖ Hubso Cadka

## Cuntada Faybarka Hooseeyo

<b>Cuntooyinka lagu Talliyay</b>	<b>Cuntooyinka laga Fogaado</b>
<p><b>Rootiyada, Badarka, Bariiska, iyo Baastada:</b></p> <ul style="list-style-type: none"> <li>• Rootiga cad, duubyada, buskudyada, burka, iyo rootiga la dubo</li> <li>• Buskudka adag ee Cad, sida Saltines</li> <li>• Waffles, French Toast, iyp canjeerada</li> <li>• Bariiska cad, baastada baceysan, baastada dheer, makaroonida, iyo barashada la fiiqay ee karsan</li> <li>• Badarka karsan: Farina, Kareemka Bariiska</li> <li>• Badarka Qabow: Puffed Rice, Rice Krispies, Corn Flakes, iyo Special K</li> </ul>	<p><b>Rootiyada, Badarka, Bariiska, iyo Baastada:</b></p> <ul style="list-style-type: none"> <li>• Rootiyada ama duubabka looska leh, sareenta, ama miraha</li> <li>• Mishaarida, doolshada madow, rootiga miraha rye iyo rootiga galeyda</li> <li>• Baradhada leh maqaarka, bariiska baroonka ama howdka, iyo kasha (buckwheat)</li> </ul>
<p style="text-align: center;"><b>Qudaarta:</b></p> <ul style="list-style-type: none"> <li>• Qudaarta sida adag loo kariyay iyo gasaca aan laheyn miraha: karootada, fiidaha ullaha cagaarka, cagaarka ama digirta qolofa leh, bocorka, isbinaajka, digirta cagaaran</li> </ul>	<p style="text-align: center;"><b>Qudaarta:</b></p> <ul style="list-style-type: none"> <li>• Qudaarta ceyriinka ama la kariyay</li> <li>• Qudaarta leh miraha</li> <li>• Sauerkraut</li> <li>• Bocor katiito, digirta cagaaran, barookoli, Kabajka weyn, cagaarka kabajka, basasha, qudaarta cauliflower, digirta baakideysan, digirta cagaarka, iyo galeyda</li> </ul>
<p style="text-align: center;"><b>Miraha:</b></p> <ul style="list-style-type: none"> <li>• Juuska Miraha La miiro</li> <li>• Miraha gasaceysan, marka laga reebo caananaaska</li> <li>• Juuska tufaaca</li> <li>• Mooska karsan</li> <li>• Qaraha, bocorka, iyo miraha honeydew</li> </ul>	<p style="text-align: center;"><b>Miraha:</b></p> <ul style="list-style-type: none"> <li>• Miraha prunes iyo juuska prune</li> <li>• Miraha ceyriinka ama qalalan</li> <li>• Dhammaan miraha beriga, miraha figs, timirta, iyo sabiibka</li> </ul>
<p style="text-align: center;"><b>Caanaha/Walxaha caanaha:</b></p> <ul style="list-style-type: none"> <li>• Caanaha, cad ama dhadhanka leh</li> <li>• Kareemka</li> <li>• Jukulaatada Kulul</li> <li>• Kareemka Dhanaanka ah</li> <li>• Yoogadka, kastadhka, iyo jalaatada</li> <li>• Jiista iyo jiiska jilicsan</li> </ul>	<p style="text-align: center;"><b>Caanaha/Walxaha caanaha:</b></p> <ul style="list-style-type: none"> <li>• Yoogadka leh loosaska ama miraha</li> </ul>
<p style="text-align: center;"><b>Hilbaha iyo Buritiinada kale:</b></p> <ul style="list-style-type: none"> <li>• Hilib lo'da adag ee la shiiday, si fiican loo kariyay, idaha, hilibka cajarka, jiirta, doofaarkarka, kaluunka, digaaga, iyo hilbaha xubnaha</li> <li>• Ukumo</li> <li>• Subaga looska oo aan laheyn loos</li> </ul>	<p style="text-align: center;"><b>Hilbaha iyo Buritiinada kale:</b></p> <ul style="list-style-type: none"> <li>• Hilibka adag, dhogorta leh oo leh seedaha</li> <li>• Digir qalalan, digirta ceyriinka, iyo misirta</li> <li>• Subaga looska iyo looska</li> <li>• Burcadka</li> </ul>

<p><b>Dufanta, Cuntada fudud, Macaanada, xawaajiyada, iyo Cabitaanada:</b></p> <ul style="list-style-type: none"> <li>• Saliida adag, subaga, saliidaha, mayooneska, kareemka dhanaanka, iyo dulsarka ansalaatada</li> <li>• Maraqa cad</li> <li>• Sonkorta, jeeliga cad, malabka, iyo sharoobada</li> <li>• Basbaasyada, dhirta la kariyay, maraqa hilibka, maraq, iyo maraqa laga sameeyay qudaarta la ogolyahay</li> <li>• Hubso, Xoojiso, ama Enlive aan laheyn faybar lagu daray (Jukulaato ama Vanilla)</li> <li>• Kafeega, shaaha, iyo cabitaanada karbonka</li> <li>• Doolshada cad iyo buskudyada</li> <li>• Gelatin, macmacaanka cad, kastadhka, jalaatada, sherbet, Popsicles</li> <li>• Nanaca Adag ama pretzels</li> <li>• Suugada yaanyada, mastarka</li> </ul>	<p><b>Dufanta, Cuntada fudud, Macaanada, xawaajiyada, iyo Cabitaanada:</b></p> <ul style="list-style-type: none"> <li>• Loosaska, miraha, iyo qumbaha</li> <li>• Jaamka, malmalaadada, iyo macmacaanka</li> <li>• Qajeer, saliidaha, jadni, iyo xididka dhirta</li> <li>• Dhammaan macmacaanada wato loosaska, sareenta, miraha qalalan, qumbaha, ama laga sameeyay badarka ama boorishka</li> <li>• Nanaca lagu sameeyay loosaska ama miraha</li> <li>• Daangada</li> </ul>
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## **Talooyinka**

- Cab cadad ku fillan oo dareere ah ka hor iyo kadib diyaargarowgaaga looga hortaga fuuq baxa.  
\*Kaliya cab biyo maalinta baaritaanka (lama ogolo cuntada adag).  
\*HA cabin wax 2 saacadood ka hor intaan la sameynin Sheybaarka mandhaciirka.
- U dhawow musqusha sababtoo ah shuban ayaa ku qabanayo oo waxaad u baahan kartaa inaad si joogta ah u isticmaashid musqusha.
- Haddii aad lalabo ama matag dareentid, ku raaci biyo afkaaga, qaado 15 illaa 30-daqiqo nasiinyo ah oo kadib bilow cabida biyaha. Raaxo ma yeelanaysid illaa saxarada ay ka soo baxdo mandhaciirkaaga (qiyaastii 2-4 saacadood). Waxaad dareemi kartaa qabow.
- Marso boomaatada A&D ama Fasaliin futada si aad uga hortagtid cuncunka haddii loo baahdo. Istiraasho ayaa sidoo kale la isticmaali karaa.
- Hagaag inaad xiratid shaati gacmo gaab ah inta lagu jiro sheybaarka.

Hadda oo aad u balansantahay baaritaanka ama baaritaanka Sheybaarka mandhaciirka, aad ayay muhiim u tahay **inaad**, bukaanka, inaad la soo xiriirtid shirkada caymiskaaga oo aad weydiisid waxa uu caymiskaaga noqonayo sheybaarka balansan.

Waxaa jiro daruufo markii **baaritaanka** Sheybaarka mandhaciirka uu noqon karo **ogaanshaha** Sheybaarka mandhaciirka inta lagu jiro sheybaarka. Xaaladahaan waxay noqon karaan laakiin kuma xadidno sida xigta: muuno ayaa laga qaadaa, ama buro ayaa laga saaraa. Waxaan kugu dhiirogelineynaa inaad la soo xiriirtid shirkada caymiskaaga oo aad kala hadashaa labadaba sheybaarka, si markaas aad ula socotid masuuliyadaada dhaqaalaha oo adeega la sameynayo.

La aasaasay  
2/2025