

Chris Stuart, MD

Greg Frane, MD

Joel Sagedahl, MD

Jonathan Tallman, MD

Balanta. Taariiqda _____
Xafiiska: _____

Balanta. Saacada _____

Goobta

Xafiiska Crystal
5700 Bottineau Blvd Suite 100
Crystal, MN 55429

Xafiiska Rogers
21395 John Milless Dr Suite 100
Rogers, MN 55374

Xafiiska Plymouth
1495 County Rd. 101 N
Plymouth, MN 55447

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 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.
- **1 - 8.3-waqiyadood oo dhalo Polyethylene Glycol (PEG) 3350 Powder** (MiraLAX, SmoothLAX, ClearLAX ama daawo u dhiganto)
- **64 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.
- **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:

*Cab ugu yaraan 8 - 8-waqiyadood galaasyo biyo ah inta lagu jiro maalinka. Cun cuntada maqribka oo fudud.

*LAMA OGOLO CUNTOOYINKA ADAG SAQDA DHEXE KADIB

Maalin ka hor Sheybaarkaaga mandhaciirka: - Labo iqtiyaar ayaa la heli karaa

Iqtiyaarka A – Diyaargarowga oo dhan la dhameeyay maqribka ka horeeyo sheybaarkaaga

*Bilow cuntada dareeraha cad. LAMA OGOLO dareeraha CAD ama BALUUG XIGEENKA AH. Biyaha, maraqa cad ama maraqa hilibka, kafeega ama shaaha iyadoon laheyn kareemka ama caano, Gatorade, Pedialyte, cabitaanada kaarboonka cad, Kool-Aid, jello, juusaska miraha cad, popsicles iyo nanaca adag ayaa caadi ah in la qaato haddii AYSAN GADUUD AMA BALUUG XIGEEN AHEYN.

*Qiyaastii 12:00pm ku qaado afar (4) kaniiniyo Bisacodyl 5mg (Dulcolax) 8 waqiyadood biyo ah. HA calaalin ama ha jijibinin kaniiniyada.

*Ku qas dhalo Miralax 64 waqiyadood oo Gatorade oo geli qaboojiyaha

*Tixgeli qaadashada Ondansetron (daawooyinka ka hortaga lalabada) ka hor intaadan bilaabin diyaarinta Miralax/Gatorade.

*Inta u dhaxeeyso 4:00 iyo 6:00 pm ku bilow cabitaanka galaasyo 8-waqiyadood oo isku qasidaan ah 10-15 daqiqo ee walba illaamaa ay ka dhammaato. Haddii aad lalabootid waxaad qaadan kartaa nasiinyo illaa lalabada ka fiicnaato. Markaa sii wad cabida isku qaska Gatorade/Miralax illaa ay ka dhammaato.

*Kadib markii aad si dhameystiran u cabtaan isku qaska Gatorade/Miralax waa inaad isku daydaa inaad cabtid dheeraad 64 waqiyadood oo biyo ah ama dareeraha cad.

Iqtiyaarka B- Kalabar maqribkii ka horiyo kala bar subaxa sheybaarka

*Bilow cuntada dareeraha cad. LAMA OGOLO dareeraha CAD ama BALUUG XIGEENKA AH. Biyaha, maraqa cad ama maraqa hilibka, kafeega ama shaaha iyadoon laheyn kareemka ama caano, Gatorade, Pedialyte, cabitaanada kaarboonka cad, Kool-Aid, jello, juusaska miraha cad, popsicles iyo nanaca adag ayaa caadi ah in la qaato haddii AYSAN GADUUD AMA BALUUG XIGEEN AHEYN.

- *Qiyaastii 12:00pm ku qaado afar (4) kaniiniyo Bisacodyl 5mg (Dulcolax) 8 waqiyadood biyo ah. HA calaalin ama ha jijibinin kaniiniyada.
- *Ku qas dhalo Miralax 64 waqiyadood oo Gatorade oo geli qaboojiyaha
- *Tixgeli qaadashada Ondansetron (daawooyinka ka hortaga lalabada) ka hor intaadan bilaabin diyaarinta Miralax/Gatorade.
- *Saacada 6:00pm u kala qeybi Gatorade/Miralax 2 qeybood oo 32 waqiyadood midkiiba. Waxaad qaadaneysaa 32 waqiyadood habeenkii oo geli haraaga 32 waqiyadood farantijeerka oo subixii ah.
- *Cab galaasyo 8-waqiyadood oo isku qasidaan ah 10-15 daqiiqo ee walba illaamaa ay ka dhammaato. Haddii aad lalabootid waxaad qaadan kartaa nasiinyo illaa lalabada ka fiicnaato. Markaa sii wad cabida isku qaska Gatorade/Miralax illaa ay ka dhammaato.

*Kadib markii aad si dhameystiran u cabtaan isku qaska Gatorade/Miralax waa inaad isku daydaa inaad cabtid dheeraad 64 waqiyadood oo biyo ah ama dareeraha cad.

Sabaxa Sheybaarkaaga mandhaciirka:

- *4 saacadood ka hor sheybaarka cab haraaga 32 waqiyadood ee isku qaska Gatorade/Miralax oo galaasyo 8-waqiyadood 10-15 daqiiqo walba illaamaa ay ka dhammaato. Dhameystir isku qasida 2 saacadood ka hor sheybaarkaaga. Haddii aad lalabootid waxaad qaadan kartaa nasiinyo illaa lalabada ka fiicnaato. Markaa sii wad cabida isku qaska Gatorade/Miralax illaa ay ka dhammaato.

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.

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 Cadaanka

Cuntada Faybarka Hooseeyo

Cuntooyinka lagu Talliyay	Cuntooyinka laga Fogaado
<p style="text-align: center;">Rootiyada, Badarka, Bariiska, iyo Baastada:</p> <ul style="list-style-type: none"> • Rootiga cad, duubyada, buskudyada, burka, iyo rootiga la dubo • Buskudka adag ee Cad, sida Saltines • Waffles, French Toast, iyp canjeerada • Bariiska cad, baastada baceysan, baastada dheer, makaroonida, iyo barashada la fiiqay ee karsan. • Badarka karsan: Farina, Kareemka Bariiska • Badarka Qabow: Puffed Rice, Rice Krispies, Corn Flakes, iyo Special K 	<p style="text-align: center;">Rootiyada, Badarka, Bariiska, iyo Baastada:</p> <ul style="list-style-type: none"> • Rootiyada ama duubabka looska leh, sareenta, ama miraha. • Mishaarida, doolshada madow, rootiga miraha rye iyo rootiga galeyda • Baradhada leh maqaarka, bariiska baroonka ama howdka, iyo kasha (buckwheat)
<p style="text-align: center;">Qudaarta:</p> <ul style="list-style-type: none"> • Qudaarta sida adag loo kariyay iyo gasaca aan laheyn miraha: karootada, fiidaha ullaaha cagaarka, cagaarka ama digirta qolofa leh, bocorka, isbinaajka, digirta cagaaran 	<p style="text-align: center;">Qudaarta:</p> <ul style="list-style-type: none"> • Qudaarta ceyriinka ama la kariyay • Qudaarta leh miraha • Sauerkraut • Bocor katiito, digirta cagaaran, barookoli, Kabajka weyn, cagaarka kabajka, basasha, qudaarta cauliflower, digirta baakideysan, digirta cagaarka, iyo galeyda
<p style="text-align: center;">Miraha:</p> <ul style="list-style-type: none"> • Juuska Miraha La miiro • Miraha gasaceysan, marka laga reebo caananaaska • Juuska tufaaca • Mooska karsan • Qaraha, bocorka, iyo miraha honeydew 	<p style="text-align: center;">Miraha:</p> <ul style="list-style-type: none"> • Miraha prunes iyo juuska prune • Miraha ceyriinka ama qalalan • Dhammaan miraha beriga, miraha figs, timirta, iyo sabiibka
<p style="text-align: center;">Caanaha/Walxaha caanaha:</p> <ul style="list-style-type: none"> • Caanaha, cad ama dhadhanka leh • Kareemka • Jukulaatada Kulul • Kareemka Dhanaanka ah • Yoogadka, kastadhka, iyo jalaatada • Jiista iyo jiiska jilicsan 	<p style="text-align: center;">Caanaha/Walxaha caanaha:</p> <ul style="list-style-type: none"> • Yoogadka leh loosaska ama miraha
<p style="text-align: center;">Dufanta, Cuntada fudud, Macaanada, xawaajiyada, iyo Cabitaanada:</p>	<p style="text-align: center;">Dufanta, Cuntada fudud, Macaanada, xawaajiyada, iyo Cabitaanada:</p>

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

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-daqiiqo 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 dhiirrogelineynaa inaad la soo xiriirtid shirkada caymiskaaga oo aad kala hadashaa labadaba sheybaarka, si markaas aad ula socotid masuuliyadaada dhaqaalaha oo adeega la sameynayo.

Dib loo eegay
2/2025