

# GIDIYAANG AMOGOWIN ANDOOSHKIGAADEG

## Giizhaach miijiiding ji-doodaman

### Gichi-gegoo owe!

Biminizha'an omaa ezhibii'igaadeg ji-gidinaman gimoo giijiiding onji. Weweni biminizha'am ono ozhibii'iganan mii iwe maawanj ge-minoseg. Giishin mashkikiwinini gashkitoosig ji-bagakaabanding biinji-aya'ii gwayak gii-boonitoosiwan, gaawiin da-minosesinon apii waabamigoowin, daa-banaabanjigaade aaniish gegoo. Maagizhaa miinawaa giitwaam giga-waabamigoo iwe onji. Nawach naniizaanad giishin bakaabanjigaadesinog biinii-aya'ii giijiiding.

Maagizhaa gimashkikiwininiim bakaan giga-wiindamaag aaniin memindage ji-izhichigeyamban. Daga biminizha'an ini giishpin bakaan ikidoomagakin ono niisi-aya'ii.



**Bezhigwewig. Ningo-aname-giizhig jibwaa waabamigoowin:** Gego wiisiniken mandaamin, flax/poppy/sesame seeds, bagaanag, giigoo bimiden, gemaa mashkikiin biiwaabik dagonigaadeg abooshke mino-ayaawinensan.

**Niizhwewig. Aaniin dasogon jibwaa waabamigoowin:** izhaan mashkikiin edaawaageng, adaawen ini ge-miiziishkaagoowang3] Gaawiin memwech mashkikiwinini ji-ozhibii'amaag ini onji, maagizhaa bakaan na'achigaadewan ji-gagwedweyan eta. Gagwejim mashkikiin beminang (Maagizhaa gimashkikiwininiim bakaan giga-inig ji-odaapinaman gegoo ji-onji-miiziiyan apiich ono gaa-ozhibii'igaadeg. Bizikitaw ekidod.)

- Niizh (2) Dulcolax (bisacodyl ijigaade gaye) 5 mg gonjiganan.
- 4 litre minik iwe Lyte prep (Golytely gemaa Colyte gemaa PegLyte gemaa Klean Prep gaa-ijigaadegin) biisidaawangaa owe nibiing ji-dagonaman. Mii owe netaa-ikidong ji-izhichigeng.
- Maagizhaa gimashkikiwininiim giga-gagwejmik nawach Pico-Salax gemaa Bi-PegLyte ji-aabajitoowan apiich wiin ini "Lyte" mashkikiin gaa-ijigaadegin omaa ishpiming. Bangiins gaye nawach nibi ji-aabadak. Aabijitoon gimashkikiwininiim ekidod ji-miiziishkaagowan.
- Aanind zhiishigagoweshkaawag ishkwaaw odaapinamowaad miizii mashikiin. Maagizhaa gidaa-ondinaan Gravol mashkiki giishin iwedi izhishkaagoowan. Beminang mashkikiin giga-waabanda'ik aaniin dinookaanan eyaagin owe onji.



# GIDIYAANG AMOGOWIN ANDOOSHKIGAADEG



## Niswewig. Ningo-giizhig jibwaa waabamigoowin

- Gego miijiken gegoo ji-zhaashaagondaman minik ji-giizhiseg ge-waabamigoowan.
- Nibiiwaagaming eta gegoo minikwen niizhwaakaase jibwaa ge-waabamigoowin. Nibiiwanginn gegoon ge-zhaabwaabandaman. Inaabin “Ji-minikweyamban” niisi-aya’ii ozhibii’igaadewan. Makadewaaboo gemaa nitii zhiiwang gegoo dash waabaagaminangen.
- Gagwe-minikwen bezhigo-minikwaagan nibiiwaagaming gegoo endasowaakaase gweshkoziwan.
- Ginigawinan miizii mashkiki aaniin igo ezhising ji-doodaman ozhitoowan. Maagizhaa dakisijiganing gidaa-ganawendaan ji-dakising. Aanind ikidowag nawach minopogwak dakaag.

### Nibiiwangin ge-minikweyan:

- ✓ Nibiiwaagamingin naboobiin
- ✓ mishiiminaaboo, **waabishki** zhoominaaboo, **waabishki** aniibiminaaboo
- ✓ Nibiiwaagaming gemaa ziiwiskijiimini Gatorade/Powerade
- ✓ Ginger minikwewin zhigwa nibi
- ✓ Makadewaaboo gemaa nitii (zhiiwinaaman gaye)
- ✓ Popsicles dekaagin (meskwaasinogin gemaa apisaasinogin)
- ✓ Ziiwiskijiimini gemaa ozaawijiimini Jello dekaag

### Ge-miijing, ge-minikweng gaye ji-odaapinanziwan:

- ✗ gaawiin bakwezhan gegoo gemaa mandaamin
- ✗ gaawiin nabobiin gegoo agondegin imaa
- ✗ Gaan gegoo wiiyaas, giigoo, baaka’akwaan gemaa nibiing onji gegoo
- ✗ Gaan gegoo zhiiwijiiminag gemaa gitigaanensan
- ✗ gaan gegoo doodooshaabowang gegoo
- ✗ gaawiin **miskwaag**, **ozhaawashkwaag** gemaa **apisaag** nibiiwang
- ✗ gan gegoon minikwewin

## Niiewig. Ningo-giizhig jibwaa waabamigoowin 6:00 PM daso-diba’igan– odaapinan ge-miiziishkaagoowan



- Odaapinan niizh (2) Dulcolax (bisacodyl) gonjiganan
- Maajii-minikwe miizii mashkiki (250 ml (1 minikwaagan) iwe Lyteprep) endaso-midaaso (10) akoo (15) diba’iganens minik aabita gidaayan iwe ( 2 litres gemaa 8 minikwaaganan). Aabita minik gidaan iwe 4 litre minik eteg jibwaa niizhwaakaase izhiseg (jibwaa 8 pm). Giishin gimashkikiwininiim gii-ikidod bakaan gegoo miizii mashkiki ji-odaapinaman, odaapinan aabita naawaya’ii ningodwaaso (6) zhigwa nishwaaso (8) diba’igan izhiseg.
- Giishpin minoshkaagosiwan, bii’on 20 akoo 30 diba’iganens, mii miinawaa minikwen miizii mashkiki.

Giyaabi owe noonde-gikendaman maagoniganig inaabin: [mycolonoscopy.ca](http://mycolonoscopy.ca).

Harminder Singh zhigwa John R. Walker, 2017, onji ini imaa Optimizing Colonoscopy Team, University of Manitoba, Canada. Owe onaakonigaade onji Creative Commons Attribution 4.0 International License. Gidaa-gashkitoon ji-naabaakizaman owe, ji-maada’ookiwan gaye gakina owe, gaawiin dash gegoo ji-aanjibii’aman (bakaan onji gegoo).

# GIDIYAANG AMOGOWIN ANDOOSHKIGAADEG

- Maagizhaa gidaa-odaapinaan iwe Graval (25 akoo 50 mg minik), gemaa bakaan gegoo giyaabi zhiishigagoweshkaawin. Maagizhaa giga-nibeshkaagon.
- Onjida ji-odaapinaman gegoon ge-miiziishkaagowan. Giwiji'igonan ji-wenji-miiziyen. Mii iwe ji-miijidaman nibiwaagaming gemaa ji-waabizaawaag gimoo. **(Mikawisen, gizanagi'igon ji-waabiyan bimizonikewan apii gichi-zoogipong. Mii bezhigon ji-waabanjigaadeg gijiiding gegoo imaa ayaamagak, weweni ji-biinitoowan.)**



## Ani-naaning. Apii ji-waabamigoowin



- Gego miijiken gegoo ji-zhaashaagondaman, nibiwaagaming eta gegoo minikwen.
- 4-5 hours before your colonoscopy time, drink 250 ml (1 cup) of Lyte prep every 10 to 15 minutes until you finish the second half of the container (2 litres or 8 cups). Finish the container within 1-2 hours. If your doctor recommended a different laxative, take the second half of it 4 hours before your colonoscopy.
- Booni-minikwen gegoon (2) niizhwaakaase jibwaa waabamigoowin.
- Gimoo ji-gii-nibiwaagaming, ji-waabizaawaag gimashkikiwininiim ji-bagakaabandang gijiiding biinji-aya'ii.

# GIDIYAANG AMOGOWIN ANDOOSHKIGAADeg



## Ani-ngodwaasing. Gagwejim awiya ji-izhiwinig apii ji-waabamigoowin, miinawaa ji-giiewwinig apii ishkwaawaabamigoowin.

- Onjida awiya ji-wiijiwig ji-noondang aaniin gaa-izhiwebiziwan ishkwaawaabamigoowin, ji-izhi-giiewwinig. Gagwejim gaye ji-ozhibii'ang aaniin gaa-izhiwebizid, daga gaye miinawaa ji-waabamigooyamban. Giga-nibeshkaa ishkwaawaabamigoowin gegoon mashkikiin gaa-gii-miinigoowan onji. Gaan maagizhaa giga-minjimendanziin aaniin gaa-igoowan ezhiwebizowan. Daa-naniizaanad ji-bimibizoniked awiya ishkwaawaabamind.
- Awiya ji-wiidabimikipan ningo-giizhig (24) waakaaseg minik ji-aate-ayaayan onji mashkikiin. Gaawiin giga-gashkitoosiin ji-bimibizonikewin.



**Gagwedwewinan andooshkigaadeg amogowin midiyaang:** Giishpin gegoon noonde-gikendaman aaniin ji-izhi-ozhitaadaman ji-waabamigoowin owe onji, gemaa gegoo zanagi'igoowin, gidaa-ganoonaag imaa gimashkikiwininiim enokiid (maagizhaa dash bakaan gigi'igoo ji-izhi-giigidowin). Anokii'aaganag imaa ogikendaanaawaa' aaniin ji-izhi-wiiji'ikwaa. Niibowa ini 9 diba'igan akoo 4 diba'igan baakisijgewag. Gaa-miinig mashkikiin oga-gikendaan awegonenan wedaapinaman, gegoon gaye ge-miiziishkaagoowin apii onji ge-waabamigoowin.



**Aandatoowin Waabamigoowin:** Giishin noonde-aandatoowan ji-waabamigoowin, wiiba wiindamaw ge-izhaayamban. Ji-gikendaman giishin wiindamaagesiwan wii-izhaasiwan ji-waabamigoowin, wanichigaade bakaan awiya babii'od ji-waabamindiban. Giishpin dash aandatoowan ji-waabamigoowin, maagizhaa aaniin daso-giizis ge-bii'oyamban miinawaa ji-waabamigoowin. Mii awiya zhemaag awiya ji-wiidamaagepan wii-aandatood ji-waabamindiban, giitwaam ji-onachiged ji-waabamind.



**Ezhiwebiziyan andooshkigaadeg gidamogowin:** Apii ishkwaawaabamigoowin, giga-wiindamaagoo aaniin ezhiwebiziyan, da-zagakibii'igaade gaye. Giishin noonde-gikendaman aaniin ezhiwebizoyan ishkwaawaabamigoowin, gagwejim gimashkikiwininiim gemaa bakaan mashkikiwinini.

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## Maamiinotoowin



**Maanisewin:** Maagizhaa giga-zanagi'igon niibowa gegoon ji-minikweyan. Aanind omaanzhipidaanaawaa' aaniin gaye minik ji-minikweyan ji-biinitoowan biinji-gidiyaang.

**Ge-doodamamban:** Aanind awiyag owiiji'igonaawaa' aabajitoowaad wiikonjigan ji-biijipidamanziwan. Giishpin gaa-inadaawangaag biinisipogwak, dagonan gegoo ji-minopidaman. Gidaa-gaasiindaskone gegoo onji ishkwa-minikweyan iwe (daashkoo ginger ale, 7 up zhiwaabo, mishiiminaaboo). Giishpin mooshkineyan, babaamosen, giga-wiiji'igon.

- Gidaa-dasidoon dakisijiganing ezhi-noonde-minikweyan. Giishpin dakimanji'owan zaagizitoowan, minikwen gegoo nibiwaagaming daashkoo naboobiins gemaa nitiins.



**Maanisewin:** Giishpin 9 zhaangaswi-izhiseg ji-waabamigoowin, 4 gemaa 5 izhiseg ji-onishkaayan, aanind owe ozanagi'igonaawaa.

**Ge-doodamamban:** Gikenjigaade odaapinaman aabita ge-miiziishkaagoowin ningo-dibik jibwaa waabamigoowin zhidwa aabita gigizheb, nawach minose ji-biiniseg biinji-gidiyaang. Ji-mikawiyen wiiba awiya ji-onishkaad jibwaa waabamind gemaa waasa ji-izhaawaapan. Onendan gegoon ge-izhichigeyan apii onishkaayan (bizinjigan, mezinaateseg, maagonigan, iwe izhi), waawiiba ayizhaayan zaaga'aman.



**Maanisewin:** Aanind awiyag boogijishkaawag ishkwa waabamindwaa, noodin aaniish miinaawag apii waabamindwaa.

**Ge-doodamamban:** Maagizhaa babaamoseyan gidaa-wiiji'igon.

**Maanisewin:** Waasa ji-izhaayan aandi ji-waabamigoowin.

**Ge-doodamamban:** Niibowa awiyag gaawin waawiiba ji-ayizhaawaad zaaga'amowining niizhwaakaase jibwaa wabamindwaa. Giishpin awashime bezhidwaakaase ji-noojitoowin ji-izhaayan aandi ji-waabamigoowin, maagizhaa jiiigaya'ii ningoji gidaa-gabesh jibwaa izhaayan. Gidaa-gagwe-giizhichige ji-ayizhaayan miiziiwigamigong aabitawaakaase gemaa ningowaakaase jibwaa zaaga'aman aandi gebeshiyen.

