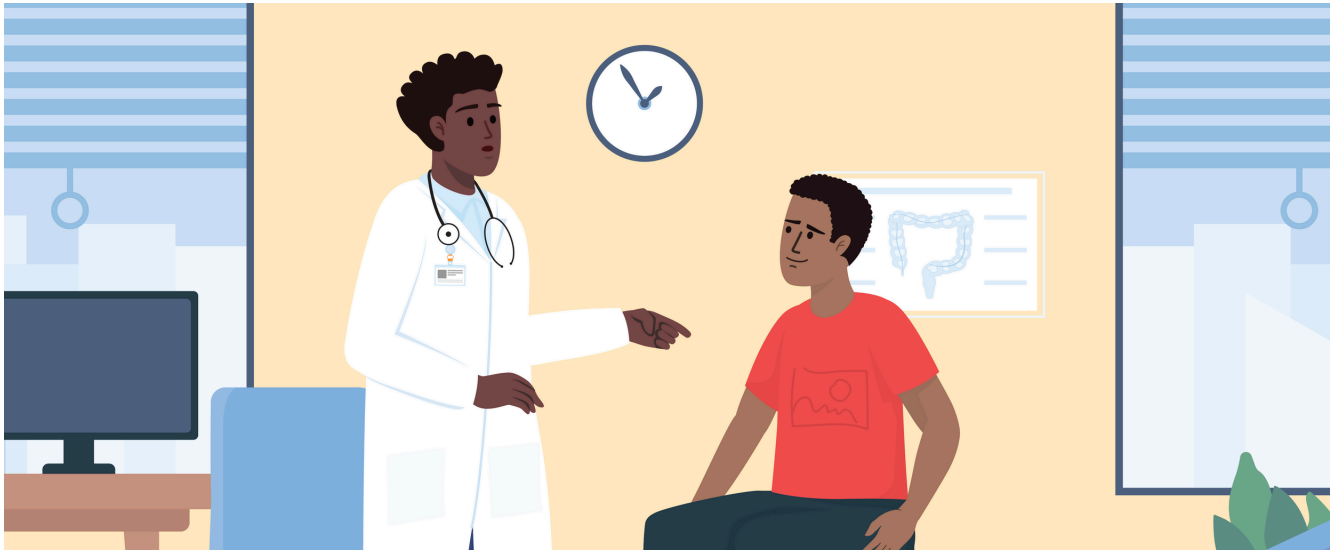
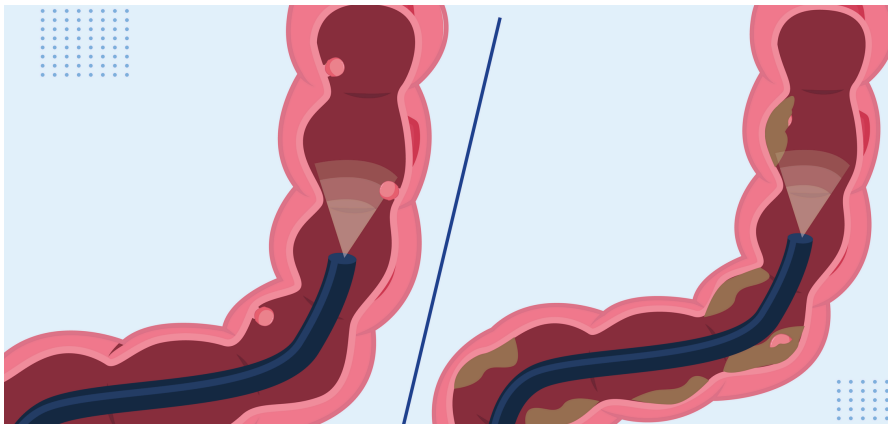


PREPARE POU KOLONOSKOPI W LA!





Founisè w la rekòmande yon kolonoskopi pou chèche polip - boul ki ka tounen kansè.



Avèk yon kolon pwòp, doktè yo ka jwenn epi retire polip ki fòme anvan moun gen kansè yo. Si kolon an pa pwòp, nenpòt pou pou ki rete ka kache polip yo ta dwe retire.



Li enstriksyon sou preparasyon w yo avèk anpil atansyon yon semèn anvan kolonoskopi w la.



YON SEMÈN ANVAN KOLONOSKOPI

Pran bwason pou preparasyon trip ou nan famasi a epi revize enstriksyon yo. Mete l nan frijidè a.

DE JOU ANVAN KOLONOSKOPI



Sispann manje repa ki gen anpil fib.

YON JOU ANVAN KOLONOSKOPI



Pandan tout jounen anvan kolonoskopi a bwè sèlman likid klè. Pa manje okenn manje solid.

Bwason pou prepare trip lan ap ede netwaye kolon w. Pou pi bon gou, ajoute li nan likid klè, jis pa pran okenn likid wouj, jòn abriko, oswa koulè wouj vyolet.

Liquid options for bowel prep mixture

- Gatorade
- Clear flavor Crystal Light
- Organic low - sodium broth
- JELL - O
- Apple juice
- White grape juice
- Flavored sparkling water
- 7-UP or Sprite
- Tea/black coffee (no milk/cream)



Liquids to avoid:

Red



Orange



Purple



NAN LANNWIT ANVAN KOLONOSKOPI



Bwè yon tas bwason preparasyon pou trip lan chak 10-15 minit jiskaske ou fin bwè mwatye nan li.



Asire w ke ou toupre yon twalèt, ou pral ale nan twalèt anpil.

Sere dezyèm pati a nan frijidè.



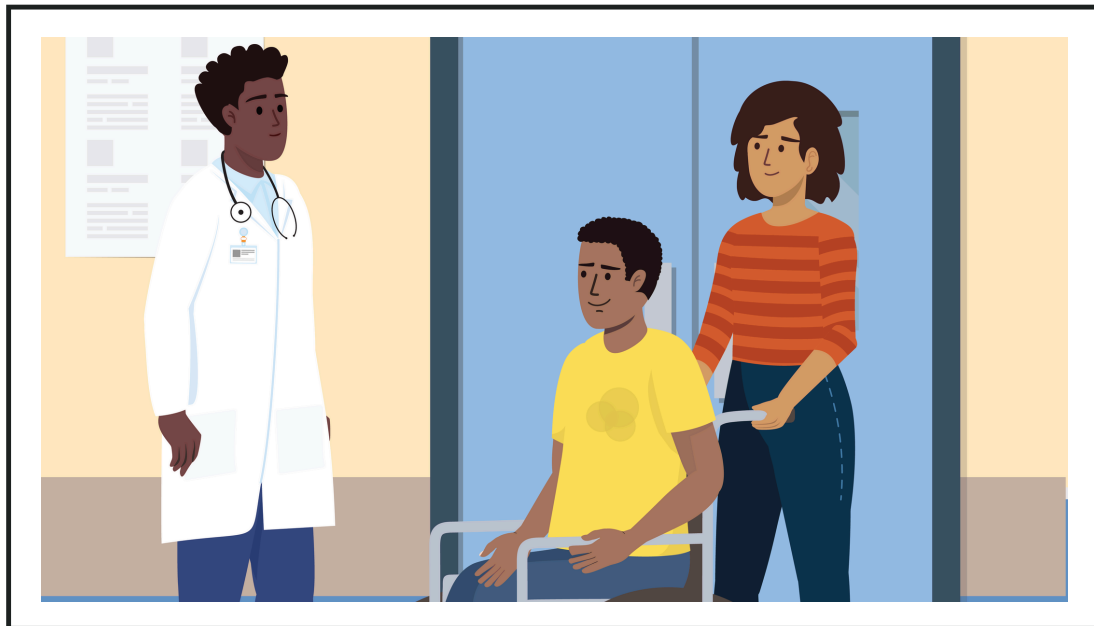
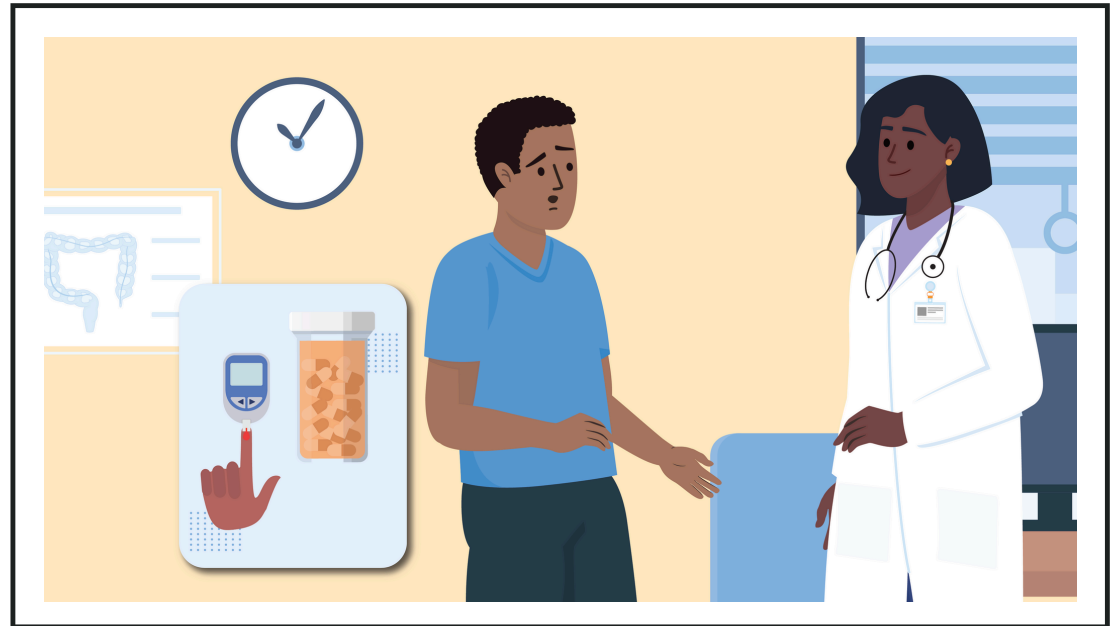


Kòmanse bwè RÈS preparasyon w lan 6 èdtan anvan randevou kolonoskopi w la. Bwè yon tas chak 10-15 minit. Bwè tout preparasyon an omwen 2 èdtan anvan randevou w la. Sa a enpòtan.

Aprè w fin bwè tout bwason preparasyon ou, pou pou w ta dwe yon likid klè, jòn. Si li solid, rele biwo kolonoskopi a pou pran yon lòt randevou.



Si w dyabetik oswa si w ap pran medikaman anti-kowagilan, mande founisè w kijan ou ta dwe pran medikaman w.



Asire w ke ou gen yon moun pou akonpaye w lakay ou.

Lè yo idantifye polip yo ki ta ka tounen kansè nan pita, kolonoskopi sove lavi!

Brought to you by team members from the Implementation Science Center for Cancer Equity (ISCCCE) at Harvard TH. Chan School of Public Health, Massachusetts General Hospital, Dana Farber Cancer Institute, Codman Square Health Center, and the Massachusetts League of Community Health Centers.



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Eskane kòd QR sa a pou w gade videyo "Prepare Pou Kolonoskopi W La"!

bit.ly/haitianbowel