



Daawada Miralax/Cabitaanka Gatorade laba Diyaarin

Waad ku mahadsantahay in'aad xulatay Minnesota Gastroenterology.

U soo qaado Balantaada:-

- **Gaadiid:** Waa in'aad diyaarsato gaadiid ku qaada iyo qof weyn oo mas'uul ah maalinta baritaanka lagugu sameynayo. Fadlan ogow in aanu taksi gaadiid ku qaada noqoneyn, in uu kula socdo qof weyn oo mas'uul ah mooyee. Haddii aad ku guul dareysato in aad la timaatid gaadiid ku qaada iyo qof weyn oo mas'uul ah, waxa baaqanaya oo dib laguugu ballaminayaa baarida.
- **Foomka Taariikhda Caafimaad:** Waxa ku lifaaqan baakadaan foomka taariikhda caafimaad. Fadlan la imow foomka oo la soo buuxiyay ballantaada.
- **Kaarka Caafimaadka/Kaarka Aqoonsiga**
- **Liiska Daawooyinka aad Hadda Qaadatid:** Foomka taariikhda caafimaad wuxuu leeyahay meel lagu qoro daawooyinka aad hadda qaadato.
- **Dardaraan Caafimaad:** Haddii aad haysato Dardaraan Caafimaad oo qoraal ah (taasoo macnaheedu yahay sida aad dooneyso in lagu yeelo haddii aad awoodi weyso in aad la hadasho dhakhtarkaaga), fadlan u soo qaado nuqul Dardaraan Caafimaad ee qoraalka ah ballantaada baaritaanka lagu sameynayo xubnaha gudaha (endoscopy). Dardaraan Caafimaad ee qoraalka ah lama tixgaliyo MNGI (MN Gastroenterology). Haddii naftaada khatar la soo gudboonaato wax kasta oo laguugu badbaadin karo (life support) waa laguugu badbaadinayaa, bukaankeena waxa loo gudbinayaa rug caafimaad oo sareysa (sida isbitaal). Haddiiba ay dhacdo dhiciba maysee in laguugu gudbiyo rug sare oo caafimaad, Dardaraan Caafimaad ee qoraalka ah waa in uu kuu raaca rugta caafimaad ee lagu geeyo.

Waxa kale ee lagaa doonayo:-

- **U dirid:** Haddii kaarkaaga caafimaad (kaararkaaga) uu doonayo caddeyn in dhakhtarkaagu kuu diray baarid, *adiqa ayaa ka mas'uul ah in aad kala timaadid dhakhtarkaaga ama kiliniigaaga ballanta ka hor caddeyn in uu kuu diray dhakhtar takhasus leh.*
- **Sonkorow ama Kaadi Macaan:** Haddii aad qabtid sonkorow, weydii dhakhtarkaaga cunto ama daawo aan lagu ogoleyn ama lagu xadiday.
- **Daawo Dhiiga Khafiifisa:** Haddii aad qaadatid daawo dhiigaaga khafiifisa (sida Coumadin®, Plavix® ama Lovenox®) oo aanan horey lagaala hadlin xafiiskeena, fadlan naga soo wac 612-871-1145.
- **Aasbiriin:** Haddii aad aasbiriin qaadatid, waad sii wadan in aad qaadato.
- **Daawooyinka kale:** Daawooyinkan soo socda waxa ay saameyn ku yeellan karaan ama wax u dhibi karaan daawada loo isticmaalo hurdisiinta ama dejinta ee loo isticmaalo sameynta hab baaristaan. Haddii aad qaadatid qaar ka mid ah daawooyinkan fadlan ka wac xafiiskeena 612-871-1145: crizotinib (Xalkori), enzalutamide (Xtandi), isocarboxazid (Marplan), linezolid (Zyvox), moclobemide, phenelzine (Nardil), procarbazine (Matulane), rasagiline (Azilect), selegiline (Emsam, Eldepryl, Zelapar), Syrian rue, tranlycypromine (Parnate), mifepristone (Korlym, Mifeprex), pimozone (Orap), boceprevir (Victrelis), cobicistat (Stribild), conivaptan (Vaprisol), efavirenz (Sustiva), itraconazole (Sporanox), ketoconazole (systemic only), olanzapine (Zyprexa), sodium oxybate (Xyrem), telaprevir (Incivek), simeprevir (Olysio)
- **Uur leh:** Haddii aad leedahay ama aad lahaan karto uur, fadlan kala hadal dhakhtarkaaga faa'iidada iyo waxyeelada ay leedahay baaristaan.
- **Ballan dib u dhigasho ama aadan imaneyn:** Haddii ay tahay in aad buriso ballanta ama dib laguugu dhigo, fadlan wac nambarkan 612-871-1145 sida ugu dhaqsaha baddan ee suurtoagal ah. Haddii aad ku guuldareysato in aad buriso ballanta waxa lagu dalacayaa akoonkaaga lacag dhan \$50.

U DIYAARGAROOW BAARIDA MALAWADKA (COLONOSCOPY)



Si loo xaqiijiyo baarid lagu guuleysto, fadlan si taxadar leh u raac dhammaan shuruucdan. Ku guuldareysi in aad si sax ah oo dhameystiran ugu diyaargarowdo baarida, waxa ay keeni kartaa in loo baahdo baaritaano kale, biilka labada baaritaana waxa loo dirayaa inshuransigaaga.

Baaridaada ka hor:

Haddii lagu soo diray foomka taariikhda caafimaad, fadlan buuxi oo horey u soo qaado maalinta ballanta aad leedahay.

Ka iibso farmashiyaha kuu dhow banaankiisa alaabtan hoos ku qoran:

- **2 kaniini oo ah bisacodyl**, kiiba ay ku jirto 5 mg oo bisacodyl (Dulcolax® laxative MA AHAN Dulcolax® stool softener)
- **2-8.3 oz. dhalo Polyethylene Glycol (PEG) 3350 budo ah** (MiraLAX, SmoothLAX, ClearLAX ama kuwa u dhigma)
- **2 X 64 oz. Gatorade® biyo ah** (MA AHAN mida gaduudan). Regular Gatorade®, Gatorade G2®, Powerade®, Powerade Zero® ama Pedialyte kuligood waa la ogol yahay. Baddalkeeda, waad soo gadan kartaa labo 2.12 oz baakat oo Gatorade budo ah taas oo lagu qasi karo biyo si ay budada iyo biyuhu u noqdaan 2 X 64 oz oo dareere ah.
- **1-10 oz. dhalo Magnesium Citrate** (MA AHAN mida gaduudan). Baddalkeeda, waxaad isticmaali kartaa 0.5 oz baakat oo magnesium citrate budo ah (17 garaam) lagu qasay 10 oz biyo ah.

7 maalmood baaritaanka ka hor:

Jooji dufta dheeraadka ah (fiber supplements) iyo daawooyinka ay ku jirto feerada (iron). Tani waxaa ku jira fitamiinada isku jira (multivitamins) ee ay feeradu ku jirto ama iron, Metamucil® iyo Fibercon®.

3 maalmood ka hor baaritaanka

Jooji dhammaan cuntada ay ku badan tahay waxa saxarada jilciya (high-fiber foods), billoow cuntooyinka ay ku yar tahay waxa saxarada jilciya (low-fiber diet). Cunto ay ku yar tahay waxa saxarada jilciya ayaa si wanaagsan uga qeyb qaata nadiifinta. Tusaale cuntada ay ku yar tahay walxaha saxarada jilciya:

Cuntooyinka lagugula taliyay:	Iska ilaali cuntooyinkan:
<p>Rooti, Siiriyaal, Bariis iyo baasto:</p> <ul style="list-style-type: none"> - Rooti cad, rooti duuduuban (rolls), buskut, rooti subag leh (croissant), rooti duban oo qafiif ah (melba toast) - Baankeeg xardhan (waffles), Rooti ukun iyo caano la mariyay oo la dubay (French toast), Baankeeg - Bariis cad, nooc baasto ah (noodles), baasto, makaroni, bataati la fiiqay oo la kariyay - Karaakar aan wax lagu darin , Karaakar cusbo leh (Saltines) - Siiriyaal la kariyay: daqiiq mushaari (farina), mushaari bariis - Siiriyaal qabow: Bariis Dibirsan (Puffed Rice), Siiriyaal Bariis (Rice Krispie), Siiriyaal Galley (Corn Flakes), Siiriyaal K (Special K) 	<p>Rooti, Siiriyaal, Bariis iyo Baasto:</p> <ul style="list-style-type: none"> - Rooti ama rooti duuban (rolls) oo ay la socdaan miro, furuut, ama lows iwm, - Rooti qamadi, Rooti nooc firiley ah (pumpernickel), rooti nooc firiley ah (rye bread) Rooti galley laga sameeyay - Bataati qolofitiisa wata, bariis aan cadeyn, cunto jilicsan laga sameeyay geed qamadiga oo kale ah (buckwheat)
<p>Qudaar:</p> <ul style="list-style-type: none"> - Qudaar aad loo Karin iyo qudaar gasacadeeysan oo mirihii laga reebay: karooto, asparagus caaradiisa, digir cagaar ama jaalo ah (green or wax beans), bocor, isbiinaj, 	<p>Qudaar:</p> <ul style="list-style-type: none"> - Qudaar la huuriyay ama mid aan la karin - Qudaar miro leh -Kaabaj la qamiiriyay (Sauerkraut)



digir cad (lima beans)	- Iskuwaash qaboobaha (winter squash), digir cagaaran, barookoli, kaabaj yaryar (Brussels sprouts), kaabaj, basal, cauliflower, digir la dubay, galeey
Furuud: - Furuut la miiray - Furuud gasac ku jira marka laga reebo canaanaas - Moos bisil - Qaraha iyo wixii u eg (Melons)	Furuud: - Buruun, buruun juus - Furuud fareesh ah ama mid la qalajiyay - Dhamaan furuudka ay magacoodu ugu danbeyso (berries), furuud dhexda miro badan ku leh (figs), timir iyo sabiib
Caano/Wixii ka yimaada: - Caano, caadi ah iyo kuwo dhadhan loo yeelay - Yoogar, labaniyad, jalaato - Jiis, nooc jiis ah (cottage cheese)	Caano/Wixii ka yimaada: - Yoogar lows iyo iniinyo lamid ah ama miro leh
Hilib, Digaag, Malaay, Digir qalalan iyo Ukun: - Shiidan, hilib lo'ad oo si fiican loo kariyay, hilib ido dheylo ah, hilib lug doofaar oo la cusbeeyay lana qalajiyay (ham), hilib lo'ad oo dheylo ah (veal), hilib doofaar (pork), malaay, digaag, xubnaha xoolaha - Ukun - Biina batter aan lahayn iniinyaha lowska iyo bahdiisa	Hilib, Digaag, Malaay, Digir qalalan iyo Ukun: - Hilib adag, hilib adag oo seedo leh (fibrous meats with gristle) - Digir qalalan, digir cagaaran, misir - Biina batter leh iniinyo lawska iyo bahdiisa
Baruur, Cunto fudud, Macmacaan, Cuntada dhadhan loogu yeelo (Condiments) iyo Cabitaan: - Margarin, subag (butter), saliid, mayonees, garoor (sour cream), saladka dhadhan u yeela (dressing) - Dhecaanka iyo subaga hilibka oo habeeyay (Plain gravies) - Sonkor, jalli la iska arko (clear jelly), malab, siirab (syrup) - Dhir, dhir la kariyay (cooked herbs), maraq ka sameysan hilib ama malaay (bouillon), fuud (broth), maraq laga sameeyay qudaarta la ogolyahay - Kofee, shaah, cabitaan kaarboon leh - Doolshe , kuuki (cookies) - Jelatin, macmacaan sida labaniyada ah oon wax lagu darin (plain puddings), labaniyad, jalaato, jalaato ka sameysan juus (sherbet), jalaato qori (popsicles) - Nanac adag, buskut cusbo leh (pretzels)	Baruur, Cunto fudud, Macmacaan, Cuntada dhadhan loogu yeelo (Condiments) iyo Cabitaan: - Iniinyaha sida lowska (nuts), miro, qunbe - Jam, malmalaado, nooc malmalaadada ah (preserves) - Qajaar la dhanaanayay (Pickles), saytuun (olives), qajaar la macaaneeyay (relish), bahda kaabaj baridiisa (horseradish) - Dhammaan macmacaanka cuntada ka dib la cuno oo leh iniinyo lowska ay is leeyihiin, miro, furuud la qalajiyay, qunbe, ama laga sameeyay badar idil ama badarka dubkiisa - Nanac lagu sameeyay lowska bahdiisa iyo miro - Daango

2 maalmood ka hor baaritaanka:

- Jooji cunto culus in aad cuntid subaxda.
- Billaaw cunto ka kooban dareere la iska dhex arko.

Tusaale cunto dareere la iska dhex arko:

- *Dareere aan guduudneyn; kofee maya; Qamri maya; maya wax ka yimid caano xoolaad*
- Biyo: cab ugu yaraan 8 galaas oo biyo ah maalinta



- Shaah (ha ku darin caano iyo caano u eke aan ka iman xoolaha)
- Maraq sida biyaha la iska arko wuxuu noqon karaa mid hilib, malaay, ama qudaar laga sameeyay
- Gatorade®, Pedialyte® ama Powerade® (Maya tan gaduudan)
- Cabitaanka kaarboonka leh iyo midka aan lahayn sida (Sprite®, 7-Up®, Gingerale)
- Furuut la miiray oo gufurkii laga reebay sida (tufaax, canabka cad, karanbari)
- Jell-O®, jalaato qori, nanaca adag (Maya kan gaduudan)

Inta u dhaxeysa 4 illaa 6 galabnimo:

- Ku qas weel weyn 1 dhalo oo Miralax® ah iyo 64 oz oo Gatorade® ah.
- Cab 1 - 8 oz galaas oo ah Miralax®/Gatorade® isku qastay.
- Wad in aad cabtid 1 – 8 oz. galaas 15 daqiiqad kasta illaa ay ka dhammaato.

1 maalin ka hor baaritaanka

Wad in aad cabtid dareere la iska arki karo.

12 duhurnimo: Cun 2da kaniini ee bisacodyl (Dulcolax®) ah.

Inta u dhaxeysa 4 illaa 6 galabnimo:

- Ku qas weel weyn 1 dhalo oo Miralax® ah iyo 64 oz. Gatorade® ah.
- Cab 1 - 8 oz. galaas oo ah Miralax®/Gatorade® isku qastay.
- Wad in aad cabtid 1 - 8 oz. galaas 15 daqiiqad kasta illaa ay ka dhammaato.

Maalinta baaritaanka:

- Waad qaadan kartaa dhammaan daawooyinka subaxda.

4 saac ka hor baaritaanka:

- Cab 10 oz. oo Magnesium Citrate.

2 saac ka hor baaritaanka:

- Jooji in aad cabtid dareerihii la iska arkayay.
- Waxba ha cunin hadda. (Xanjo maya, tubaako nooc ay ahaato maya, nanac adag maya).
- Ku tala gal waqti dheeri ah oo aad ku gaarto ballantaada waayo waxa aad u baahan kartaa in aad istaagtid ood musqul gashid inta aad sii socotid.

Waxaad diyaar u tahay baaristii, Haddii aad raacday sidii lagu faray waa in saxaraddii aysan jirin, oo biyo cad iyo jaalle ah socdaan. Haddii aadan hubin in malawadkii soo nadiifoobay, fadlan ka soo wac xafiiskeena 612-871-1145 inta aadan soo aadin balanta.

- Soo qaado liiska daawooyinka aad qaadato, oo ay la socoto wixii aad allerji ku tahay ama aad iskaa uga soo gadatay farmashiyaha.
- Soo qaado kaarka aqoonsiga sidoo kale akhbaarta inshurasigaaga iyo kaarka inshuransiga, iyo foom kasta oo laguugu diray dhakhtar taqasus ah oo inshuransi kambanigaagu u baahan yahay.

Talooyin sida lagu nadiifiyo malawadka

- Si aad isaga ilaaliso in jirkaagu biyaha ka namaado cab biyo kugu filan ka hor iyo kadib marka lagu gudo jiro nadiifinta malawadka.
- Firinjeerka ku qabooji Miralax®/Gatorade® isku qasan. HA KU darin baraf galaaska aad ku cabaysid dareeraha qasan.



- Saacadda ku buuxso 15 daqiiqo kasta. Cab 8 - oz. galaas oo dareerihii qasnaa si dhaqso ah, si uu kaaga caawiyo in uu dhaqo malawadkaaga.
- Ka'ag dhawoow musqusha! Waad shubmi doontaa.
- Haddii aad xitaa musqusha ku jirtid sii wad in aad cabtid dareerihii qasnaa 15 daqiiqo kasta.
- Cab dhammaan dareehii illaa uu ka dhamaado.
- Haddii aad dareentid lalabbo iyo matak, ku luqluqo biyo dabadeedna naso 15 illaa 30-daqiiqadood , hadana billow in aad cabtid Miralax®/Gatorade® isku qasnaa.
- Way ku yara dhibeysaa illaa ay ka soo dhamaato saxarada malawadkaaga (2-4 saacadood ku dhawaad). Waxaad dareemi qabow.
- Waad muutsan kartaa nanac adag (MAYA Kan gaduudan).
- Caruurta yaryar xaanshida looga nadiifiyo saxarada oo aan aalkolo lahayn iyo Vaseline® isticmaal haddii maqaarku dhibsado.
- Isticmaal haddii aad doonto kareemka hydrocortisone, daawooyinka baabasiirka ama daawo xanuunka, cuncunka kaa yareeysa (Tucks) kuwaas ood ka heli kartid farmashiyaha.

CADDEYN WAXA AY TAHAY BAARISTA MALAWADKA

Waa maxay baarista malawadka?

Baarista malawadka waa tijaabada ugu saxan ee lagu heli karo hilbo ka soo baxa malawadka iyo kansarka gala malawadka, waana tijaabada kaliya ee lagu goyn karo hilbahaas. Inta lagu gudo jiro habkan wax barista dhakhtarku waxa uu ku eegayaa xuubka ku dahaaran gudaha midhicirka weyn iyo malawadka tubo jilicsa oo la yiraahdo colonoscope. Tubada jilicsan waxa la galinayaa dabada si tartiib ah ayaana hore loogu sii wadayaa malawadka. Haddii la arko hilbo ka soo baxay ama wax aan caadi ahayn waxa laga yaabaa in uu dhakhtarku soo gooyo si loo baaro ama cad yar oo la soo baaro ayuu ka soo goynayaa (biopsy).

Si loo helo jawaab wanaagsan oo sax ah waa in uu malawadkaagu gabigiisuba nadiif ahaado. Waxa aad cabaysaa walxo loo diyaariyay nadiifinta malawadka oo kaa caawiya in uu nadiif noqdo malawadka. Ballantaada baarista malawadka lagu sameynayo ka hor waxa aad u hogaansami doontaa nooc gaar ah oo xaga cuntada ah. Xataa haddii ay saxaradaadu biyo noqoto, waa muhiim in aad qaadato dhammaan wixii loo diyaariyay in lagu nadiifiyo malawadka, waayo jirku mar walba wuxuu sameeyaa dheecaan taas oo keeni karta in hilbo yaryar oo soo baxay ay ku dhuuntaan dheecaanka gadaashiisa.

Maxaa dhaca inta lagu gudo jiro baarista malawadka?

U soo diyaar garoow ugu yaraan labo saacadood in aad joogeysid rugta baaritaanka xubnaha gudaha jirka, maalinta la baarayo malawadkaaga. Baarida lafteeda waxay qaadataa 20 illaa 40 daqiiqo si loo dhameystiro.

Baarida ka hore:

- Waxa aad xiraneysaa dhar loogu tala galay baarida.
- Waxa lagula eegayaa taariikhda caafimaadkaaga, dabadeedna waxaad saxiixeysaa warqaddii ogolaashaha.
- Kalkaaliso caafimaad ayaa ku diyaarinaysa irbad faleebo (IV) gacantaada.

Inta lagu gudo jiro baaritaanka:

- Daawo ayaa lagu raacinayaa IVga si ay kuu dejiso ama kuu hurdisiiso.
- Wadnahaaga garaaciisa iyo heerka oksajiinkaagana waa lala socon. Haddii uu hooseeyo bareesharka dhiigaaga faleebo ayaa lagu raacinayaa laynka IVga.
- Dhakhtarka waxa uu dabadaada galinayaa tubo jilicsan oo dhexda ka daloosha oo loo yaqaan (colonoscope), dabadeedna xaga mindhicirka ayuu si tartiib ah ugu sii wadayaa, isagoo raadinaya wax aan caadi ahayn oo malawadka gudahiisa ku yaal ama hilib soo baxay.
- Inta lagu gudo jiro baaritaanka waxa aad dareemi kartaa mindhicirka oo lagu majiir. Taasi waa caadi.



- Haddii dhakhtarku arko cad aan caadi ahayn ama hilib soo baxay waa uu goynayaa isagoo si taxadar leh u sii dhex maraya tubada jilicsan ee uu wax ku baarayo ama cad ayuu ka soo goyn. Soo goynta cad yar wax xannuun ah ma laha.

Maxaa dhaca baarida ka dib?

- Dhakhtarku waxa uu kaala hadlayaa hordhaca jawaabta baaridii.
- Dhakhtarku waxa uu u gudbinayaa jawaabtii baarida dhakhtarkii ku soo diray.
- Waxa aad isku arki kartaa dibiro iyo majiirid baarista ka dib. Waa caadi weyna kaa ba'aysaa marka aad dhuustid.
- Daawooyinkii lagu siiyay markii lagu guda jiray baarista waxa ay kaa reebayaan in aad gaari kaxeysid inta ka hartay maalinta.
- Baarida ka dib ku noqo cuntadaadii. Iska ilaali qamri cabid illaa iyo maalinta ka danbeysa.
- Iska ilaali in aad dhooftid 24ta saac ee ka danbeysa baarida.
- Dib u billoow shaqadaadii maalinta ka danbeysa baarida.
- Kalkaaliso ayaa kuu sharxeyaa waraaqihii lagugu saarayay inta aaddan ka tagin rugta barista jirka gudihisa. Hubso in aad weydiisid wixii laga yeeli lahaa haddii aad qaadatid dhiig qafiifiye, sida aspirin, Coumadin ama Plavix.
- Wixii cad ama hilib soo baxay ah ee la soo gooyo inta lagu gudo jiro baaritaanka waxa loo dirayaa sheybaarka si loo baaro. Waxa ay baarista sheybaarku qaadanaysaa 5-7 maalmaha la shaqeeyo ah si aad u ogaatid jawaabta.

Ma jirtaa dhibaato uu la imman karo baarista malawadka?

In kastoo ay dhif tahay in lagala kulmo dhibaato, hadana wax kasta oo ku taxaluqa baarid jirka gudihisa ah waxa ay la imman kartaa dhibaato. Kalkaalisada ayaa kula eegeysa dhammaan digniinta calaamadaha khatarta ah inta aadan ka tagin rugta baarista jirka gudihisa.

Khataraha waxaa ka mid ah:

- In uu dilaaco ama god ku samaysmo xuubka malawadka.
- Dhiig-bax ku yimaada meesha laga soo gooyay cadka.
- Daawada lagu siiyay in uu jirkaagu diido oo waxyeelo u keento.

Jawaabta baaris kasta waxaa laguugu soo dirayaa boosto.



INSHURANSIGA AND BIILKA

MNGI Websaytkeeda: Siyaaro websaytkeena ah mngastro.com codso qiyaasta qiimaha, ku bixi online, Hel tafaasiir ku saabsan borogaraamyada caawinta xaga kharashka iyo akhbaaro kale oo muhiim ah. .

Inshuransi iyo Habka Biilka: Adiga ayaa mas'uul ka ah in aad ogaatid inshuransiga waxa uu kuu ogolyahay iyo sida uu yahay inta aadan iman kiliiniga ama baarida. Haddii inshuransigaaga leeyahay lacag yar oo hormaris ah (co-payment) balantaada, lacagta hormariska waxa aad dhiibaysaa maalinta balantaada. Waxa aynu kaa codsaneynaa in aad na tustid kaarkaaga caafimaadka eed hadda haysatid iyo kaarka aqoonsiga ee masawirka leh mar kasta ood ballan u timaadid xafiisyadeena/goloyaasheena. Haddii aad ku guul dareysatid in aad la timaadid kaarka caafimaad eed hadda haysato Minnesota Gastroenterology, P.A. mas'uul kama aha buuxin khaldan ama dib u dhac ku yimaada dalabka qarashka. Fadlan la socodsii shaqaalaha miiska hore haddii wax iska badaleen inshuransigaaga ama akhbaartaada shaqsi ahaaneed.

Dalab u hogaansan: Haddii aad na siisid akhbaarta inshuransigaaga, waxaynu u gudbineynaa kharashkii kugu baxay inshuransigaaga, waxaana kaa caawineynaa si kastoo macquul ah in lagaaga bixiyo kharashka. Si kastaba inshuransigaaga wuxuu kaa doonayaa in aad ugu gudbiso si toos ah akhbaarta qaarkeed, adiga ayaana mas'uul ka ah in aad oofisid wixii ay kaa codsadaan

Hore u Ogolaasho iyo Hore u Xaqiijin: Haddii nooca inshuransigaaga uu doonayo in uu ogolaasho hore kuu siiyo ama caddeyn in uu ogolyahay, adiga ayaa mas'uul ka ah in aad soo wacdo xafiiskeena (612) 871-1145, riix 5 balanta ka hor, markaa waxa ku caawinaya shaqaalaha si ay kuugu hellaan ogolaasho imaashaha kiliiniga iyo baarida.

U dirid: Haddii nooca inshuransigaaga uu doonayo cadeyn ah in dhakhtar kuu soo diray baaridaan, Adiga ayaa mas'uul ka ah in aad caddeyn kala timaadid dhakhtarkaaga quud ama kiliiniqa ka hor balantaada.

Qaansheegad: Marka inshuransigaagu diyaariyo kharash bixinta waxa uu kuu soo dirayaa qoraal xisaabeed oo lagu sheegayo haddii ay jirto in lagaa jaray, qeybta aad dhiibto, qeybta hormariska ah ama wixii ka soo hara inta inshuransigu dhiibay. Haddii lagu balamiyay baarid waxa ku soo gaaraya qoraal xisaabeed hal ka badan. Hal qoraal xisaabeed waxa uu ka imanayaa Minnesota Gastroenterology, P.A. oo ka wakiil ah dhakhtarka kharashkiisa, mid labaadna waxa uu ka imanayaa East Metro Endoscopy Center, LLC, MNGI Endoscopy ASC, Inc. ama isbitaalka oo qaabiisan kharashka rugta lagu qabtay. Waxaa kaloo ku soo gaaraya biil kale oo gooni ah oo ka yimid dhakhtarka cudurada ku taqasusay (Hospital Pathology Associates) haddii cad hilibkii soo baxay ah ama unugyo tusaale u ah cadka loo baahdo, ama biil ka yimid sheybaarka (LabCorp ama Prometheus) haddii dhiig la baaro. Haddii kooxda suuxdintu ku siiso ama ilaaliso daawada lagugu hurdisiiyay markii lagu guda jiray baarida, waxaa jiri doona biil dheeri ah oo ka imanaya kooxda suuxdinta ee Northwest Anesthesia ama Capital Anesthesia Partners. Fadlan weydii inshuransigaaga wixii maslaxad kuu ah.

Bixin: Waa in aad bixisaa isagoo dhameystiran marka uu kuu yimaado qoraal xisaabeedka. Waan ogolnahay in aad ku dhiibtid kaarka bangiga sida (Visa, MasterCard and Discover), jeega kuu gaarka ah, ama manni oodher. Waxaad ku dhiibi kartaa kaarka bangiga iyo jeega kuu gaarka ah online mngastro.com. Haddii aadan awoodin in aad u dhiibto si dhameystiran, adiga ayaa mas'uul ka ah in aad la soo xiriirtid xafiiskeena. Si ay kuugu helaan qorshe aad isku raacsantihiin, ribana lahayn iyo in aad kala hadasho siyaabaha ay kaaga caawini karaan xaga kharash bixinta. Haddii aad ku guuldareysato in aad dhiibtid waxa kugu haray iyo/ama aad kala shaqeyn weydo in aad isla meel dhigtaan qorshe waxa loo gudbinayaa akoonkaaga wakiil ka soo ururiya dadka lacagta bixin waayay (collection agency), waxa kale oo ay keeni kartaa in aan ballan danbe laguugu dhigin Minnesota Gastroenterology, P.A. ama rugaheena, illaa aad si buuxda u bixiso inta kugu hartay.

Caawinaad Dhaqaale: Muhiim ayay inoo tahay in aan kuu fidino daryeel sare oo caloosha iyo mindhicirada ah, iyadoon la eegeyn heerka dhaqaalaha qofka. Waxa aynu leenahay fursado caawinaad oo dabooli kara baahida dhaqaale ee kala duwan. Fadlan kala soo xiriir Xafiiskeena Shaqo (612) 871-1145 (dooro 5) wixii aqbaar ah ee ku saabsan Borograamka Caawinaada Dhaqaale.

Xirfaddeena shaqo waxa ka go'an in ay siiso bukaankeeda daryeelka ugu fiican. Waad ku mahadsantahay in aad dooratay Minnesota Gastroenterology, P.A. iyo in aad fahamtay ood raacday akhbaarteena dhaqaale. Haddii aad su'aal qabtid ama ay jiraan wax aad ka walwalsan tahay oo akhbaartaan ah, fadlan kala xiriir Xafiiskeena Shaqada (612) 871-1145 (dooro 5).



Xeerka Xuquuqda Bukaanka

Bukaan ahaan Minnesota Gastroenterology, P.A. iyo Rugaha Qalliinka bukaansocodka (ambulatory surgery), sharcigaan waxaad awoodeysaa xaqaa aad u leedahay:

Minnesota Outpatient Surgical Center Patients' Bill of Rights

Caddeyn in aad Heleysid Ogeysiin Isticmaalka Xogtaada Qarsoon (Notice of Privacy Practices)

Sharciga Inshuransiga Caafimaadka la Qaadan karo iyo Mas'uul ka noqoshadiisa ee loo soo gaabiyo (HIPAA), waa sharci federaal ah oo kuu suurto galinaya in aad yeelatid xaquuq ah isticmaalka iyo daahfurka xogta caafimaadkaaga ee la ilaaliyay. Waxa si tafaftiran u sharxaaya xuquuqdaas nuqul loogu magac daray Ogeysiin Isticmaalka Xogtaada Qarsoon (Notice of Privacy Practices). Minnesota Gastroenterology P.A. iyo rugaha baaritaanka jirka gudhiisa ee ku xiran waxa ay awood u leeyihiin in ay dib u eegis ku sameeyaan Ogeysiinta Isticmaalka Xogtaada Qarsoon markasta. Waa lagu siinayaa koobi ah Ogeysiintii dib loo eegay haddii aad codsato.

Awood u siin in Akhbaartaada lagu Gudbiyo/Xiriir Telefoon

Aad buuxisid qeybtaan foomka ogolaashaha, waxaad siineysaa Minnesota Gastroenterology, P.A. iyo rugaha kale ee ku xiran ee baaritaanada gudaha jirka sameeya ogolaasho in ay uga tagaan balamaha aad leedahay, akhbaartaada caafimaad iyo biilka qofka /dadka aad ku qoratay ama/iyo mashiinka akhbaarta lagu duubo, ama/iyo in lagaaga tago akhbaar telefoonka aad na siisay.

Wargelin Cilmi Baaris:

Minnesota Gastroenterology, P.A. waxa ay leedahay borogaraam cilmi baaris oo shaqeeya. Dhammaan cilmi baarista bukaanka ee ay fuliso Minnesota Gastroenterology waxa uu maraa hab shuruucda waafaqsan, kaasoo fiiriya ilaaliyana bukaanka ka qeybqaatay cilmi baarista, iyadoo ay ku jirto waxa u qarsoon. Shaqaalaha cilmi baarista ee kilinigeena waxa ay si isdaba joog ah u fiirinayaan rikoorka caafimaadkaaga si ay dib u hubin ugu sameeyaan daryeelkaaga iyo taariikhdaada caafimaad taas oo ay ku ogaanayaan in aad u qalantid ka qeybqaadashada tijaabo cilmibaaris oo suurto gal ka dhigi karta in daawo loo helo xaaladaada caafimaad. Uma isticmaaleyno akhbaartaada caafimaad umana daahfureeno banaanka Minnesota Gastroenterology iyo /ama Minnesota Gastroenterology kuwa la shaqeysta iyaga oon kaa helin ogolaasho ama og in xogtaada qarsoon ay tahay mid la ilaaliyay. Ka qeyb qaadashada cilmi baaristu waa mid aad xor u tahay. Bukaan kasta oo ka qeyb qaadanaya cilmi baarista waxa laga doonayaa in uu saxiixo warqad ogolaansho in la wargeliyay.

Wargelin Biilal Badan:

Haddii aad ku leedahay baaritaan mid ka mid ah rugaheena qalliinka maalinlaha ah waxa kuu imanaya LABO ama illaa afar waraaq xisaabeed oo baariddii ah.

- Mid qoraal xisaabeedka ah wuxuu ka imanayaa Minnesota Gastroenterology, P.A. Biilkan waa kharashkii ku baxay shaqadii lagu qabtay. Tani waa kharashkii xirfadda ee dhakhtarka baarista sameeyay. Xafiiskeena ayaa biilka u diraya kanbaniga inshuransigaaga. Fadlan u diyaargarow in aad bixiso qeybta uunan bixinin kanbaniga inshuransigaaga sida ugu dhaqsaha badan ee qoraal xisaabeedku kuu soo gaaro.
- Qoraal xisaabeedka kale waxa uu ka imanayaa mid kuwan soo socda ah: East Metro Endoscopy Center LLC, iyo MNGI Endoscopy ASC, Inc. Biilkaan waa kharashkii rugta baarista lagu qabtay waxa uu noqonayaa biilka bukaan socodka isbitaalka. Rugta qalliinka bukaansocodka ruqsad ayay isteedka ka haystaan, caddeyna waxa ay ka haystaan Medicare. Kharashyadan si kala duwan ayaa loogu dirayaa kanbanigaaga inshuransiga. Fadlan u diyaargrow in aad bixiso qeybta aanu bixinin kanbaniga inshuransigaaga sida ugu dhaqsaha badan marka uu ku soo gaaro biilka.
- Haddii ay jirto shaqo laab, waxa ku soo gaaraya qoraal xisaabeed ah wixii uu baaray sheybaarkii lagu diray.
- Haddii ay jirto in cad la soo baaro laga qaaday intii lagu guda jiray baadhista, waxaa ku soo gaaraya qoraal kuwa cudurada bartay ah. Rugteena qalliinka bukaansocodka waxa ay u isticmaashaa Ururka Barashada Cudurada ee Isbitaalka (Hospital Pathology Association) shaqadan.



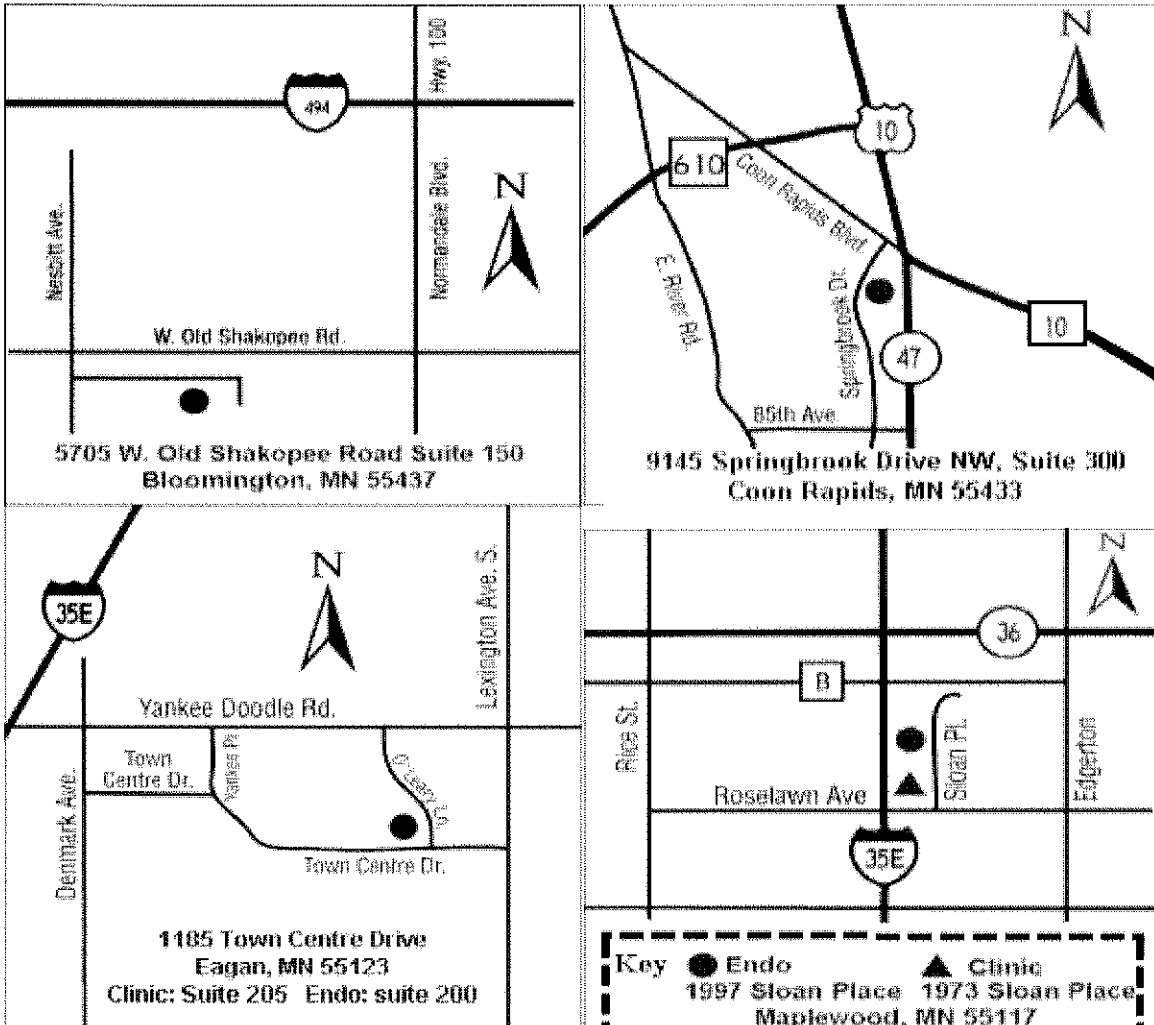
MINNESOTA
GASTROENTEROLOGY, P.A.

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Qoraal Daahfur:

Haddii aad u balansantahay baaritaan mid ka mid ah rugaha Minnesota Gastroenterology, P.A. Rugta baarista gudaha jirka (Endoscopy Centers), daryeelahaaga caafimaad waxa uu kuu dirayaa rug ama adeege ay daryeelahaaga caafimaad wadaagaan dano dhaqaale ama maaliyadeed.

Telefoon Nambor: 612-871-1145

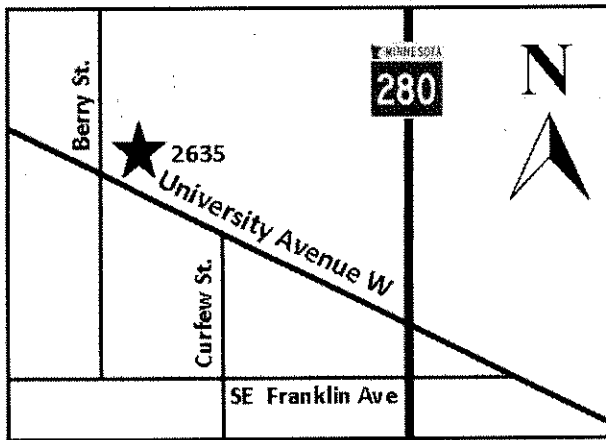




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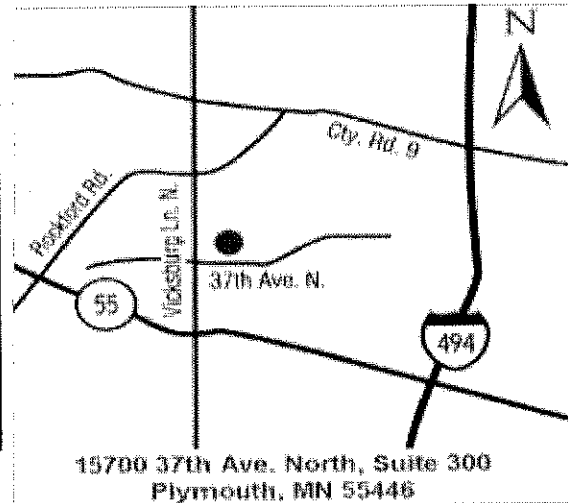
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