

# Qaliinka Qabsinka

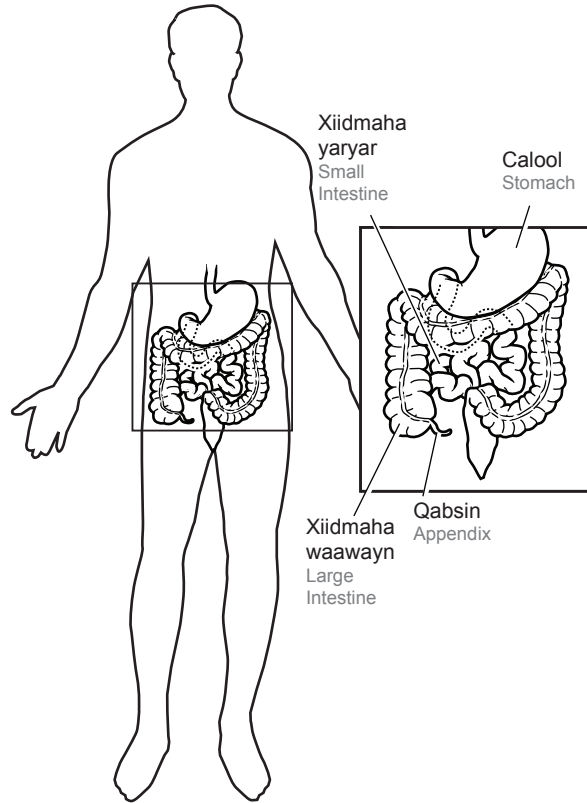
## Appendectomy

Appendectomy is a surgery to remove the appendix. The appendix is a small pouch that comes off the large intestine. The appendix sometimes gets blocked and becomes infected and swollen. Signs of an infected appendix include abdominal pain in the lower right side, fever, poor appetite, nausea and vomiting. If the appendix bursts, it can make you very sick.

There are two ways to do this surgery:

- **Open appendectomy** - a single incision is made in the abdomen. The doctor works through this larger incision to remove the appendix.
- **Laparoscopic appendectomy** - 2 or 3 small incisions are made in the abdomen. The doctor uses a camera and tools through the small incisions to remove the appendix. With this type of surgery, you may recover faster, have less pain, less scarring, fewer wound problems and spend less time in the hospital.

An adult family member or friend needs to come with you to take you home after your surgery. It is not safe for you to drive or leave alone.



Qaliinka ukurka waa qaliinka looga saarayo ukurka. Qabsinku waa unug yar oo kasoo baxda mandhaciirka weyn. Xudunta mararka qaar wuu xirmaa oo wuu caabuqaa oo bararaa. Aastaamaha qabsinka waxaa kamid ah xundhur xanuunka ee dhinaca midigta hoose, qandho, cunto cunis la'aan, lalabo, iyo matag. Haddii xudunta qaraxdo, waxay kaa dhigi kartaa jiro weyn.

Waxaa jira labo qaab oo loo sameeyo qaliinka:

- **Qaliinka qabsinka ee furan (Open appendectomy)** - hal meel ayaa laga dalooliyaa xundhurta. Dhakhtarka waxa uu u isticmaalaa meeshaas wayn ee la dalooliyay inuu kasoo saaro qabinka.
- **Qaliinka qabsinka ee uurka meel la dalooliyo (Laparoscopic appendectomy)** - 2 ama 3 meel ayaa laga dalooliyaa xundhurta. Dhakhtarku waxa uu meelaha uu daldalooliyay u isticmaalaa kaamiro iyo qalabyo si uu ugu adeegsado qaliinka qabsinka. Qaliinka noocaan ah, waxaa laga yabaa inaad si degdeg ah usoo kabsato, aadna dareento xanuun yar, walwel yar, dhibaatooyin qandho oo yaryar aadna waqti yar kujirto isbitaalka.

Xubin qoyska kamid ah ama saaxiib qof wayn ah ayaa loo baahan yahay inuu kusoo raaco si uu guriga kuugu kaxeeyo qaliinka kadib. Amaan ma ahan inaad adigu gaari guriga u wadato ama aad kaligaa baxdo.

## To Prepare

- Tell your doctor what medicines you are taking including prescriptions, over the counter medicines, vitamins and herbs.
- If you have any allergies to medicines, foods or other things, tell the staff.
- Do not eat or drink anything, including water, until after you have your surgery.

## During Surgery

- You will wear a hospital gown.
- An IV (intravenous) is put into a vein in your arm for giving medicine and fluids.
- You are taken on a cart to the surgery room. You are helped onto the surgery table. A belt may be put over your legs for your safety.
- You will be given medicine, so you will sleep through the surgery. The medicine will be given through the IV or a face mask.
- Your abdomen is cleaned and sheets are put over you to keep the surgery area clean.
- An incision is made in your abdomen. With laparoscopic, 2 to 3 incisions are made.
- The appendix is removed.
- The incision(s) are closed with stitches, staples or special tapes called steri-strips.
- If stitches or staples are used, a bandage is taped over them.

## Si aad U diyaargarowdid

- U sheeg dhakhtarkaaga daawooyinka aad qaadanayso oo ay ku jiraan daawooyinka lagu soo qoray, daawooyinka laga iibsado dukaanka, fitamiinada, iyo dhirta.
- Haddii aad wax xasaasiyad ah ku qabto daawooyinka, cuntooyinka, ama waxyaabaha kale, u sheeg shaqaalaha.
- Ha cunin ama cabin waxba, ayna ku jiraan biyo, illaa iyo inta qaliinkaagu dhamaanaayo.

## Inta lagu jiro Qaliinka

- Waxaad xiranaysaa shuluga isbitaalka.
- (Faleenbada) IV ayaa la geliyaa xididka gacantaada si laguugu siiyo daawo iyo nafaqo.
- Sariirta bukaanada ayaa lagugu geeynayaa qolka qaliinka. Waxaa lagaa caawinayaa miiska qaliinka. Waxaa laga yabaa in lugahaaga lagu xiro suun si badqabkaaga loo dhowro.
- Waxaa lagu siin doonaa daawo, si aad u seexato inta qaliinku socdo. Daawada waxaa laga siinayaa dhinaca IV ama wajiga maaskaraha.
- Xundhurtaada waa la nadiifinayaa go'yana ayaa la dhigayaa dhinacaaga si aaga qaliinka u noqdo nadiif.
- Waxaa lagaa daloolinayaa xundhurta. Ayadoo la isticmaalaayo aparoscopic, 2 illaa 3 dalool ayaa la sameynayaa.
- Qabsinka ayaa lagaa saarayaa.
- Meelaha la dalooliyay waxaa lagu xiraa tolmo, qabatooyin ama koolo gaar ah oo loo yaqaan steri-strips.
- Haddii la isticmaalo tolmooyin ama qabatooyin, waxaa korka looga xiraa baandheej.

## After Surgery

### In the Hospital

- You are taken to the recovery room where you are watched closely until you wake up and are doing well.
- Your breathing, blood pressure and pulse are checked often.
- Your doctor will talk to you about your surgery and when you can expect to go home.
- Medicines given during the surgery will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- You may be sent home 1 to 2 days after surgery. If your appendix ruptured before surgery, you may have to stay longer.

### At Home

- Rest.
- Take your medicines as directed by your doctor.
- Call your doctor to schedule a follow-up visit.
- You can take a shower. Do not take a tub bath for one week after your surgery.
- Remove the bandage(s) over the incision(s) the next day before you shower. Carefully wash the incisions with soap and water and pat them dry. Put new band-aids over your incisions. Change your band-aids any time they get wet or dirty.

## Qaliinka Kadib

### Gudaha Isbitaalka

- Waxaa lagu gudbinayaa qolka sookabashada halkaas oo si dhaw loola socon doono caafimaadkaaga illaa aad kasoo kacaysid aadna ka dareemeysid caafimaad.
- Heerka neefsashadaada, dhiig karka, iyo garaaca wadnaha ayaa la eegayaa.
- Dhakhtarkaaga waxa uu kaala hadli doonaa qaliinkaaga iyo xiliga la filaayo inaad aado guriga.
- Daawooyinka lagu siinaayo inta lagu jiro qaliinja ayaa hurdo kugu ridaaya. Waa inuu qof wayn oo qoyskaaga ah ama saaxiib uu guriga kuu qaadaa si badqabkaaga loo dhawro.
- Waxaa laga yabaa in guriga lagu diro 1 illaa 2 bari kadib qaliinkaaga. Haddii qabsinkaagu dilaacay kahor qaliinka, waxaa laga yabaa in aad isbitaalka kusii jirto.

### Markaad Guriga tagto

- Naso.
- U qaado daawooyinkaaga sida dhaqtarku kuugu qoray.
- Soo wac dhakhtarkaaga si aad u qabsato balanta booqashada.
- Waad qubeysan kartaa. Haku qubeysan biyo kulul muddo dhan hal asbuuc kadib qaliinkaaga.
- Iska bixi baandheejka lagu duldehjiyay meesha lagaa qalay maalinta xigga kahor inta aadan qubeysan. Si taxadar leh saabuun iyo biyo ugu dhaq meesha lagaa qalay kadibna qalaji. Ku dheji faashad cusub meesha lagaa qalay. Badel faashadaada waqti kasta oo ay qoydo ama wasakh noqoto.

- If you have steri-strips, leave them alone. They will fall off on their own.
- It may be hard for you to have a bowel movement after surgery. Walking and eating high fiber cereals, beans, vegetables and whole grain breads will help. Drinking 8 glasses of liquids each day may also help.
- You may be taught to do deep breathing and coughing exercises to keep you from getting a lung infection after surgery. Deep breathe and cough every hour while you are awake and if you wake up during the night. It may help to use a pillow to support your incision(s) when you cough or deep breathe.
- Do not lift objects over 10 pounds for 3 days if you had laparoscopic, or for 14 days if you had an open procedure .
- Do not drive until your doctor tells you it is okay, and you are no longer taking pain medicine.
- Talk to your doctor or nurse about other activity limits. You should be able to return to normal activities in about 1 to 3 weeks.
- Haddii ay kugu dhegan yihiin koolooyinka yaryar, si dooda u dhaaf. Si iskood ah ayay iskaga soo fuqayaan.
- Way kugu adkaan kartaa inay saxaro kaa timaado qaliinka kadib. Socoshada iyo cunista badarka buunshada ku badan, digirta, qudaaraha, iyo rootiga qamadiga ayaa ku caawinaaya. Cabida 8 galaas oo biyo ah maalin kasta ayaa sidoo kale ku caawin kara.
- Waxaa laga yabaa inay kugu adkaato qaadashada neef hoose si aad iska illaalisid helitaanka caabuqa sambabka qaliinka kadib. Samee neefsashada qototada dheer iyo qufac saacad kasta marka aad soo jeedo haddii aad kacdo inta lagu jiro habeenkii. Waxaa ku caawin kara barkinta si aad ugu qabato meesha lagaa qalay marka aad qufaceyso ama aad qaadaneysa neefsashada qotoda dheer.
- Ha qaadin shey ka culus 10 boon muddo dhan 3 bari haddii lagugu sameeyay qaliinka dhowrka meel la dalooliyo, ama 14 maalmood haddii lagugu sameeyay qaliinka halka meel la dalooliyo.
- Gaari hawadin illaa dhakhtarkaagu kuu sheego inay sidaas caadi tahay, iyo illaa inaad daawooyin qaadaneyn maahee.
- Kala hadal dhakhtarkaaga ama kalkaalisada yareynta howlaha kale. Waa inaad awoodaa inaad dib ugu laabato hawlahaagii caadiga ahaa qiyaastii 1 illaa 3 isbuuc.

### **Call your doctor right away if you have:**

- Pain in the abdomen or shoulder area that does not go away or gets worse
- Increased redness, bruising or swelling

### **Soo wac dhakhtarkaaga isla markaas haddii aad qabto:**

- Xanuunka xundhurta ama aaga garabka ee aanan baabi'in ama ka sii darto
- Gaduudasho saaid ah, nabaro ama bararka

- A fever over 101 degrees F
- Chills or a cough, or you feel weak and achy
- Vomiting
- Skin that is itchy, swollen skin or a new rash
- Trouble having a bowel movement or have diarrhea often
- Qandho ka sareysa 101 digrii F
- Qaboow ama qufac, ama haddii aad dareento la ciifnimo iyo xanuun
- Matag
- Maqaar cuncun, maqaar barar ama nabaro yayar
- Dhibaatooyinka dhanka dheefshiidka ah ama shuban inta badan jira

### **Call 911 right away if:**

- The incisions come apart.
- There is new bleeding from the incisions.
- You have trouble breathing all of a sudden.
- You have chest pain.

**Talk to your doctor or nurse if you have any questions or concerns.**

### **Soo wac 911 isla markaas haddii:**

- Meesha lagaa qalay kala baxaan.
- Dhiig bax aad ku aragto meesha lagaa qalay.
- Aad dhibaato ku qabto neefsiga oo dhammaan lama filaan ah.
- Isku aragto xanuunka xabadka ah.

**La hadal dhakhtarkaaga ama kalkaalisadaada haddii aad qabtid wax su'aalo ah ama walaacyo.**