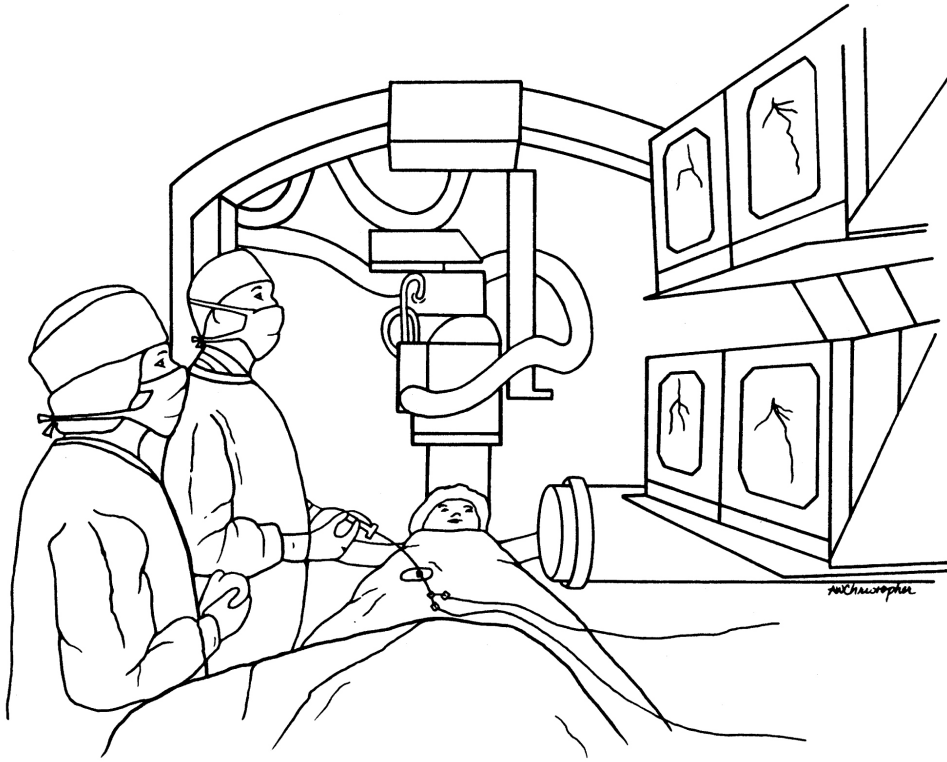


# Kateetarka Wadnaha iyo Xidid-balaadhinta Wadnaha

## Heart Cath and Heart Angioplasty



A **heart cath** is also called cardiac catheterization, cardiac cath or coronary angiogram. A heart cath shows blood vessels of the heart and the inside of the heart as it pumps. A tube called a **catheter** is put into a blood vessel in the top of your leg in your groin or in your arm. It is then guided into your heart. Dye is put in through the catheter and x-rays are taken.

**Kaateerka wadnaha** ayaa sidoo kale loo yaqaannaa kateerarka Wadnaha ama balaadhinta halbawlayaasha. Kaateerka wadnuhu wuxuu muujinayaa marinnada dhiigga ee wadnaha iyo gudaha wadnaha markuu dhiiggu ku soo shubmayo. Dhuun loo yaqaanno **katiitar** ayaa la galiyaa xididka meesha ugu sarreysa ee lugtaada ee bisqinleyda ama gacantaada. Ka dibna waxaa lagu haggaa wadnahaaga. Dheeh ayaa la mariyaa kateetarka ka dibna raajo ayaa laga qaadaa.

Narrowed blood vessels can lead to chest pain or a heart attack. A **heart angioplasty**, also called a PTCA (Percutaneous Transluminal Coronary Angioplasty) or balloon angioplasty, may be done with a heart cath if you have narrowed blood vessels in the heart. With this procedure, a balloon on the end of the catheter will be used to open up the blood vessel to improve blood flow. A stent, which is a small, wire tube-like device, may be placed to keep the blood vessel open.

**Arrive on time for your procedure.** You may need to stay overnight in the hospital. Plan to have an adult family member or friend take you home.

## To Prepare

- Your doctor may order some tests such as a chest x-ray, EKG and blood tests.
- Do not eat or drink anything, including water, after midnight before your procedure.
- Ask your doctor if you should take your medicines the morning of the procedure. If so, take with sips of water only.
- Tell the staff if you have allergies, have asthma or are taking the medicine metformin (Glucophage).

Xiddidada dhiigga oo cidhiidhi noqdaa waxay horseedi karaan laab xanuun ama wadno xanuun. **Heart angioplasty**, ayaa sidoo kale waxaa loo yaqaanaa PTCA (Percutaneous Transluminal Coronary Angioplasty) ama buufinta balloon angioplasty, waxaa laga yaabaa in lagu sameeyo kaateerka wadnaha haddii xiddidada dhiigga qaada ee ku yaalla wadnahaagu ay cidhiidhi yihiin. Nidaamkan, buufin ku taalla halka ugu danbaysa kaateerka ayaa loo isticmaali doonaa inuu u furo dhiigga xiddidada si uu wax uga taro socodsiinta dhiiga. “Stent” kaas oo ah aalad yar, oo sida tiyuubka oo kale u samaysan, ayaa laga yaabaa in la dhex dhigo si uu xiddidada dhiiguufuro.

## Wakhtigeeda ku imow camaliyadda.

Waxa laga yaabaa inaad habeenu dhaxdo cisbitaalka. Qorshee inaad soo kaxaysato xubin qoyskaaga ah ama saxiib kuu kaxeeya guriga.

## Si aad isugu diyaarisid

- Dhakhtarkaaga ayaa laga yaabaa inu kaa dalbado baadhitaanada qaarkood sida raajada laabta lagu sawiro, EKG, iyo baadhitaanada dhiigga.
- Ha cunin ama ha cabin, shayada ay ka midka yihiin biyaha, wixii ka danbeeya saqda dhexe camaliyaddaada kahor.
- Dhakhtarkaaga weydii haddii ay tahay inaad daawo qaadatid subaxa camaliyadda ama qalliinka. Haddii ay sidaas tahay, kabbashooyin biyo ah oo keliya ku qaado.
- Shaqaalaha u sheeg haddii aad qabtid xajiin, asmo ama neef, ama qaadatid daawada Metformin (Glucophage).

## During Your Procedure

- You will wear a hospital gown and lie on a table. You may wear your hearing aids, dentures and glasses. Remove nail polish and contact lenses.
- The lights in the room may be dim and the room may seem cool.
- You will be awake so you can tell the staff how you feel.
- An IV (intravenous) is put into a vein in your arm. Medicine to help you relax and fluids are given through your IV.
- The catheter site, either your groin or your arm, is cleaned. Your groin may be shaved if used.
- Small pads are put on your chest to check your heart. For men, chest hair may need to be shaved.
- A blood pressure cuff is put on your arm. Your blood pressure and heart rate are checked often.
- The doctor numbs the catheter site. This stings for a few seconds. After this, you should only feel pressure and no pain.
- The catheter is put into a large blood vessel and threads it into your heart.

## Waqtiga Baaridda

- Waxaad xidhan doontaa marada isbitaalkaoo miis ayaad ku jiibsan doontaa. Waxaad xidhan kartaa kaalmeeyeyaasha maqalka, ilkaha sanaaciga ah ee la iska bixin karo, iyo muraayadaha indhaha. Iska bixi rinjiga ciddiyaha la mariyo iyo muraayadaha indhaha lagu dhejiyo.
- Nalalka qolka dhexdiisa waxaa laga yaabaa inay diciif noqdaan oo waxaa laga yaabaa in qolku qabow noqdo.
- Waa lagu toosin doonaa si aad ugu sheegto shaqaalaha sida aad dareemayso.
- Meesha kateetarka, bisqinleydaada ama gacantaada, ayaa la nadiifinayaa. Sarcamahaaga ayaa laga yaaba in lagaa xiiro haddii la isticmaalo.
- Qayb yar oo koollo leh ayaa laabta lagaaga dhajinayaa si loo hubiyo wadnahaaga. Ragga, timaha xabadka ayaa laga yaabaa in loo baahdo in laga xiiro.
- Qalabka dhiig cabbiraha ayaa gacanta lagaaga xidhayaa. Cadaadiska dhiiggaaga iyo garaacidada wadnahaaga ayaa had iyo jeer la hubin doonaa waqtiga baaritaanka.
- IV ayaa la galinayaa xididka gacantaada. Daawadu waxay kaa caawinaysaa inaad nafisto oo wixii sharaab ah lagugu siiyo IV gaaga.
- Dhakhtarku wuxuu kabuubinayaa meeshii kateetarka lagaa geliyey. Tan waxay ku xanuujin doontaa dhowr ilbidhiqsi. Taas ka dib, waa inaad cadaadis oo keliya dareentaa ee aadan xanuunsan.
- Kateetarka ayaa la galinayaa xididada dhiiggaaga wayn ka dibna lagu xidhayaa wadnahaaga.

- It is common to feel skipped heartbeats or fluttering. Tell your doctor, but do not be scared.
- Dye is injected. You may feel hot or flushed for a few seconds.
- X-rays are taken as the dye moves through your blood vessels. You may be asked to hold your breath, cough, take deep breaths or move your arms.
- If you have narrowed blood vessels, the balloon area of the catheter is moved to the narrowed area of the blood vessel. The balloon is made bigger and smaller a few times to open the narrowed blood vessel. You may feel some chest pressure, but the pressure should ease quickly. **Tell the staff how you are feeling.**
- A stent may be placed to keep the blood vessel open.
- Dye is given again to see how much the blood vessel has been opened.
- The catheter is then removed.
- The needle placed in the catheter site may stay in place for several hours.
- Marka kateetarka loo gudbiyo wadnahaaga, waa wax iska caadi ah inaad dareentid in wadne garaacaaga laga booday ama dhaqaaq wadne oo dhakhso ah. Dhakhtarkaaga u sheeg, laakiin ha cabsan.
- Rinji ayaa lagugu durayaa. Waxaa laga yaabaa inaad kuleyl dareentid ama jidhkaagu casaado dhowr ilbidhiqsi.
- Raajooyin ayaa lagaa qaadayaa marka uu rinjiga marinnada dhiigga dhex galo. Waxaaa laga yaabaa mararka qaarkood in lagu weydiiyo inaad neefta ceshato, qufaca, neef dheer aad qaadato ama aad dhaqdhaqaaqjiso gacantaada.
- Haddii xiddidada dhiigaagu ay cidhiidhi yihiin, aagga ay buufintu ku jirto ee kateetarka ayaa loodhaqaajinaya aagga cidhiidhiga ah ee xiddidada dhiigga. Buufinta ayaa la waynaynayaa ama la yaraynayaa dhawr jeer si ay u furto xiddidada dhiiga ee cidhiidhiga ku jira. Waxaa laga yaabaa inaad dareento cadaadis laabta kaa qabanaya, laakiin cadaadisku si degdega ayuu u tagayaa. **Shaqaalahaaga u sheeg hadba sida aad dareemayso.**
- Stent ayaa laga yaabaa in la dhex galiyo si ay xiddidada dhiigga u furaan.
- Walax dareere midab leh ayaa mar labaad la siinayaa si loo arko intaa ay leeg tahay xiddidada dhiiga ee furmay.
- Kateeterka ayaa la saarayaa.
- Irbadda la galiyay aagga Kateeterka oo ayaa laga yaabaa inay ku sii jirto meesha dhawr saacadood.

- When the needle is removed, the blood vessel is closed. The staff will hold pressure on the site for 10 to 20 minutes, so it does not bleed. A stitch, clip or plug may be used to close the site. A clamp may be put on the area for about 1 hour to stop bleeding. A bandage is put over the site after the clamp is removed.
- Marka irbada la saaro, xiddidada dhiiga ayaa la xidhayaa. Shaqaalaha ayaa cadaadin doona jiiida 10 ilaa 20 daqiiqadood, si markaas aysan u dhiigin. Tolid ama qabato ama gufeys ayaa laga yaabaa in la isticmaalo si loo xiro meesha. Biin isku haysa ayaa la geliyaa ilaa 1 saac si loo joojiyo dhiigbaxa. Faashad ayaa lagu dhejiyaa aagga ka dib marka birta isku haysa laga saaro.

## After Your Procedure

### In the Hospital

- Your site, pulse and blood pressure will be checked often.
- Your leg or arm needs to be kept straight for 2 to 6 hours to prevent bleeding.
- Tell your nurse **right away** if the site swells or bleeds, or if you feel pain, numbness or tingling in your leg or arm.
- You may drink clear liquids until the needle is removed. After that you may return to your normal diet.
- You may have oxygen and a heart monitor in place for a few hours.
- An EKG or blood tests may be done.
- It is common for your catheter site to be tender and bruised.
- Your doctor will talk to you about your procedure.

## Kadib Baaritaankaaga

### Cisbitaalka dhexdiisa

- Aagga laga hawlgalay, garaaca wadnahaaga iyo cadaadiska dhiigaaga ayaa la hubin doonaa had iyo jeer.
- Lugtaada ama gacantaada ayaa u baahan in toos laga dhigo 2 ilaa 6 saacadood si ay ugu hortagto dhiigbax.
- U sheeg kalkaalayahaaga caafimaadka **isla markiiba** haddii ay meeshu bararto ama dhiigto, ama haddii aad ka dareento lugtaada ama gacantaada xanuun, kabuubyo ama jidhidhico.
- Waxaa aad cabbi kartaa biyo dareere ah oo nadiifa ilaa iyo inta irbada la saarayo. Intaas kadib ayaa laga yaabaa inaad dib ugu laabato cunadaadii gaarka ahayd.
- Waxaa laga yaabaa in lagugu rakibo oksijiin iyo qalab la socda wadnaha dhawr saacadood.
- EKG ama baadhitaan dhiig ayaa laga yaabaa in la sameeyo.
- Waa caadi in aagga kateetarkaagu uu ii jilicsanaado oo uu nabar yeesho.
- Dhaktarkaaga ayaa kaala sheekaysan doona waxyaalo ku saabsan camaliyadda.

- Medicines given during the procedure will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- Dawooyinka lagu siiyay intii lagu jiray camaliyadda ama hawlgalka ayaa kuu keeni doona hurdo. Waxaad u baahan doontaa in qof wayn oo ka tirsan qoyskaaga ama saaxiib uu kuu kaxeeyo gurigaaga si aad u badbaado.

## At Home

- Rest for 24 hours.
- Drink at least eight glasses of liquids today to help your body get rid of the dye.
- Remove the pressure bandage at bedtime and put on a clean band-aid.
- Do not take a tub bath for one week after your procedure. You can take a shower. Do not scrub the site.
- Remove the band-aid over the site when you shower.
- You can leave the site uncovered or put a clean band-aid on it.
- Check the site each day for increased redness, bruising or swelling.
- Do not take the medicine metformin (Glucophage) for two days after the procedure.
- Do not drive for 2 to 3 days.
- Do not exercise, run or lift objects over 10 pounds for three days.
- Talk to your doctor or nurse about other activity limits. You should be able to return to normal activities in about one week.

## Guriga

- Naso 24 saacadood.
- Cab ugu yaraan sideed galaas oo biyo ah maanta si ay kaaga caawiso in jidhkaaga iska saaro daawada midabka leh.
- Ka saar baandhayska cadaadiska kugu haya waqtiga hurdada oo saar sharooto ama dhejis cusub.
- Ha ku maydhan biyaha qasabada hal toddobaad kadib camaliyadda. Waad maydhan kartaa. Ha xoqin aagga.
- Ka qaad sharootada ama dhejiska aagga markaad maydhanayso.
- Waad iska dhaafi kartaa aagga iyada oo furan ama waxaad saari kartaa sharooto ama dhejis nadiif ah.
- Hubi aagga maalin walba oo ka fiiri casaan sii kordhaya, nabar ama barar.
- Ha qaadanin daawada metformin (Glucophage) laba maalmood kadib camaliyadda.
- Gaadhi ha kaxaynin ilaa 2 iyo 3 casho.
- Ha samaynin jimicsi, orod ama ha qaadin alaab ka wayn 10 rodol muddo saddex maalmood.
- Kala hadal dhakhtarkaaga ama kalkaaliyahaaga caafimaadka waxyaalaha ku saabsan hawlaha kale ee u baahan xadaynta. Waxaa kula gudboon inaad ku laabato hawlahaagii qiyaas ahaan hal toddobaad.

## Call your doctor right away if you have:

- Bleeding at the site that will not stop
- Sharp pain or stinging at the site
- Swelling, redness, more bruising, tenderness, warmth or drainage at the site
- Coldness or paleness of the foot or hand
- Problems moving your toes or fingers
- Numbness or weakness
- Fever or chills
- Confusion or you are less alert

If you have bleeding that will not stop or a lump that gets bigger at the site, **lie flat, hold pressure on the site and call 911.**

**Talk to the staff if you have any questions or concerns.**

## Wac dhakhtarkaaga isla markiiba haddii aad isku aragto:

- Meesha dhiigaysa oo aan istaagayn
- Xanuun daran ama meesha oo ku damqata
- Barar, casaan, nabar badan, danqasho, diirrimaad ama dheecaan ka socda meesha
- Qabow ama midab sii cadaaday ood ku aragto lugta ama gacanta
- Inaanad dhaqaajin karayn faraha cagaha ama farahaaga gacmaha
- Kabuubyo ama tamardarro
- Xumad ama qadhqadhyo
- Jahwareer ama soojeedkaagu intii hore ka yar tahay

Haddii aad leedahay dhiigbax aan joogsanayn ama barar sii weynaanaya oo ah meesha, **si ballaaran u seexo, cadaadi meesha ka dibna wac 911.**

**La hadal shaqaalaha haddii aad wax su'aalo ah ama walaac ah qabtid.**