

Hemodialysis

When your kidneys do not work well, dialysis is needed to remove extra fluid and waste products from the body. Hemodialysis is a type of dialysis that uses a machine with an artificial filter to remove wastes and extra fluids from the blood. This treatment also helps control the chemical balance in your body and helps control blood pressure. Each treatment takes about 4 hours and is done 3 times each week.

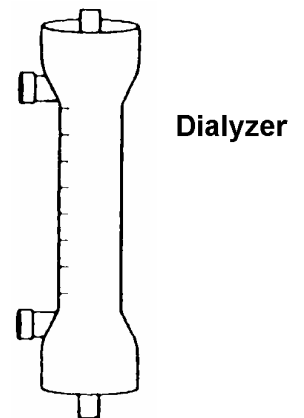
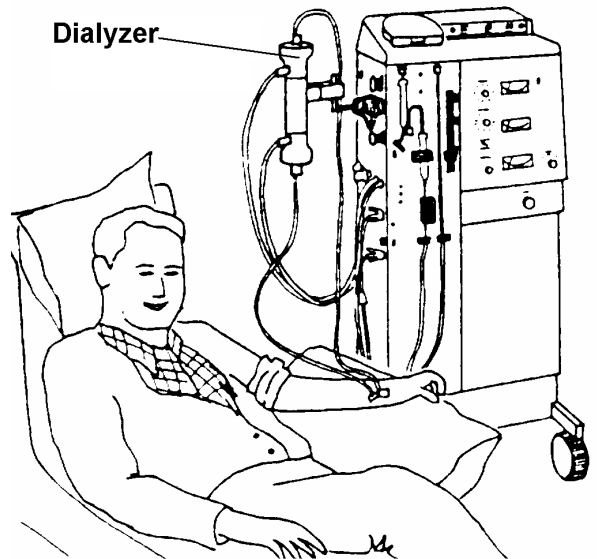
How Does Hemodialysis Work?

A dialysis machine pumps small amounts of blood out of the body and through a filter called an artificial kidney or **dialyzer**. This kidney filters extra fluid and wastes from the blood. The blood is then pumped back into your body. Medicine will be given to you to prevent your blood from clotting.

Fluid, called **dialysate**, is added to the dialysis machine to:

- Help filter out extra fluid and wastes that have built up
- Add chemicals that your body uses

The dialysate is a mixture of water and chemicals that are present in your blood. This fluid can be adjusted, based on your lab values, to give you the best filtering with fewer side effects.



Kaadi-saarista Dhiigga

Marka kelyahaagu aanay si fiican u shaqeynaynin, kaadi-saaris (dialysis) ayaa loo baahan yahay si jirka looga saaro dheecaanka dheeraadka ah iyo qashinka. Kaadi-saarista dhiigga (hemodialysis) waa nooc kaadi-saaris oo isticmaalaysa mishiin leh shaandho/miire artifishal ah (artificial filter) si dhiigga looga saaro qashinka iyo dheecaanka dheeraadka ah. Waxay daweyntani sidoo kale caawinaad ka geysataa isu miisaamidda kiimookinka jirkaaga iyo xukumista cadaadiska dhiigga. Daweyn kastaa waxay qaadataa 4 saacadood waxana la sameeya 3 jeer todobaad kasta.

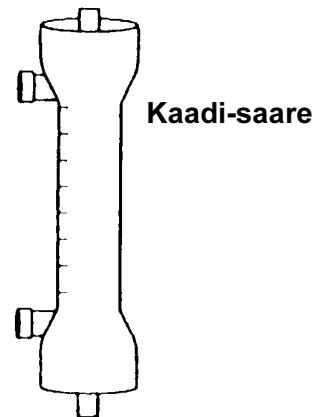
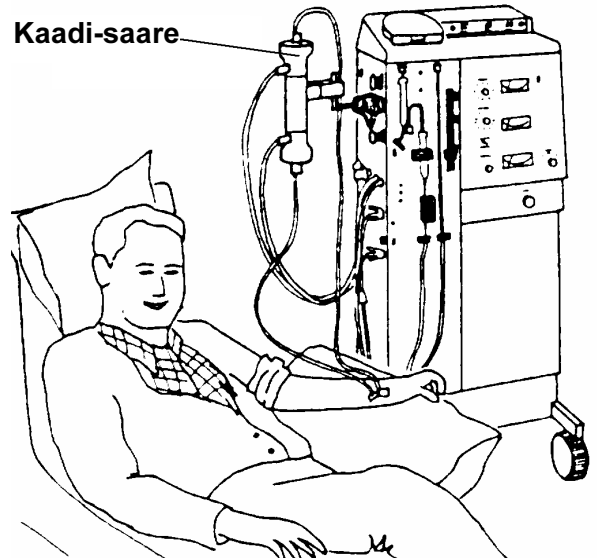
Sidee Bay Kaadi-saarista Dhiiggu u Shaqeysaa?

Mishiin kaadi-saaris ayaa in yar oo dhiig ah ka soo nuuga jirka oo soo dhex mariya shaandho/miirto la yidhaahdo keli artifishal ama kaadi-saare (**dialyzer**). Kelidan artifishalka ahi waxay dhiigga ka shaandheysaa ama ka saartaa dheecaanka dheeraadka ah iyo qashinka. Ka dib dhiigga ayaa dib loogu shubaa jirkaaga. Dawo ayaa lagu siin doonaa si looga hortago in dhiiggaagu xinjiroobo.

Hoore, la yidhaahdo **dialysate**, ayaa lagu daraa mishiinka kaadi-saarista si:

- Loo saaro dheecaanka dheeraadka ah iyo qashinka is biirsaday
- Laguu siiyo kiimikooyinka uu jirkaagu isticmaalo

Hooraha “dialysate” waa isku-jir ka kooban biyo iyo kiimikooyin laga helo dhiiggaaga. Hoorahan qadarkiisa ayaa lagu siiyo sixi karaa, taasoo ku saleysan qiimeynta shaybaarkaaga, si lagu siiyo shaandheynta ugu fiican ee leh dhibaataada ugu yar.



For your safety, the machine has pumps, sensors, monitors and alarms to let the staff know if there is any problem.

Access Site

For this treatment, there needs to be a site where the blood is taken out of the body and then returned to the blood stream. This is called an **access**. After the access is made and healed, 2 needles connected to tubing are inserted into the access. One needle draws a small volume of blood out and pumps it through to the dialysis machine and filter. After the blood is filtered, it is return to the body through the other needle.

There are three main types of access sites:

- **Fistula** – With minor surgery, an artery is joined to a vein under the skin. This is most often done in an arm. This increases the amount of blood that flows through the vein, and makes it bigger. This is the best access because it has fewer complications and lasts longer.
- **Graft** – With minor surgery a soft plastic tube is used to join the artery and vein under the skin.
- **A catheter** – There are two kinds of catheters, temporary and permanent. The temporary catheter is used for 1 to 2 weeks. This catheter is used until a more permanent access is placed. A permanent catheter is placed in the neck vein and tunneled under the skin. It is good for about a year. The catheter has a risk for infection and is used only until a fistula or graft can be placed.

Both the fistula and graft need 2 to 6 weeks to heal and mature before they are able to be used.

Ammaankaaga daraadii, mishiinku waxa uu leeyahay bambooyin, dareemeyaal, ilaaliyeyaal iyo qalab digniin si shaqaalaha u ogaadaan haddii ay dhibaato jirto.

Goobta Siinta

Si loo sameeyo daweynta, waxa loo baahan yahay goob dhiigga dibadda jirka looga saaro, ka dibna dhiigga lagu soo celiyo jirka. Taas waxa la yidhaahdaa **goobta siinta (access)**. Marka goobta siinta la sameeyo ee ay bogsato ka dib, 2 irbadood oo ku xiran tuubo ayaa la galiyaa goobta siinta. Hal irbad waxay soo saaraysaa in yar oo dhiig ah kaaaso lagu nuugo ama dhex mara mishiinka kaadi-saarista iyo shaandhada/miirista. Ka dib marka dhiigga la sifeeyo, ayaa jirka lagu soo celiyaa iyada oo la soo marinayo irbadda kale.

Waxa jira saddex nooc oo goobo siin ah :

- **Fistula** – Marka la sameeyo qalitaan sahlan, xidid dhiig oo halbowle ah ayaa lagu xiriiriyaa xidid dhiig oo arooriye ah meel ah maqaarka hoostiisa. Badanaa waxa tan lagu sameeyaa gacan. Taas waxay kordhinaysaa qadarka dhiigga ah ee dhex qulqulaya xididka arooriyaha ah, waxayna ka dhigaysaa mid sii weynaada. Tani waa goobta siin ee ugu fiican sababta oo ah waxay leedahay ciladaha ugu yar waxana ay jirtaa mudada ugu dheer.
- **Graft** – Marka la sameeyo qalitaan fudud, tuubo caag ah oo jilicsan ayaa la galiyaa si ay isugu xiriiriso halbowle iyo arooriye ah maqaarka hoostiisa .
- **Catheter** – Waxa jira laba nooc oo ah tuubo-galin (cather), kuwaasoo ah ku-meel-gaaris iyo joogto. Tuuba-galinta ku-meel-gaarista ah waxa la isticmaalaa 1 ilaa 2 todobaad. Tuubo-galintan waxa la isticmaalaa ilaa goob siin, joogto ah laga sameynayo. Tuubo-galinta joogtada ah waxa la galiyaa xidid arooriye ah oo ku yaala qoorta waxana laga hoos mariyaa maqaarka. Waxa la isticmaali karaa qiyaastii sannad. Tuubo-galintani waxay leedahay halis ah caabuuq/fashfash waxana la isticmaalaa ilaa laga sameynayo goob ah “fistula” ama “graft”.

Goobta ah “fistula” iyo ta ah “graft” waxay labaduba u baahan yihiin 2 ilaa 6 todobaad si ay u bogsadaan oo u hagaagaan inta aan la isticmaalin ka hor.

Hemodialysis. Somali

Side Effects of Hemodialysis

During treatment you may:

- Feel tired and sleepy
- Feel dizzy
- Be cold
- Have muscle cramps
- Have nausea

Let the staff know how you are feeling so that they can help you be more comfortable. After dialysis, it is normal to feel tired. Plan to rest.

Other Care

- You will feel changes in your body as the waste and fluids build up between treatments.
- Follow your diet and fluid restrictions to limit severe changes between treatments.
- The human kidney makes a hormone called erythropoietin. This hormone is needed to produce red blood cells and vitamin D. Without it, your body cannot absorb calcium from foods and your bones can become weak. Medicine can be given to help replace this hormone.
- The human kidney also helps control blood pressure and salt balance in your body. It is common to be on medicines to treat high blood pressure.

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

Saameynnada Kaadi-saarista Dhiigga

Inta ay socoto daweynta waxa laga yaabaa:

- Inaad dareentid daal iyo hurdo
- Inaad dareentid dawakh/wareer
- Inaad dhaxmootid
- Inaad yeelatid maroojis muruqyada ah
- Inaad yeelatid lallabo

U sheeg shaqaalaha sida aad dareemaysid si ay kaaga caawiyaan inaad heshid nafisaad intii hore ka badan. Kaadi-saarista ka dib , waxaa caadi ah inaad dareentid daal. Qorsheyso inaad nasatid.

Daryeel Kale

- Waxa aad dareemi doontaa isbeddelo ah jirkaaga hadba marka qashinka iyo dheecaanadu ururaan inta u dhexeysa daweynnada.
- Raac xadka lagu sameeyay ee ku saabsan cuntada iyo cabitaanada si loo yareeyo isbeddelada daran ee dhaca inta u dhexeysa daweynta.
- Kelyaha bini'aadanku waxay sameeyaan dheecaan (hormone) loo yaqaano “erythropoietin.” Dheecankan waxa loogu baahan yahay si loo soo saaro unugyada dhiigga ee cas iyo fitamiinka D. La'aantiisa, dhiiggaagu ma awoodi karo inuu kaalsiyam ka qaato cuntooyinka waxana dhacaysa in lafahaagu daciif noqdaan. Waxa lagu siin karaa dawo si ay beddelaad ugu noqoto hormoonkan.
- Waxa kale oo kelyaha bini'aadanku caawinaad ka geystaan xukumista cadaadiska dhiigga iyo miisaamidda cusbada jirkaaga. Waxa caadi ah in lagu siiyo dawooyin lagu daweynayo cadaadiska dhiigga.

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

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