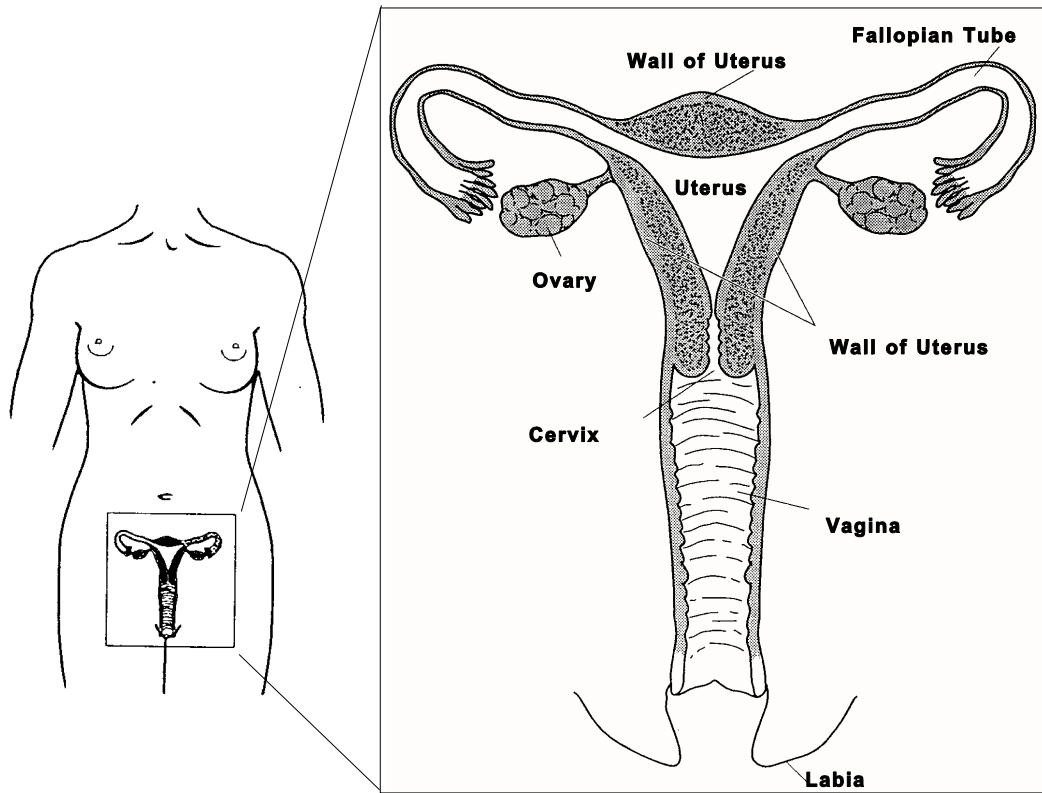


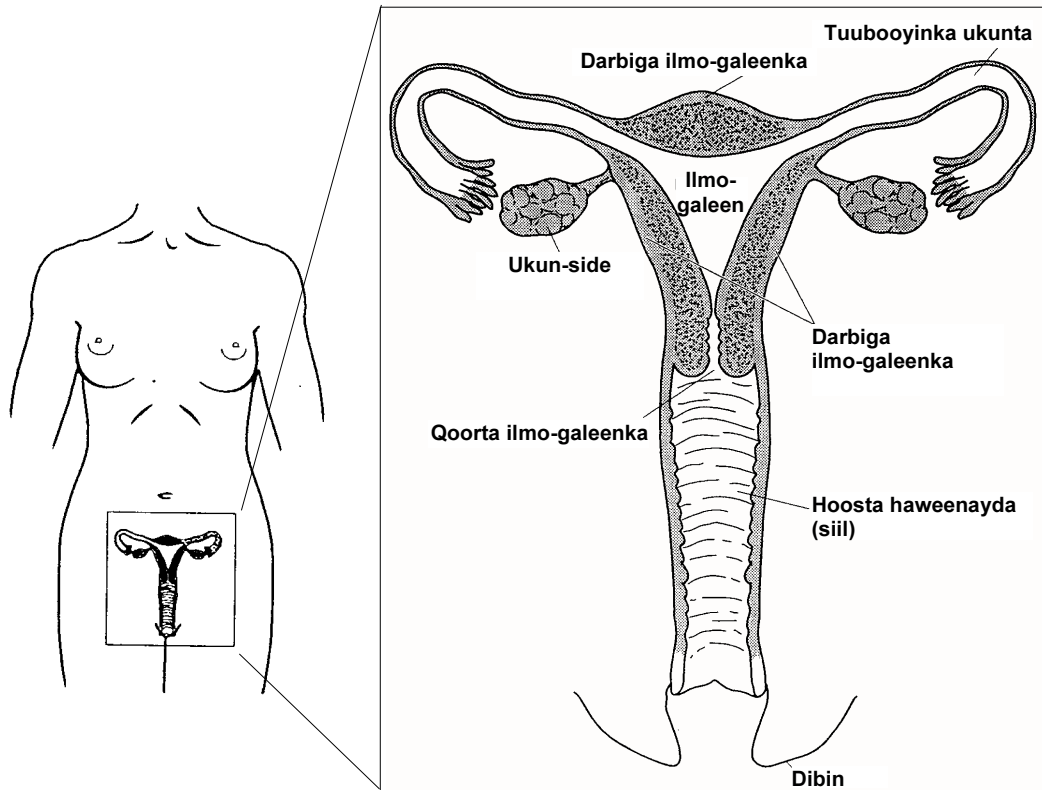
Hysterectomy

A hysterectomy is a surgery to remove a woman's uterus. The uterus is one of the organs of the female reproductive system and is about the size of a closed hand. You can no longer have children after you have your uterus removed and you will no longer have periods (menstruate). If your ovaries are not removed, you will continue to make female hormones.



Saaridda ilmo-galeenka

Saaridda ilmo-galeenku/makaanka (hysterectomy) waa qalitaan lagu saaro ilmo-galeenka/makaanka haweenayda. Ilmo-galeenku/makaanku waxa uu ka tirsan yahay xubnaha habka taranka ee dhedigga waxana uu la cabir yahay qiyaastii tantoomo ama gacan la duubay. Marka lagaa saaro ilmo-galeenka ma dhali doontid caruur mana yeelan doontid caado ama dhiig caado. Haddii aan lagaa saarin ukun-sideyaasha, waxa kuu sii socon doona sameynta dheecanada (hormones) dhedigga.



There are different types of hysterectomy surgeries. Ask your doctor what type of surgery you are having and if your cervix, tubes and ovaries are being removed.

- **Vaginal hysterectomy** - the uterus is removed through the vagina. No incision in the abdomen is needed.
- **Abdominal hysterectomy** - the uterus is removed through an incision in the abdomen.
- **Total abdominal hysterectomy** - the uterus with the cervix is removed through the abdomen. The ovaries may or may not be removed.
- **Laparoscopic hysterectomy** – several small incisions are made in the abdomen and the doctor works through these incisions using a camera and small tools to detach the uterus. The uterus is removed through the vagina.

To Prepare

- Your doctor may tell you not to take aspirin or ibuprofen for several days before your surgery. If you take aspirin daily, do not stop taking it without asking your doctor first.
- **Do not** eat or drink anything, including water, after midnight before your surgery.
- Ask your doctor if you should take your medicines the morning of your surgery. If so, take with small sips of water only.
- An adult family member or friend will need to take you home when you leave the hospital. It is not safe for you to drive or leave alone.

Waxa jira noocyo kala duwan oo ah qalitaano oo loo saaro ilmo-galeenka. Weydii dhakhtarkaaga nooca qalitaan ee lagu sameynayo iyo in la saarayo afka ilmo-galeenkaaga/makaanka, tuubooyinkaaga iyo ukun-sideyaashaada.

- **Vaginal hysterectomy** – ilmo-galeenka/makaanka waxa laga saaraa hoosta haweenayada. Looma baahna in caloosha meel laga jeexo.
- **Abdominal hysterectomy** – ilmo-galeenka waxa laga saaraa meel laga jeexo caloosha.
- **Total abdominal hysterectomy** – ilmo-galeenka iyo afkiisa waxa laga saaraa meel caloosha laga jeexay. Waxa dhici karta in la saaro ama aan la saarin ukun-sideyaasha.
- **Laparoscopic hysterectomy** – jeexitaano yaryar oo dhawr ah ayaa lagu sameeyaa caloosha waxaanu dhakhtarku ku dhex shaqeeya jeexitaanada isaga oo isticmaala kamarad iyo qalab yaryar si loo soo gooyo ilmo-galeenka. Ilmo-galeenka waxa la soo saaraa iyada oo la soo marinayo hoosta haweenayda.

Si Diyaar Loo Noqdo

- Waxa laga yaabaa in dhakhtarkaagu kuu sheego in aanad qaadan asbiriin ama ibuprofen dhawr maalmood qalitaankaaga ka hor. Haddii aad maalin kasta qaadatid asbiriin, ha joojin adiga oo aan marka hore weydiin dhakhtarkaaga.
- **Wax ha** cunin hana cabin, waxana ka mid ah biyaha, wixii ka dambeeya habeen-badhka ka horeeya qalitaankaaga.
- Weydii dhakhtarkaaga haddii la rabo inaad qaadatid dawooyinkaaga subaxa qalitaankaaga. Haddii sidaa la rabo, ku qaado kaliya kabashooyin yaryar oo biyo ah.
- Qof weyn oo ka tirsan ehelka am saaxiib ah ayaa loo baahan doonaa oo guriga ku geeya marka aad ka soo baxdid cisbitaalka. Ammaan kuuma aha in aad baabuur kaxeysid ama kaligaa soo baxdid.

During Surgery

- You will wear a hospital gown.
- An IV (intravenous) tube is put in a vein in your arm for giving medicines and fluids.
- You will be taken on a cart to the operating room and then helped onto a table.
- Medicine is given in your IV to keep you asleep and free from pain.
- You will have a catheter that drains urine from your bladder. This tube is often removed the morning after your surgery.
- Another tube may be put in through your nose and is passed down to your stomach to remove fluids so that you will not feel sick to your stomach. This tube is often taken out before you leave the recovery room.
- The surgery area or abdomen is cleaned.
- Your uterus is removed. Your tubes and ovaries may also be removed.
- Any incisions are closed with stitches, staples or special tapes called steri-strips.
- A bandage is put over the incisions.

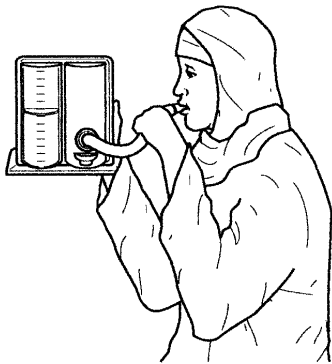
Inta Qalitaanku Socdo

- Waxa aad u baahan doontaa inaad gashatid marada cisbitaalka.
- Tuubo la galinayo xidid/faleebo (IV) ayaa la galin doonaa xidid dhiig oo ku yaala gacantaada si lagu siiyo dawooyin iyo dheecaano.
- Waxa lagugu qaadi doonaa sariir taasoo lagugu geyn doono qolka qalitaanka ka dibna waxa lagugu wareejin doonaa miis.
- Dawo ayaa lagaa siin doonaa tuubada kugu jirta (IV)/faleebada si lagu seexiyo oo aadan u dareemin xanuun.
- Waxa lagu galin doonaa tuubo kaadida ka gororinaysa kaadi-haystaada. Tuubadan waxa badanaa la saaraa subaxa ku xiga qalitaankaaga.
- Tuubo kale ayaa laga yaabaa in sanku lagaa galiyo oo loo gudbiyo calooshaada si dheecaano loo soo saaro si aadan u lallaboon. Tuubadan waxa badanaa la saaraa ka hor inta aadan ka bixin qolka bogsashada.
- Goobta qalitaanka ama caloosha ayaa la nadiifiyaa.
- Ilmo-galeenkaaga/makaankaaga ayaa la saari doonaa. Waxa kale oo laga yaabaa in tuubooyinkaaga iyo ukun-sideyaashaada la saaro.
- Wixii ah jeexitaano waxa lagu xidhi doonaa tolmo, qabatooyin ama dhejisyo/sharooto gaar ah oo loo yaqaano “steri-strips.”
- Faashad ayaa la saari doonaa meeshi la qalay.

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.
- If you are staying at the hospital, you will be taken to your room.
- A pad will be placed between your legs in case you have vaginal bleeding.
- You also may have special stockings on your legs while you are in bed to help prevent blood clots.
- The staff may teach you how to cough, deep breathe and use an incentive spirometer. An incentive spirometer is a device used to help you take deep breaths. These exercises help open the airways of the lungs and prevent pneumonia. If you have abdominal incisions, place a pillow or a folded blanket over your incisions for support when deep breathing or coughing. Do these exercises every 1 to 2 hours while you are awake.



Incentive Spirometer



Coughing

Qalitaanka Ka Dib

Gudaha Cisbitaalka

- Waxa lagu geyn doonaa qolka bogsashada halkaasoo si aad laguugu ilaalin doono ilaa aad ka soo toosaysid oo aad ka soo fiicnaanaysid.
- Waxa marrar badan la fiirin doonaa neefsashadaada, cadaadiska dhiigga iyo garaaca wadnaha.
- Haddii aad joogaysid cisbitaalka, waxa lagu geyn doonaa qolkaaga.
- Kuus suuf ah ayaa la galin doonaa lugahaaga dhexdooda kaasoo loogu talagalay haddii hoosta uu dhiig kaa socdo.
- Waxa kale oo laga yaabaa in lagu galiyo sharabaad ama iskaalso gaar ah lugaha inta aad sariirta ku jiftid si looga hortago dhiiga oo xinjirooba.
- Waxa laga yaabaa in shaqaaluhu ku baraan sida loo qufaco, sida xoog loogu neefsado iyo sida loo isticmaalo neef-cabire (spirometer) ku dhiirgaliya. Neef-cabire ku dhiirgaliya waa qalab loo isticmaalo inuu kaa caawiyo in aad si xoog leh u neefsatid. Jimicsiyadaasi waxay caawinaad ka geystaan furitaanka marinada hawada ee sambabada iyo ka-hortagga nuumooniya (pneumonia). Haddii meel ah caloosha lagaa jeexay, saar barkin ama buste la laabay meesha lagaa qalay si ay u taageerto marka aad si aad ah u neefsanaysid ama qufacaysid. Samee jimicsiyadaa 1 ilaa 2 saac kasta inta aad soo jeedid.



**Neef-cabiraha
dhiirgalinta leh**



Qufac

- You will be given medicine to control your pain. Tell your nurse if you have pain.
- The IV is used to give you medicine and fluids until you are able to eat and drink well. You may be given a few ice chips if you are not sick to your stomach.
- You will be given clear liquids at first and then slowly progress to regular foods.
- Your bandage will be removed the day after surgery. Your incision may have:
 - ▶ Stitches that dissolve on their own.
 - ▶ Staples which are often taken out a few days after surgery.
 - ▶ Steri-strips that come off on their own in 7 to 10 days.
- If you have a vaginal hysterectomy, you will not have an incision.
- For your safety, when you leave the hospital, you will need to have an adult family member or friend take you home. You should have someone stay with you for at least the first 24 hours you are home.

At Home

- Take your medicine as directed.
- Schedule a follow-up visit with your doctor. You will need to see your doctor in 4 to 6 weeks.
- Wash your incision gently with soap and water and pat dry. You may take a shower or sponge bath, but do not take tub baths.
- A small amount of vaginal discharge is normal for 2 to 4 weeks after surgery. Change the pad every few hours. Wash the vaginal area with soap and water and pat dry.

- Waxa lagu siin doonaa daawo si loo ilaaliyo xanuunkaaga. U sheeg kalkaalisada haddii xanuun ku hayo.
- Tuubada la galiyay xididkaaga (IV)/faleebada waxa loo isticmaali doonaa in lagugu siiyo daawo iyo dheecaano ilaa aad ka awoodid inaad si fiican wax u cuntid oo u cabsid. Waxa laga yaabaa in lagu siiyo gabalo ah baraf haddii aadan lallabo laheyn.
- Waxa lagu siin doonaa marka hore cabitaano saafi ah ama cad ka dibna si tartiib ah ayaa laguugu celin doonaa cuntada caadiga ah.
- Faashadda waxa lagaa qaadi doonaa meesha la qalay, maalinta ku xigta qalitaanka. Waxa laga yaabaa in meesha lagaa qalay ay leedahay:
 - ▶ Tolmo iskeed u milanta ama u baaba'aysa.
 - ▶ Qabatooyin/sharootooyin kuwaasoo badanaa lagaa saari doono dhawr maalmood qalitaanka ka dib.
 - ▶ Qabatooyinka “Steri-strips” iskood ayay u soo dhici doonaan 7 ilaa 10 maalmood gudahood.
- Haddii lagu sameeyay saarid ilmo-galeen ee la soo mariyay hoosta haweenayda (vaginal hysterectomy), ma lahaan doontid meel lagaa jeexay.
- Ammaankaaga daraadii, marka aad cisbitaalka ka baxaysid, waxa aad u baahan doontaa qof weyn oo ehelka ah ama saaxiib guriga ku geeya. Waa in qof kula joogo ugu yaraan 24-ka saacadood ee ugu horeeya ee aad guriga joogtid.

Guriga

- Dawooyinkaaga u qaado sida lagu sheegay.
- Dhakhtarkaaga ugu tag booqasho la-socod ah. Waxa aad u baahan doontaa inaad aragtid dhakhtarkaaga 4 ilaa 6 todobaad gudahood.
- Si tartiib ah meeshii la qalay ugu dhaq saabuun iyo biyo oo taabasho tartiib ah ku qalaji. Waad qaadan kartaa qubeys istaag ah ama qubeys aad is marinaysid tuwaal ama shukumaan qoyan laakiin ha qaadan qubeys lagu fadhiisanayo saxanka qubeyska.
- Xoogaa yar oo ah dheecaan ka yimaada hoosta haweenayda waa caadi mudo ah 2 ilaa 4 todobaad qalitaanka ka dib. Beddel suufka dhawrkii saacadood kasta. Biyo iyo saabuun ku dhaq hoosta haweenayda oo taabasho tartiib ah ku qalaji.

- **Do not** put anything in your vagina until your doctor checks you.
 - ▶ **Do not** douche.
 - ▶ **Do not** have sexual intercourse.
 - ▶ **Do not** use tampons.

Activity Limits

- **Limit** your activities for 4-6 weeks.
- **Do not** lift over 10 pounds for at least 2 weeks.
- You may do light housework such as washing dishes and cooking.
- **Do not** do strenuous activities, such as vacuuming or exercising for at least 2 weeks.
- **Do not** drive for 2 weeks, but you can ride in a car for short trips.
- Go up and down stairs slowly, one step at a time.
- Take walks. Starting with short distances. Slowly increase how long and fast you walk.

Other Issues

- If your ovaries are taken out, you may have signs of menopause such as hot flashes, vaginal dryness or mood changes.
- It is common to have many feelings after surgery. You may feel sad, fearful, nervous or angry. Share these feelings with your loved ones and friends to help you cope as you recover. If the sadness does not go away after a few weeks, talk to your doctor.
- Your looks will not change after this surgery. There are no physical changes except that you may have a scar from your incision.
- Your surgery should not affect your ability to have sex or the way you or your partner feel while having sex. Ask your doctor when you may resume sexual activity and discuss any concerns you may have about sex.

- **Waxba ha** galin hoostaada ilaa dhakhtarku ku baaro.
 - ▶ **Ha ku** furin biyo xoog leh.
 - ▶ **Ha sameyn** galmo.
 - ▶ **Ha isticmaalin** suufka galiska ah.

Xadka Firfircoonida

- **Yaree** firfircoonidaada mudo ah 4-6 todobaad.
- **Ha qaadin** wax ka culus 10 rodol ugu yaraan 2 todobaad.
- Waad sameyn kartaa shaqo guri oo fudud sida dhaqista saxamada iyo cunto karinta.
- **Ha sameyn** hawlo adag, sida faakiyuumka ama jimicsi ugu yaraan 2 todobaad.
- **Ha kaxeyn** baabuur mudo ah 2 todobaad, laakiin waxa aad raaci kartaa baabuur marka safarku gaaban yahay.
- Si tartiib ah u isticmaal jaranjarada/salaanka, hal jaranjaro halkii mar.
- Samee socod. Ku bilaw socod gaaban. Si tartiib ah u kordhi fogaanta iyo dhakhsaha socodkaaga.

Arrimo Kale

- Haddii lagaa saaro ukun-sideyaasha, waxa laga yaabaa inaad yeelatid calaamadaha dhalmo-dayska sida dareen gubasho ah, qalal ah hoosta haweenayda ama isbeddelo ah niyadda.
- Waxa caadi ah in aad yeelatid dareen kala duwan qalitaanka ka dib. Waxa laga yaabaa inaad dareentid murugo, cabsi, walwal ama xanaaq. Dareenkaa la wadaag dadka aad jeceshahay iyo saaxiibada si lagaa caawiyo inaad maareysid dareenkaaga inta aad bogsanaysid. Haddii murugadu aanay kaa tagin dhawr todobaad ka dib, la hadal dhakhtarkaaga.
- Araggaagu ama quruxdaadu isma beddeli doonto qalitaankan ka dib. Ma jiri doonaan wax ah isbeddelo jirka ah marka laga reebo nabar aad ku yeelato meesha lagaa qalay.
- Waa inaan qalitaanku waxba ka beddelin awooddaada inaad yeelatid galmo ama dareenka aad leedahay ama uu leeyahay wehelkaagu marka aad galmo sameynaysaan. Weydii dhakhtarkaaga goorta aad bilaabi kartid galmada, isla markaana kala hadal wixii walaac ah ee aad ka qabtid galmada.

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

- Shaking, chills or a temperature over 101 degrees F
- An incision that is swollen, red, has drainage or comes apart
- Bleeding from your incisions
- Pain, warmth or tenderness in your legs
- Heavy vaginal bleeding, soaking 2 to 3 pads in one hour
- Vaginal drainage with an odor
- Trouble urinating
- Burning when you urinate or feel a need to urinate often
- Skin that is itchy, swollen or has a rash
- Severe mood swings or feel depressed

Call 911 right away if you have trouble breathing all of a sudden or have chest pain.

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

Wac dhakhtarkaaga **isla markiiba** haddii aad qabtid:

- Gariir, qarqaryo ama heer kul ka sareeya 38 darajo C (101 darajo F)
- Meeshi la qalay oo bararsan, cas, ama leh dheecaan ama kala fuqday
- Dhiig-bax ka imanaya meesha lagaa qalay
- Lugahaaga oo xanuun, diirimaad ama danqasho leh
- Hoosta oo dhiig badan ka socdo, kaas oo qoynaya 2 ilaa 3 suuf hal saac gudaheed
- Dheecaan ur leh oo hoosta ka yimaada
- Kaadida oo dhib ah
- Gubasho marka aad kaadinaysid ama baahida kaadida oo soo badatay
- Maqaarka oo ku cuncuna, barara ama firiiric leh
- Isbeddelo niyadda ah oo daran ama dareen ah murugo ama diiqad

Wac 911 isla markiiba haddii si kedis ah neefsashadu dhib kugu noqoto ama aad xanuun ku leedahay laabta.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid su'aalo ama walaac.

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Hysterectomy. Somali