

Receiving Blood or Blood Products

Human blood is made up of fluid called **plasma** that contains **red blood cells**, **white blood cells** and **platelets**. Each part of the blood has a special purpose. A person may be given blood or only the parts of the blood needed, called blood products.

Blood products include:

- **Plasma**
This is the liquid part of the blood. It is often used to add volume to the blood system after a large loss of blood. **Cryoprecipitate** is a concentrated source of certain plasma proteins. It is used to treat some bleeding problems.
- **Red blood cells**
These carry oxygen from the lungs to other parts of the body and then they carry carbon dioxide back to the lungs. A low red blood cell count is called anemia. A red blood cell transfusion may be needed to treat anemia.
- **White blood cells**
These help fight infection, bacteria and other substances that enter the body. When the white blood cell count becomes too low, it is called Neutropenia. A white blood cell transfusion may be needed to treat Neutropenia.
- **Platelets**
These help blood to clot. Platelet transfusions are given when the platelet count is too low.

Siinta Dhiig ama Waxyaabo Laga Sameeyay Dhiig

Dhiigga bini'aadanku waxa uu ka sameysan yahay dheecaan loo yaqaano **balasma (plasma)** oo ay ku jiraan **unugyada cas** ee dhiigga, **unugyada cad** ee dhiigga iyo **balataleetyo (platelets)**. Qayb kasta oo ka tirsan dhiigga waxay leedahay shaqo gaar ah. Waxa dhici karta in qofka la siiyo dhiig ama la siiyo kaliya qaybaha dhiigga ee qofku u baahan yahay, kuwaasoo la yidhaahdo waxyaabo laga sameeyay dhiig.

Waxyaabaha laga sameeyay dhiigga waxa ka mid ah:

- **Balasma**
Kani waa qaybta hooraha ee dhiigga. Badanaa waxa loo isticmaalaa in la kordhiyo qadarka dhiigga ah ee qofka ka dhinma markuu aad u dhiig boxo. **Cryoprecipitate** waa walax urursan oo laga helo borotiinada balasmaha qaarkood. Waxa loo isticmaalaa in lagu daweeyo dhibaatooyinka dhiig-baxa qaarkood.
- **Unugyada cas ee dhiigga**
Kuwani waxay oksijiinta ka qaadaan sambabada oo ay geeyaan xubnaha kale ee jidhka ka dibna kaarboon laba oksaydh ayay soo qaadaan oo dib u keenaan sambabada. Tirada unugyada cas ee dhiigga oo yaraada waxa loo yaqaanaa dhiig-yaraan (anemia). Waxa dhici karta in loo baahdo ku-shubis unugyada cas ee dhiigga si loo daweeyo dhiig-yaraan.
- **Unugyada cad ee dhiigga**
Waxay la dagaalamaan caabuqa, bakteeriya iyo waxyaabaha kale ee soo gala jidhka. Marka tirada unugyada cad ee dhiiggu si weyn u yaraato, waxa la yidhaahdaa 'Neutropenia'. Waxa dhici karta in loo baahdo ku-shubis unugyo cad si loo daweeyo 'Neutropenia'.
- **Balataleetyo**
Kuwani waxay xinjir ka dhigaan dhiigga. Ku-shubis balataleetyo ayaa la sameeyaa marka tirada balataleetyadu si weyn u hooseeyso.

Your Transfusion

A transfusion is the process of giving blood products through an intravenous (IV) catheter. You and your doctor will decide if you need blood or blood products to correct a problem.

Before your transfusion, a sample of your blood will be taken to find your blood type to match it with the donor blood. This is called **cross matching**. It is done to decrease the chance of a reaction. **Talk to your doctor if you have ever had a reaction or an allergy to any blood product.**

Signs of a Reaction

Although the blood is carefully matched to your blood type, a reaction may occur. Reactions happen in very few people who get blood products. If a reaction occurs, it can be treated. Most reactions occur while you are receiving the blood or blood product or shortly thereafter. The signs of a reaction include:

- Hives or itchy skin
- A fever
- Chills
- Dizziness
- Chest pain or ache
- Shortness of breath
- Back pain
- Pain at the transfusion site

During a Transfusion

The blood will be given through a filter in a tube that is attached to an intravenous (IV) catheter in your vein. A transfusion can take up to four hours. You will be checked often to watch for a reaction or other problem. Your temperature, pulse and blood pressure will be checked. **Tell your nurse right away** if you have any signs of a reaction during your transfusion.

Ku-shubistaada Dhiigga

Ku-shubis dhiig waa habka qofka lagu siiyo waxyaabo dhiig laga sameeyay iyada oo loo marinayo tuubo xidid la galiyo ama faleebo (IV). Adiga iyo dhakhtarkaaga ayaa go'aan ka gaadhi doona haddii aad u baahan tahay dhiig ama waxyaabo dhiig laga sameeyay si wax looga qabto dhibaato.

Ka hor ku-shubista dhiigga, qadar ah dhiiggaaga ayaa la qaadi doonaa si loo ogaado in dhiiggaaga la nooc yahay dhiigga deeqda ah. Waxa tan la yidhaahdaa **isku nooc ka-dhigis (cross matching)**. Sababta tan loo sameeyo waxa weeye si loo yareeyo suurogalnimada diidmo uu jidhkaagu ka keeno dhiigga lagu shubay. **La hadal dhakhtarkaaga haddii aad diidmo ama alerji mar uun u yeelatay wax laga sameeyay dhiig.**

Calaamadaha Diidmada Jidhka

Inkasta oo dhiigga lagugu shubayo si taxadir leh loo fiiriyo inuu la nooc yahay dhiiggaaga, haddana waxa dhici karta diidmo u keeno jidhkaagu. Diidmooyinka waxa lagu arkaa dad si weyn u tiro yar marka la eego dadka lagu shubo waxyaabaha laga sameeyay dhiig. Haddii diidmo dhacdo, waa la daweyn karaa. Diidmooyinka intooda badani waxay dhacaan wakhtiga lagugu shubayo dhiigga ama waxa dhiigga laga sameeyay ama wakhti yar ka dib. Calaamadaha diidmada waxa ka mid ah:

- Finan ama maqaar cuncun leh
- Qandho
- Qadhqadhyo
- Dawakh
- Xanuun laabta ah
- Neefsashada oo dhib kugu ah
- Dhabar xanuun
- Xanuun ah goobta shubista

Inta Lagu Jiro Shubista

Dhiigga waxa lagugu shubi doonaa isaga oo soo maraya shaandho ku jirta tuubo ku xidhan irbad la galiyay xididkaaga dhiigga (IV). Shubistu waxay qaadan kartaa ilaa afar saacadood. Marrar badan ayaa lagaa eegi doonaa diidmo ama dhibaato kale. Waxa la hubin doonaa heerkulkaaga, garaaca wadnahaaga iyo cadaadiska dhiiggaaga. **Isla markiiba u sheeg kalkaalisada ama kalkaaliyaha** haddii aad leedahay mid ka mid ah calaamadaha diidmada inta ay socoto ku-shubistu.

Receiving Blood or Blood Products. Somali

After You Go Home

Call your doctor right away if you have any signs of a reaction at home after your transfusion. In rare cases, reactions occur days or weeks after a transfusion.

Call your doctor right away if you have any of these signs:

- Dark urine
- Yellowing of the skin or whites of the eyes
- Fever, cough, runny nose or muscle pain

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

Ka Dib Marka Aad ku Laabatid Guriga

Isla markiiba wac dhakhtarkaaga haddii aad qabtid wax ah calaamadaha diidmada jidhka marka aad joogtid guriga ka dib dhiig ku-shubistaada. Waxa jirta marrar dhif ah, oo ay diidmooyinku dhacaan maalmo ama todobaadyo ka dib ku-shubista. **Isla markiiba wac dhakhtarkaaga** haddii aad qabtid mid ka mid ah calaamadahan:

- Kaadi madow
- Maqaarka ama isha inta cad oo hurdi/jaale noqota
- Qandho, qufac, san duuf leh ama muruq xanuun

La hadal dhakhtarkaaga ama kalkaaliso haddii aad qabtid wax su'aalo ama walaac ah.