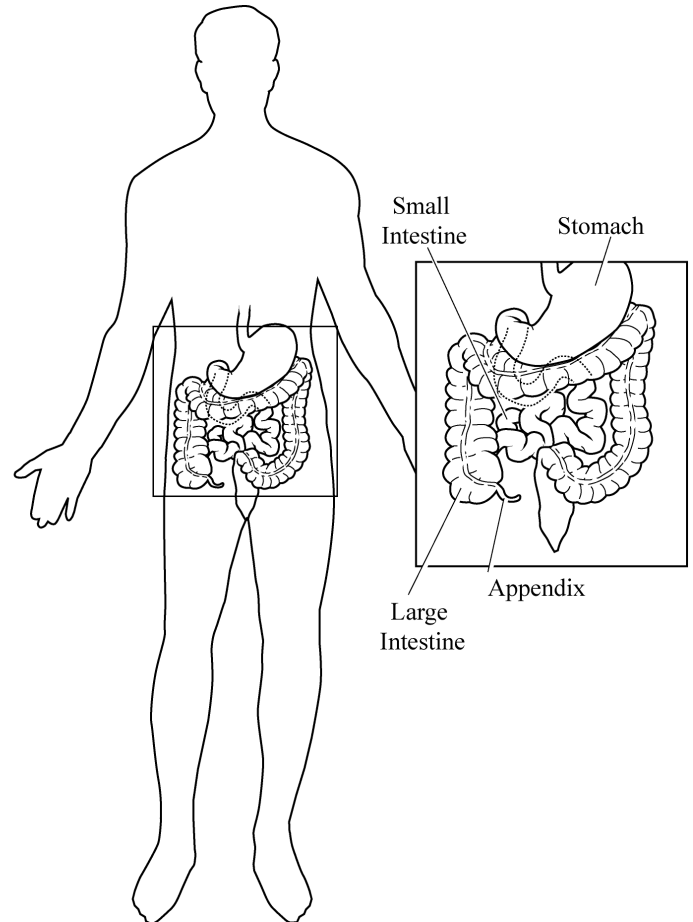


# Appendectomy

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.

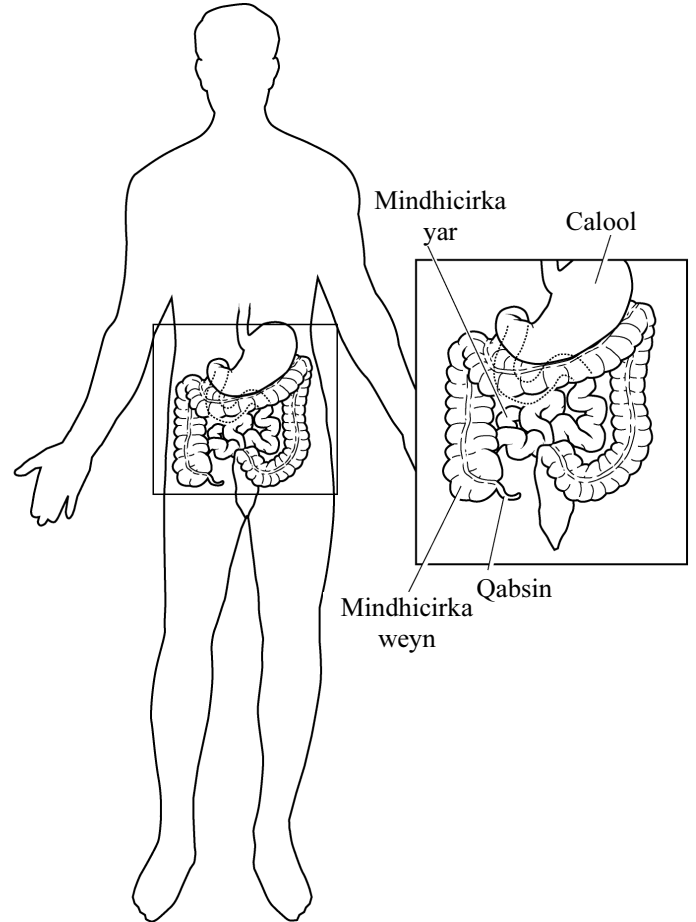


There are two ways to do this surgery:

- **Open appendectomy** - a single incision is made in the abdomen. The doctor works through this larger incision to remove the appendix.
- **Laparoscopic appendectomy** - 3 or 4 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 often spends less time in the hospital.

# Qabsin-saarid

Qabsin-saarid waa qalitaan lagu saarayo qabsinka/abindijitada (appendix). Qabsinku waa kiish yar oo ka farcama xiidmaha/mindhicirka weyn. Qabsinku marmarka qaarkood wuu gufeysmaa waana uu caabuqaa/fashfashaa oo bararaa. Calaamadaha qabsin caabuqay/fahsfashay waxa ka mid ah xanuun caloosha ah oo dhinaca midigta hoose, qandho, rabitaanka cuntada oo xumaata, lallabo iyo mattag. Haddii qabsinku dilaaco, si daran ayaad u jiran kartaa.



Waxa jira laba siyaabood oo loo sameyn karo qalitaankan:

- **Open appendectomy** - hal meel oo laga jeexo caloosha. Dhakhtarku waxa uu ku dhex shaqeeyaa halkaas jeexis oo weyn si loo soo saaro qabsinka.
- **Laparoscopic appendectomy** - 3 ama 4 meelood oo yaryar ayaa laga jeexaa caloosha. Dhakhtarku waxa uu isticmaalaa kamarad iyo qalab, iyada oo la dhex marayo jeexitaanada yaryar si loo soo saaro qabsinka. Marka la sameeyo qalitaanka noocan ah, waxa laga yaabaa in aad hore u bogsato, aad yeelatid xanuun aan badnayn, ay qolofu yaraato, ay yaradaan dhibaatooyinka dhaawaca oo taasoo yaraysa wakhtiga aad joogtid cisbitaalka.

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.

## **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, 3 or 4 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.

Waxaa loo baahan yahay qof weyn oo ka tirsan qoyska ama ah saaxiib oo ku soo raaca, oo ku geeya guriga qalitaanka ka dib . Ammaan kuuma aha inaad baabuur kaxeysid ama kaligaa ka baxdid cisbitaalka.

## **Is Diyaaris**

- U sheeg dhakhtarkaaga dawooyinka aad qaadatid noocooda oo ay ka mid yihiin dawooyinka dhakhtar qoray, dawooyinka la iska iibsan karo warqad dhakhtar la'aan, fitamiinada iyo geedaha.
- Haddii aad ku qabtid wax diidmooyin/xaasaasiyad ah daawo, cunto ama waxyaabo kale, u sheeg shaqaalaha.
- Wax ha cunin ama ha cabin, xataa biyo, ilaa qalitaankaaga ka dib.

## **Inta Lagu Jiro Qalitaanka**

- Waxa aad gashan doontaa marada cisbitaalka.
- Tuubo xidid la galinayo (IV)/faleebo ayaa la galin doonaa xidid ku yaala gacmahaaga si lagu siiyo dawo iyo dheecaano.
- Waxa lagugu qaadi doonaa sariir si lagu geeyo qolka qalitaanka. Waxa lagugu wareejin doonaa miiska qalitaanka. Waxa laga yaabaa in lugahaaga suun lagu xidho, ammaankaaga daraadii.
- Waxa lagu siin doonaa dawo si aad u huridid inta qalitaanku socdo. Dawada waxa lagu marin doonaa tuubo xidid ku jirta (IV) ama waji-qaris wajiga lagu daboolayo.
- Waxa la nadiifin doonaa calooshaada waxana lagu dul saari doonaa go'yaal si meesha qalitaanka looga dhigo nadiif.
- Calooshaada waa la jeexi doonaa. Iyada oo la adeegsanayo habka ah "laparoscopic," 3 ama 4 jeexis ayaa la sameeyaa.
- Qabsinka ayaa lagaa saari doonaa.
- Meesha la jeexay waxa lagu xidhi doonaa tolmo, qabatooyin ama sharooto/dhejisyo gaar ah oo loo yaqaano "steri-strips."
- Haddii tolmo ama qabatooyin la isticmaalo, faashad ayaa dusha looga dhejin doonaa.

## **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.

### **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.
- If you have steri-strips, leave them alone. They will fall off on their own.

## **Qalitaanka ka dib**

### **Cisbitaalka Gudihisa**

- Waxa lagu geyn doonaa qolka bogsashada halkaasoo si weyn laguugu ilaalin doonaa ilaa aad ka soo toosaysid oo aad ka fiicnaatid.
- Neefsashadaada, cadaadiska dhiigga iyo garaaca wadnaha ayaa marrar badan la hubin doonaa.
- Dhakhtarka ayaa kaala hadli doona qalitaankaaga iyo goorta aad ku noqon kartid guriga.
- Dawooyinka lagu siiyo wakhtiga qalitaanka waxay kuu keenayaan hurdo-hurdo. Waxa aad u baahan doontaa qof weyn oo ka tirsan qoyska ama ah saaxiib oo ku geeya guriga, ammaankaaga daraadii.

### **Guriga Gudihisa**

- Naso.
- Dawooyinkaaga u qaado sida uu kuu sheego dhakhtarkaagu.
- Wac dhakhtarkaaga si aad u ballansatid booqasho la-socod ah.
- Waad qubeysan kartaa. Ha qaadan qubeys lagu fadhiisanayo saxanka qubeyska mudo ah hal todobaad qalitaankaaga ka dib.
- Ka qaad faashadda meelaha la jeexay maalinta ku xigta qalitaanka, inta aadan qubeysan ka hor. Si tartiib ah ugu dhaq meelaha la jeexay biyo iyo saabuun oo si tartiib ah taabasho ugu qalaj . Saar faashado ah dhejis ama sharooto cusub meelaha lagaa jeexay. Iska beddel faashadaha dhejiska ah, wakhti kasta oo ay qoyaan ama wasakh noqdaan.
- Haddii ay kugu yaalaan qabatooyin ah “steri-strips”, iska daa. Iyaga ayaa iska soo dhici doona.

- 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 three days.
- 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.

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
- A fever over 101 degrees F
- Chills, 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

- Waxa laga yaabaa inay dhib kugu noqoto inaad saxarootid qalitaanka ka dib. Socodka iyo cunista cunto qani ku ah dufka sida siriyalka (cereals), digirta, khudrada/cagaarka iyo rootiga/roodhida ka sameysan xabuublay aan buushe laga saarin (whole grain) ayaa ku caawin doona. Waxa kale oo ku caawin kara cabista 8 koob oo biyo ah maalin kasta.
- Waxa kale oo laga yaabaa in lagu baro sida loo sameeyo neefsasho xoog leh iyo jimicsiyo qufac si aad uga badbaadid sambabada oo caabuq/fashfash ku dhaco, qalitaanka ka dib. Xoog u neefso oo qufac saacad kasta inta aad soo jeedid iyo haddii aad soo toostid habeenkii. Waxa laga yaabaa inaad caawinaad ka heshid barkimo aad ku taageertid meelaha lagaa jeexay marka aad qufacaysid ama xoog u neefsanaysid.
- Ha qaadin alaab culus oo ka badan 4.5 kiilo garaams (10 rodol) mudo ah saddex maalmood.
- Ha kaxeyn baabuur ilaa dhakhtarkaagu kuu sheego inay caadi tahay oo aadan qaadaneynin dawo xanuun.
- Kala hadal dhakhtarkaaga ama kalkaalisada xadka u yaalaa wixii kale ee firfircooni ah. Waa inaad awoodid inaad ku laabatid firfircoonidaada caadiga ahayd in lagu qiyaaso 1 ilaa 3 todobaad.

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

- Xanuun ah caloosha ama garabka oo aan tagaynin ama ka sii daraya
- Casaan, burbur maqaar ama barar soo kordhay
- Qandho ka sareysa 38 darajo C (101 darajo F)
- Qarqaryo, qufac ama dareen ah tabar-dari iyo xanuun
- Matag
- Maqaarka oo cuncuna, barar ama firiiric cusub
- Saxarada oo dhib ah ama shuban badan



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.**

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Wac 911 **isla markiiba** haddii:

- Meeshi la jeexay ay furanto.
- Dhiig-bax cusub ka yimaado meeshi la jeexay.
- Ay si kadis ah neefsashadu dhib kugu noqoto.
- Aad leedahay xanuun laabta ah.

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

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Appendectomy. Somali