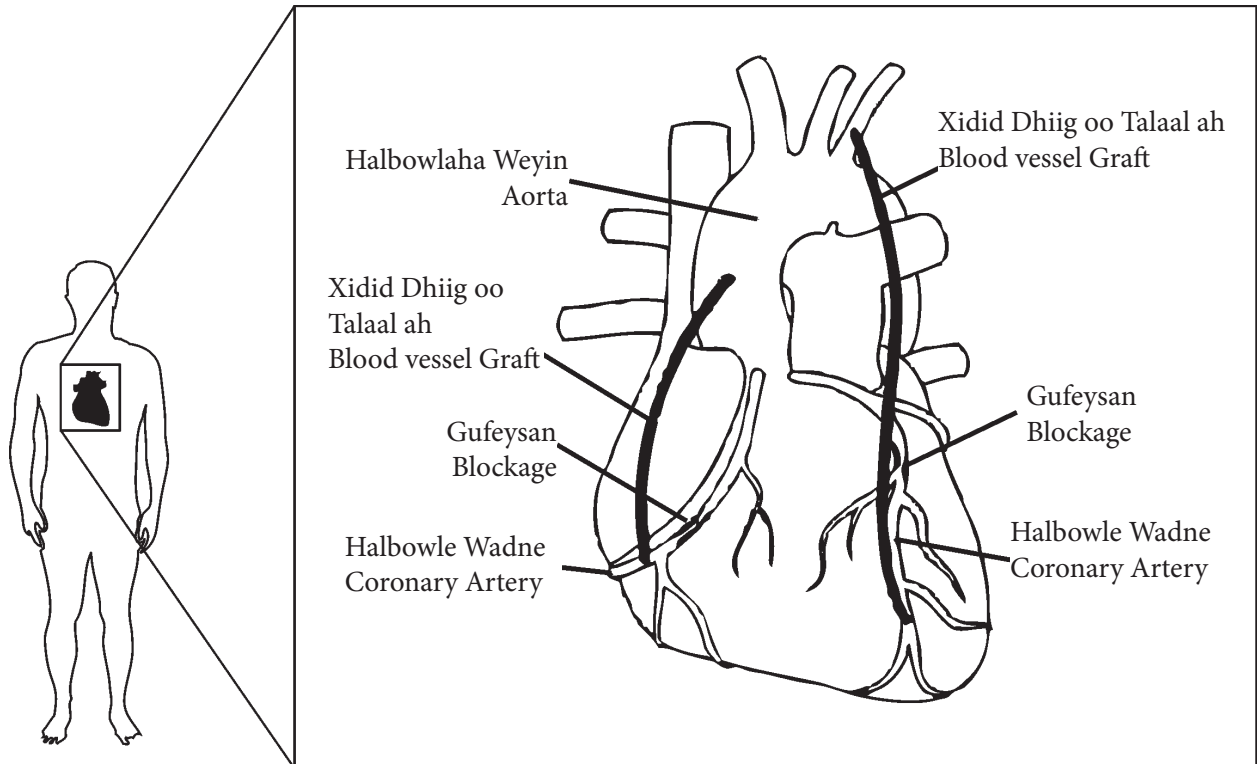


# Qalliinka Isku Tallaalidda Hawbowlaha Dhiigga qaada

## Coronary Artery Bypass Surgery

Coronary artery bypass surgery is also called bypass surgery or open heart surgery. It is done to allow blood to flow around blocked blood vessels in the heart. Coronary arteries are the blood vessels that supply the heart muscle with oxygen and nutrients. During bypass surgery, a piece of a blood vessel from the leg, arm or chest, called a graft, is removed and attached to the aorta and around the blocked blood vessel of the heart. The blocked blood vessel remains, but blood is carried around it in the new blood vessel. If there are several blocked vessels, you may have more than one bypass done.

Qalliinka isku tallaalidda hawbowlaha dhiigga qaada waxaa kale oo loo yaqaanaa qalliinka isku tallaalidda ama qalliinka wadnaha furan. Waxaa loo sameeyaa si dhiiggu uga wareego marinnada dhiigga ee xannibmay ee wadnaha. Hawlbowlaha dhiigga qaada waa marinnada dhiigga ee muruqa wadnaha siya ogsijiinta iyo nafaqooyinka. Waqtiga qalliinka isku tallaalka, qayb ah xidid dhiig, oo la yidhaahdo talaal (graft), ayaa lugta, cududda ama laabta/xabadka laga soo qaadaa ka dibna lagu dhejiyaa halbowlaha wadnaha iyo hareeraha xididka dhiig ee xannibmay ee wadnaha. Xididka dhiigga ee xannibmay wuu sii jiraa, laakiin waxaa dhiigga lagu xanbaaraa dhinacyadiisa oo ah xididka dhiig ee cusub. Haddii ay jiraan dhawr xidid dhiig oo xannibmay, waxa laga yaabaa in lagu sameeyo wax ka badan hal talaalid xidid.



The surgery takes 4 to 6 hours. After surgery, you will be in the recovery room for at least 2 hours before your family can see you. You will stay in the hospital 4 to 6 days.

## To Prepare at Home

- Tests may be done before your surgery such as a chest x-ray, electrocardiogram (ECG or EKG) and blood tests.
- Stop smoking for at least 48 hours before surgery.
- You will be taught how to deep breathe and cough. Practice this before your surgery.
- Do not eat or drink anything, including water, after midnight before your surgery.
- You may be told to take a shower with a special soap called chlorhexidine gluconate (CHG) before your surgery. This soap may be given to you, or you will need to buy a 4-ounce bottle or larger of 4% CHG soap at a drug store. A common brand name for this soap is Hibiclens. There may be a store brand that costs less. Ask the pharmacist where to find it in the drug store. It is often with first aid supplies. You need to shower with CHG soap:
  - The day before your surgery
  - The morning of your surgery

Qalliinku wuxuu qaataa 4 ilaa 6 saacadood. Qalliinka ka dib waxaad joogi doontaa qolka soo kabashada ugu yaraan 2 saacadood ka hor inta aysan qoyskaagu ku arkin. Waxaad isbitaalka joogi doontaa 4 ilaa 6 maalmood.

## Si aad Guriga isugu Diyaariso

- Baaritaanno ayaa laga yaabaa in la sameeyo qalliinka ka hor sida raajada laabta, sawirka korontada wadnaha (electrocardiogram) (ECG ama EKG) iyo dhiig baarid.
- Jooji sigaar cabidda ugu yaraan 48 saacadood qalliinka ka hor.
- Waxaa lagu bari doonaa sida si qoto dheer loogu neefsado looguna qufaco. Taas ku soo celceli qalliinka ka hor.
- Waxna ha soo cunin waxnana ha soo cabbin, marka lagu daro biyo, wixii ka danbeeya saqda dhexe habeenka qalliinka ka hor.
- Waxa laga yaabaa in lagu sheego inaad ku qubaysatid saabuun gaar ah oo la yidhaahdo chlorhexidine gluconate (CHG) ka hor qalitaanka. Waxa laga yaabaa in lagu siiyo saabuuntaas, ama waxa aad u baahan kartaa inaad farmashiga ka soo iibsatid dhalo ah 4 wiiqiyadood (ounce) ama ka weyn oo ka kooban 4% saabuunta CHG. Magaca guud ee loo yaqaano saabuuntaas waa Hibiclens. Waxa laga yaabaa inuu jiro namuun u gaar ah dukaanka oo ka kharash yar. Weydii farmasiilaha meesha ay taallo saabuuntaan. Badanaa waxa ay wehelisaa alaabta gargaarka koowaad. Waxa aad u baahan tahay inaad ku qubaysatid saabuunta CHG:
  - Maalinta ka horeysa qalitaankaaga
  - Subaxa qalitaankaaga

Follow the instructions from your doctor or nurse on how to use CHG soap or ask for the handout, “Getting Your Skin Ready for Surgery.”

Raac fariimaha uu ku siiyo dhakhtarkaagu ama kalkaalisadu ee ku saabsan sida loo isticmaalo saabuunta CHG ama weydiiso qoraalka yar ee la yidhaahdo, “Sida Maqaarkaaga Loogu Diyaariyo Qalitaan.”

## Before Surgery

- You will wear a hospital gown.
- You are given medicine to help you relax.
- An IV (intravenous) is put in a vein in your arm.

## Qalliinka ka Hor

- Waxaad xiran doontaa marada ama toobka isbitaalka.
- Waxaa lagu siinayaa daawo si lagaaga caawiso dejinta jirkaaga.
- IV (xidid gale) ayaa gacanta lagaa gelinayaa.

## During Surgery

- You will be given medicine to put you to sleep.
- A breathing tube is put into your mouth. This tube is attached to a machine that will breathe for you during surgery.
- The doctor makes an incision in the middle of your chest. Your breastbone is cut and your ribs are spread open to see your heart.
- A machine pumps blood to your body during surgery.
- A blood vessel from your leg, arm or chest, called a graft, is removed. One end of the graft is stitched to the blood vessel above the blockage. The other end is stitched to the blood vessel below the blockage.
- Your breastbone is then wired back together. Incisions are closed with stitches and staples.

## Waqtiga Qalliinka

- Waxaa lagu siin doonaa daawo si laguu hurdisiiyo.
- Tuubo neefsasho ayaa afka lagaa gelinayaa. Tuubadaan waxaa lagu xirayaa makiinad kaa neefsiin doonta waqtiga qalliinku socdo.
- Takhtarku meel ayuu ka jeexayaa bartamaha laabtaada. Laftaada naaska ayaa la goynayaa ka dibna feedhahaaga ayaa la kala jiidayaa si loo arko wadnaha.
- Makiinadayaa waxay jidhkaaga ku soo cabbeyneysaa dhiig waqtiga qalliinka.
- Xidid dhiig oo laga soo qaaday lugtaada, cududda ama laabta, oo loo yaqaanno tallaal, ayaa lagaa soo saarayaa. Hal dhinac ee tallaalka ayaa lagu tolayaa xididka dhiigga ee ka sarreeya xannibaadda. Dhinaca kale waxaa lagu tolayaa xididka dhiigga ee ka hooseeya xannibaadda.
- Laftaada naaska ayaa ka dib silig dib la isugu qabanayaa. Meelaha lagaa jeexay ayaa la xidhayaa oo la tolayaa.

## After Surgery

You are taken to an intensive care unit (ICU) for 12 to 24 hours where you will have:

- A breathing tube for a few hours
- Tubes in your chest to drain fluid from around your heart
- A catheter in your bladder to drain urine
- IVs to give you fluids and medicines

These tubes will be removed 1 to 2 days after surgery. The nursing staff will check you often.

You are then moved to a hospital room. You may have oxygen and a heart monitor for a few days. It is important to take deep breaths and cough every hour when you are awake. The staff will help you get up and walk at first. You will be taught how to care for yourself at home.

## Your Care at Home

- It often takes 4 to 6 weeks to feel better.
- You may have aches and pains that affect your appetite, sleep and activities.
- Rest between activities.
- It is common to feel sad or be depressed. This should slowly get better over the next few weeks. Talk to your doctor if you feel worse or it lasts longer than 2 weeks.
- Do not drive or return to work until your doctor says it is safe.

## Qalliinka ka Dib

Waxaa lagu qaadayaa qaybta daryeelka hawsha culus (ICU) 12 ilaa 24 saacadood ah meeshaasoo:

- Lagugu siin doono tuubo lagu neefsado dhowr saacadood
- Laabta ayaa tuubooyin lagaa gelin doono si lagaaga soo nuugo dheecaanka ku jira agagaarka wadnahaaga
- Kateetar ayaa lagaa gelin doono kaadi haysta si kaadida lagaaga soo saaro
- IV-yo si lagu siiyo dheecaanno iyo daawooyin

Tuubooyinka ayaa lagaa saari doonaa 1 ilaa 2 maalmood qalliinka ka dib. Shaqaalaha xannaanada ayaa badanaa ku hubin doono.

Ka dibna qolka isbitaalka ayaa lagu geyn doonaa. Waxaa laga yaabaa inaad sii haysato ogsijiinta iyo daawadaha wadnaha ilaa dhowr maalmood. Waa muhiim in aad qaadato neefsasho qoto dheer aadna qufacdo saacad kasta marka aad soo jeeddo. Shaqaaluhu waxay kaa caawin doonaan in aad kacdo aadna marka hore socoto. Waxaa lagu bari doonaa sidii aad guriga isugu daryeeli lahayd.

## Daryeelkaaga Guriga

- Waxay badanaa qaadataa 4 ilaa 6 toddobaad in lagu bogsado.
- Waxaa laga yaabaa in aad casiraad iyo xanuun sii qabto oo saameeya cunto rabiddaada, hurdada iyo hawlaha.
- Naso inta u dhexeysa hawlo qabashada.
- Waa caadi in la dareemo murug ama la diiqoodo. Waa iney taasi si tartiib ah uga soo raysaa dhowrka toddobaad ee ku xigta. Takhtarkaaga la hadal haddii aad ka sii darto ama ay kugu sii raagto in ka badan 2 toddobaad.
- Baabuur ha wadin hana ku noqon shaqadii ilaa uu takhtarku yiraahdo ammaan ayey kuu leedahay.

- To help your breastbone heal during the first 6 weeks after surgery:
  - Do not lift more than 10 pounds or 4.5 kilograms. A gallon of milk weighs about 8 pounds.
  - Do not let people push or pull on your arms when they are helping you move.
  - Do not reach backwards or above your head.
  - Keep your arms close to your sides when getting in and out of a bed or chair.
  - Avoid any activity where you feel your breastbone pull.
  - Do not do strenuous activities such as vacuuming or gardening until your doctor says it is safe.
  - You may bend forward to do things such as tying your shoes.
  - You can do light household activities such as cooking or dusting.
- Si lagaaga caawiyo bogsashada lafta naaska muddada 6-da toddobaad ee ugu horreysa qalliinka ka dib:
  - Ha qaadin wax ka badan 10 rodol (pounds) ama 4.5 kiilogaraam. Hal galaan oo ah caano miisaankiisu qiyaastii waa 8 rodol.
  - Dadka ha u oggolaannin iney riixaan ama jiidaan gacmahaaga marka ay kugu caawinayaan in aad dhaqaaqdo.
  - Gadaal ha jalleecin ama meel ka sareysa madaxaaga.
  - Gacmahaagu dhinacyadaada ha ku dhawaadeen marka aad sariirta ama kursi fuuleyso iyo marka aad ka soo degeysaba.
  - Ka fogow hawl aad dareemeyso in lafta naasku ay jiidmeyso.
  - Ha qaban hawlo iskala bixin leh sida makiinadda wasaqda nuugta ama makiinadda beerta lagu falo ilaa uu takhtarku yiraahdo ammaan ayey kuu leedahay.
  - Horey waad u foorarsan kartaa si aad u sameyso waxyaabaha sida kabo xidhashada.
  - Waad sameyn kartaa hawlaha fudud ee guriga sida cunto karinta iyo meelo habaas ka jafidda.

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

- Swelling or opening of your incisions
- Increase in drainage
- Fever or chills

### **Isla markiiba takhtarkaaga wac haddii aad:**

- Isku aragto barar ama meeshii lagaa qalay oo soo furantay
- Isku aragto dheecaan soo kordhaya
- Isku aragto qandho ama qar-qaryo

**To Help Prevent Blockage:**

- Quit smoking.
- Eat a healthy diet.
- Exercise each day.
- Take your medicines as ordered.
- Get treatment for diabetes, high blood pressure or high cholesterol.

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

**Si Gacan looga Geysto ka Hortagga Xannibaad:**

- Jooji sigaar cabidda
- Cun cunto caafimaad leh
- Maalin walba jimicsi samee
- Daawooyinka sidii lagu faray u qaado
- Daawo u qaado sonkorowga, dhiigkarka ama kolestaroolka sarreeya

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