

Dialysis

Dialysis is a treatment used when your body's kidneys stop working well. Extra fluids and wastes are removed from your body with dialysis. There are 2 types of dialysis:

- Hemodialysis
- Peritoneal dialysis

Hemodialysis

With hemodialysis, small amounts of blood are pumped out of the body and through a machine called an artificial kidney. This machine filters extra fluid and wastes from the blood. The blood is then pumped back into your body. Treatments take about 4 hours and are done 3 times each week. Treatment can be given at a dialysis center or at home. Talk with your doctor and health care team about your options.

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 are inserted into the access. One needle draws the blood out and the other needle returns the blood to the body.

Access Sites

There are three main types of access sites.

- **AV Fistula** – With minor surgery, an artery is joined to a vein under the skin. This is most often done in an arm.
- **Graft** – With minor surgery, a soft plastic tube is used to join the artery and vein under the skin.
- **A central catheter** – For temporary dialysis, the doctor can put in a catheter in a large vein, most often in the neck.

Kaadi-saarista

Kaadi-saaristu waa daweyn la isticmaalo marka kellyahaagu ay joojiyaan inay si fiican u shaqeeyaan. Kaadi-saarista waxaa loo isticmaala in dheecaanka siyaadada ah iyo qashinka laga saaro jidhkaaga. Waxa jira 2 nooc oo ah kaadi-saaris:

- Kaadi-saarista dhiigga
- Kaadi-saarista xuubka hoose ee ubucda (peritoneal dialysis)

Kaadi-saarista dhiigga

Marka la sameynayo kaadi-saarista dhiigga, in yar oo dhiig ah ayaa dibadda looga soo nuugaa ama looga saaraa jidhka waxana la dhex mariyaa mishiin la yidhaahdo kelli artifishal ah. Mishiinkani waxa uu dheecaanka dheeraadka ah iyo qashinka ka shaandheeyaa/miiraa dhiigga. Ka dib dhiigga ayaa dib loogu celiyaa ama loogu shubaa jidhkaaga. Daweyntu waxay qaadataa qiyaas ah 4 saacadood waxana la sameeyaa 3 jeer todobaadkii. Daawada meey lakasiyo karo manka mise meela isbitaalka. Ladoowa dhaktarkaa insheeg si ada fadaas.

Si loo sameeyo daweynta, waxa loo baahan yahay goob dhiigga dibadda jidhka looga saaro, ka dibna lagu soo celiyo dhiigga. Tan mey la aree **goobo**. Marka goobta siinta la sameeyo ee ay bogsato ka dib, 2 irbadood oo ku xidhan tuubo ayaa la galiyaa goobta siinta. Hal irbad dhiigga ayay dibadda u soo saarta, hal irbadna dhiigga ayay ku celisaa jirka.

Goobaha Siinta

Waxa jira saddex nooc oo ah goobo siin.

- **Av Fistula** – Mey lata qalinyan yar kan isku hiraaw hiditada dhiiga ee maqaarka. Badanaa waxa tan lagu sameeyaa gacan.
- **Graft** – Mey lata qalin yar caag yariis oo isku hira hididka dhiig ee maqaarka hoostiis.
- **Tuubo oo dhatiyee** - Kumeel gaar ah dhaktarka mey kasaara kora walweyn luqunta elenshee.

Peritoneal Dialysis

With peritoneal dialysis, a catheter is put into the abdomen.

Special fluid, called **dialysate**, is put into the abdomen through the catheter. The fluid stays in the abdomen for several hours. During this time, the body's extra fluid and wastes move from the blood to the fluid. This fluid is much like urine, and it is then drained from the body through the catheter. Clean fluid is then put into the abdomen, and the steps are repeated.

There are 2 main types:

- **Continuous Ambulatory Peritoneal Dialysis (CAPD)** is done 4 to 5 times each day and the fluid stays in the abdomen for 3 to 4 hours. This can be done anywhere there is a clean, private area.
- **Continuous Cycling Peritoneal Dialysis (CCPD)** is done using a special machine. The fluid stays in the abdomen for a shorter time, about 1½ hours. The machine is set up and the person is connected to this machine for 8 to 10 hours during the night. The person is unhooked from the machine during the day.

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

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Kaadi-saarista Xuubka Hoose

Marka la sameynayo kaadi-saarista xuubka hoose, tuubo ayaa la galiyaa caloosha/ubucda.

Biyo gooi ah la eraaw **dialysate** ya lasaaree mohooga oo idil. Hooruhu/dareeruhu waxa uu ubucda ku jiraa dhawr saacadood. Inta hooruhu ku jiro ubucda, dheecaanka iyo qashinka dheeraadka ah ayaa ka soo baxa dhiigga oo ku darsamaya hooraha. Biyoogan meey in egyi kadi, meeyna kaso bahaayaan jirka. Biyoo nadiif ah aa lasaaree mohooga, weyn laka eleliyeee.

Waxa jira 2 nooc oo waaweyn:

- **Kaadi-saarista Xuubka Hoose ee Joogtada iyo Socodka Leh Continuous Ambulatory Peritoneal Dialysis (CAPD)** ya lasuubiyee 4 ilaa 5 jeer maalintii biyooga mohooga la roojiyee ilaa 3 ilaa 4 saacadood. Waxa tan lagu sameyn karaa meel kasta oo nadiif ah oo asturan.
- **Kaadi-saarista Xuubka Hoose ee Joogtada iyo Wareegga ah (Continuous Cycling Peritoneal Dialysis) (CCPD)** yaa lasuubiyee meyna la isticmaalee mashiin in qaas ah. Hooruhu waxa uu caloosha ku jiraa mudo gaaban, oo ku qiyaasan 1½ saacadood. Marka hore mishiinka ayaa la rakibaa, ka dibna qofka ayaa lagu xidhaa mishiinka, mudo ah 8 ilaa 10 saacadood habeenkii. Qofka waxa laga furaa mishiinka maalinimada.

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

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Dialysis. Somali.