

# EPS (Daraasadda Korontada Jidhka)

## EPS (Electrophysiology Study)

EPS is a test that checks the electrical system of your heart. It is done to find why you are feeling faint or dizzy or having irregular or fast heart beats.

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or leave alone.

**Arrive on time for your test.** The test takes 1 to 4 hours.

### To Prepare

- Do not eat or drink anything, including water, after midnight before your test.
- Ask your doctor if you should take your medicines the morning of your test. If so, take with sips of water only.

### During the Test

- You will wear a hospital gown and lie on an x-ray table.
- An IV (intravenous) is put in a vein in your arm.
- You are awake during the test. You may be given medicine in your IV to help you relax.

EPS waxa weeye baadhitaan caafimaad oo hubisa habka korontada wadnahaaga. Waxaa loo sameeyaa si loogu ogaado sababta aad u dareemeysid miyir beelidda ama wareerka ama wadne garaac aan caadi ahayn ama xawaaraynaya.

Xubin ka tirsan qoyskaaga oo qof weyn ah ama saaxiib ayaa loo baahan yahay iney ku soo raacaan oo guriga kuu kaxeeyaan baaritaanka ka dib. Ammaan kuuma ahan in aad baabuur wado ama keligaa iska tagto.

Baaritaanka waqtiga laguu qabtay ku imow. Baaritaanku wuxuu qaataa 1-ilaa 4 saacadood.

### Si aad isugu Diyaariso

- Waxna ha soo cunin waxnana ha soo cabbin, marka lagu daro biyo, wixii ka danbeeya saqda dhexe ee habeenka ka horreeya baaritaankaaga.
- Takhtarkaaga weydii haddii ay tahay in aad qaadatid daawooyin subaxda lagu baarayo. Haddii ay sidaas tahay, ku qaado kabbashooyin biyo ah oo keliya.

### Waqtiga Baaritaanka

- Waxaad xiran doontaa dharka isbitaalka waxaadna ku seexan doontaa miiska raajada.
- IV (xididgale) ayaa lagaa gelin doonaa xididka gacanta.
- Waad soo jeedeysaa waqtiga baaritaanka. Waxaa laga yaabaa in daawo IV-ga lagaa siiyo si ay kaaga caawiso iney ku dejiso.

- Small pads are put on your back, chest and legs to check your heart. For men, chest hair may need to be clipped.
- A blood pressure cuff is put on your arm. Your blood pressure and heart rate are checked during the test.
- You are covered with a sheet and your gown is removed. Keep your hands under the sheet.
- Either your groin or your arm will be cleaned. Your groin may be shaved if used.
- The doctor numbs your groin or arm. This stings for a few seconds. After this, you should only feel pressure and no pain.
- A needle then a soft tube called a catheter is put into your blood vessel. The doctor watches on the screen as the tube is moved to your heart.
- The doctor will put some wires through the tube into your heart. You may feel a pinch in your back.
- You may feel skipped heart beats or fluttering. This is normal. If you feel any pain or discomfort during the test, tell your doctor.
- Your heart beat and your blood pressure are measured by the wires.
- Gaballo yar-yar ayaa dhabarkaaga, laabta iyo lugaha lagaaga dhejinayaa si loo hubiyo wadnahaaga. Ragga, timaha laabta ayaa laga yaabaa in loo baahdo in laga jaro.
- Qalab-cabbire ayaa gacanta lagaaga xiri doonaa. Cadaadiska dhiiggaaga iyo wadnaha ayaa la hubin doonaa waqtiga baaritaanka.
- Waxaa lagugu daboolayaa maro waxaana lagaa saarayaa toobka cisbitaalka. Gacmahaaga marada hoos geli.
- Bisqinleydaada ama cududda midkood ayaa la nadiifin doonaa. Bisqinleydaada waxaa laga yaabaa in la xiiro haddii la istimcaalayo.
- Takhtarku wuxuu kabuubinayaa bisqinleydaada ama cududdaada. Tan waxaa laga yaabaa iney ku xanuujiso dhowr ilbidhiqsi. Taas ka dib, waa in aad dareentaa oo keliya cadaadis ee maahan xanuun.
- Cirbad ka dibna tuubo jilcan oo loo yaqaanno kateetar ayaa marinka dhiigga lagaa gelin doonaa. Takhtarku wuxuu daawanayaa shaashadda marka tuubada loo dhaqaajinayo wadnahaaga xaggiisa.
- Takhtarkaagu wuxuu siligyo dhowr ah dhex marin doonaa tuubada ilaa wadnahaaga. Waxaa laga yaabaa in aad dhabarkaaga ka dareento qanjiro.
- Waxaa laga yaabaa in aad dareento wadnaha oo ku boodboodaya ama degdegaya. Taasi waa iska caadi. Haddii aad dareento wax xanuun ah ama lur ah waqtiga baaritaanka, takhtarkaaga u sheeg.
- Garaaca wadnahaaga iyo cadaadiska dhiiggaaga waxaa cabbiraya xarkaha siligga.

- During the test, the table may be moved so your head is up. Your neck may be rubbed. You may be asked to hold your breath and push as if you are having a bowel movement. You may be given medicines.
- The tube and wires are removed.
- Pressure is put over the site for 5 to 15 minutes to stop bleeding. A bandage is put over the site.
- The doctor will talk to you about your test results.
- Waqtiga baaritaanka, waxaa laga yaabaa in miiska lagaa qaado si markaas madaxaagu uu kor ugu kaco. Qoorta in lagaa masaxo ayaa laga yaabaa. Waxaa laga yaabaa in lagaa codsado in aad neefta ceshato aadna riixdo sidii adigoo ay saxaro ku hayso. Waxaa laga yaabaa in daawo lagu siiyo.
- tuubada iyo siligyada ayaa meesha laga saarayaa.
- Cadaadis ayaa la saarayaa meesha 5 ilaa 15 daqiiqadood si loo joojiyo dhiig bax. Faashad ayaa meesha lagaa saarayaa.
- Takhtarku wuxuu kaala hadli doonaa natiijooyinkaaga.

## After the Test

- If the groin site was used:
  - ▶ You need to lie flat in bed for the next 6 hours with your leg straight.
  - ▶ During this time, you must use a bedpan or urinal instead of getting up to go to the toilet.
- Your site, pulse and blood pressure will be checked often.
- You can eat and drink.
- The IV will be removed before you go home.
- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- The site will be tender for 1 to 2 days after the test.

## Baaritaanka ka Dib

- Haddii bisqinleyda la isticmaalay:
  - ▶ Waxaad u baahan tahay in aad jiftid sariirta 6-da saacadood ee soo socota iyadoo lugahaaguna ay toosan yihiin.
  - ▶ Inta aad ku jirto waqtigan, waa in aad isticmaashaa weelka lagu qaado kaadida iyo saxarada ama wax lagu kaadiyo halkii aad ka kici lahayd oo musqul ka aadi lahay.
- Meesha, garaaca dhiigga iyo cadaadiska dhiigga badanaaba waa la hubiyaa.
- Wax waad cuni kartaa waadna cabbi kartaa.
- IV-ga ayaa lagaa soo saari doonaa ka hor inta aadan guriga aadin.
- Daawooyinkii lagu siiyey waqtigii baaritaanku way ku hurdisiin doonaan. Waxaad u baahan doontaa in xubin qoyska ka tirsan oo qof weyn ah ama saaxiib ay guriga kuu kaxeeyaan taasaa ammaan kuu ah.
- Meesha lagaa qalay way jilicsanaan doontaa 1 ilaa 2 maalmood baaritaanka ka dib.

## Your Care at Home

### Today

- Rest at home.
- Eat your normal diet.
- Remove the pressure bandage at bedtime and put on a clean band-aid.

### Other Care

- You can take a shower.
- Do not take a tub bath for 1 week after the test.
- Do not scrub the site.
- Remove the band-aid over the site when you shower.
- You can leave the site uncovered or put a clean band-aid on it.
- Check the site each day for any more redness, bruising or swelling.
- Do not drive for 2 to 3 days.
- Do not exercise, run, or lift objects over 10 pounds or 4.5 kilograms for 3 days after the test.

## Daryeelkaaga Guriga

### Maanta

- Guriga ku naso.
- Cun cuntadaadii caadiga ahayd.
- Faashadda cadaadiska iska saar markaad sariirta fuuleyso sharooto nadiif ahna isaga dheji.

### Daryeelka Kale

- Waad maydhan kartaa.
- Qubeys fadhi ah ha qaadan ilaa 1 toddobaad baaritaanka ka dib.
- Meesha ha xoqin.
- Sharootada meesha ku dheggan ka fuji marka aad maydhanayso.
- Meesha iyadoon waxba saarneyn waad iska deyn kartaa ama haddii kale sharooto nadiif ah iska saar.
- Maalin walba meesha lagaa qalay ka hubi iney sii guduudaneyso, nabar yeelaneyso ama bararayso.
- Baabuur ha wadin ilaa 2 ilaa 3 maalmood.
- Jimicsi ha sameynin, ha ordin, ama waxyaabo ka culus 10 rodol ama 4.5 kiilogaraam ha qaadin ilaa 3 maalmood baaritaanka ka dib.

## Call your doctor right away if you have:

- Bleeding at the site that will not stop
- Sharp pain or stinging at the site
- Swelling, redness, more bruising, or tenderness at the site
- Drainage or warmth at the site
- Coldness or paleness of the foot or hand
- Problems moving your toes or fingers
- Numbness or weakness
- Fever or chills
- Confusion or you are less alert

If you have bleeding that will not stop or a lump that gets bigger at the site, **lie flat, hold pressure on the site and call 911.**

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

## Isla markiiba takhtarka wac haddii:

- Aad isku aragto dhiig meesha ka soo baxaya oo aan istaageynin
- Aad isku aragto xanuun ama lur meesha kaa mudaya
- Aad isku aragto barar, guduudasho, nabar sii weynaanaya, ama jilcid meesha la qalay
- Aad isku aragto meesha oo dheecaan soo deyneysa ama sii diirraanaaysa
- Aad isku aragto qaboobid ama midab beelidda cagta ama gacanta
- Aad isku aragto dhibaatooyin kaaga yimaada dhaqaajinta faraha cagta ama faraha gacanta
- Aad isku aragto kabuubsanaan ama daciiftinnimo
- Aad isku aragto qandho ama qar-qaryo
- Aad isku aragto jahawareer ama in aad ka feejignaan yar tahay intii hore

Haddii uu dhiig aan joogsaneynin kaa socdo ama barar uu meesha ku sii kordhayo, **si fidsan u jifso, meesha cadaadis saar ka dibna wac 911.**

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