

# Going Home

After an illness or injury, some things may change in your life. Make sure you and your family know the answers to these questions before you go home from the hospital.

## **Medicines**

- Am I taking any new medicines?
- What does each medicine do?
- How much of each medicine and how often should I take it?
- What times should I take them?
- Who do I call if I get a side effect?
- Should I still take the medicines I was taking before going into the hospital?
- How long do I need to take each medicine?

## **Pain**

- Which medicines should I take for pain?
- How often should I take the medicine? Should I take them only when needed?
- Are there things I should not do while taking pain medicine?
- What can I do to reduce the pain?

# Guriga Aadid

Jirro ama dhaawac ka dib, ayaa laga yaabaa in noloshaada wax iska beddelaan. Xaqiiji/iska hubi in adiga iyo qoyskaagu aad taqaannaan jawaabaha su'aalahaan ka hor inta aadan guriga aadin ee ka tegin cisbitaalka:

## Daawooyin

- Miyaan qaataa wax daawooyin ah oo cusub?
- Maxay taraysaa/qabataa daawo kasta?
- Intee in la'eg ayaan ka qaataa inteese goor ayaan qaataa daawo kasta?
- Waqtiyadee ayaan qaataa?
- Yaan wacaa haddii aan isku arko saameyn liddi ah?
- Miyaan qaataa daawooyinkii aan qaadan jiray ka hor inta aanan isbitaalka aadin?
- Ilaa iyo intee ayaan u baahanahay in aan daawo kasta ka qaato?

## Xanuun

- Daawooyinkee ayaan xanuunka u qaataa?
- Intee goor ayaan daawada qaataa? Miyaan qaataa oo keliya markaan u baahdo?
- Miyey jiraan waxyaabo ay tahay in aanan sameynin inta aan qaadanayo daawada xanuunka?
- Maxaan ka sameyn karaa si aan xanuunka isaga yareeyo?

## **Diet**

- Is there anything I should not eat or drink?

## **Activity**

- Should I limit my activity?
- Can I drive?
- Are there special exercises I should do?
- When can I go back to work?
- When can I do my regular exercise program?
- Can I resume sexual activities?

## **Follow-up Care**

- When is my next doctor visit?
- Should I call to schedule an appointment?

## **Care of Incisions**

- Can I bathe or shower?
- What are the signs of infection and bleeding?
- How should I care for the incision?

## **Equipment**

- Do I need special equipment?
- How and when will I use it?

## **Cunto**

- Miyey jiraan waxyaabo ay tahay in aanan cunin ama cabbin?

## **Hawlo**

- Miyaan xaddidaa hawlahayga?
- Miyaan baabuur wadi karaa?
- Miyey jiraan jimicsiyo gaar ah oo ay tahay in aan sameeyo?
- Goormaan shaqada ku noqon karaa?
- Goormaan sameyn karaa barnaamijkii jimicsiga ee joogtada ii ahaa?
- Miyaan soo celin karaa hawlahaygii galmada?

## **Daryeelka Dabagalka**

- Waa goorma booqashadayda xigta ee takhtarku?
- Miyaan wacaa si aan ballan u dhigto?

## **Daryeelka Meesha la qalay/mudey**

- Ma qubeysan karaa ama maydhan karaa?
- Waa maxay calaamadaha malaxaysiga ama dhiigbaxu?
- Sideen u daryeelaa meesha la qalay?

## **Qalab**

- Miyaan u baahanahay qalab gaar ah?
- Sidee iyo goortee ayaan isticmaalaa?

## **Hospital Bill**

- How can I find out how much of my bill my insurance/Medicaid pays and how much I owe?
- Is there someone who can help me figure out my hospital bills?

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

### **Some useful phone numbers:**

Social Work \_\_\_\_\_

Financial Services/Billing \_\_\_\_\_

Doctor's Office \_\_\_\_\_

## **Biilka/Qaansheegga Isbitaalka**

- Sideen ku ogaan karaa immisa biilkayga ah ayuu caymiska/Medicaid iga bixinayaa immisa ayaase la igu leeyahay?
- Miyuu jiraa qof iga caawin kara inaan ogaado biilasha isbitaalka?

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

**Lambarro telefoon oo dhowr ah oo wax ku ool ah:**

Shaqaalaha Bulshada (social Work) \_\_\_\_\_

Adeegyada Maaliyadeed/Biil sameynta \_\_\_\_\_

Xafiiska Takhtarka \_\_\_\_\_

2005 – 5/2010 Health Information Translations

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