

# PCA (Patient Controlled Analgesia) Pump

A PCA pump is an IV (intravenous) pump that lets you manage your pain medicine. When you have pain, you push a button on the cord and a certain amount of pain medicine is given into your IV.

Only you should push the PCA button. Family members and friends are not to push the button. There is a risk of dangerous side effects if anyone but you pushes the PCA button.

## **When to Push the Button**

- When you begin to feel pain, push the button.
- The pump will beep when you are getting the pain medicine. If the pump does not beep, it is not time for your next dose of medicine. Wait a few minutes and then push the button again if you are having pain.
- Push the button before any activities that may make your pain worse, such as walking, physical therapy, coughing and deep breathing.

## **If You Still Have Pain**

If you do not have pain relief and it is not time for your next dose, call your nurse. Tell the nurse about your pain, including where it is and how much it hurts. The nurse can work with you and your doctor to manage your pain.

# Daawada Xanuunka ee Bukaanku Xakameeyo (PCA [Patient Controlled Analgesia])

Cabbeynta PCA waa cabbayn IV (xidid gale) oo kuu oggolaanaysa in aad maamulato daawada xanuunka. Marka uu xanuun ku hayo, waxaad riixaysaa badhan ku yaalla xadhigga isla markaana xaddi la og-yahay oo daawo xanuun ah ayaa lagaa siinayaa IV-gaaga.

Waa in aad riixdaa oo keliya badhanka PCA. Xubnaha qoyska iyo saaxiibbadu maahan in ay riixaan badhanka. Waxaa jira halis saameyn dhinaca liddiga ah oo khatar leh haddii uu qof kale riixo badhanka PCA.

## Goorma ayaa Badhanka la Riixaa

- Marka aad billowdo in aad dareento xanuun, riix badhanka.
- Cabbayntu way dhawaaqaysaa marka aad qaadanayso daawo xanuun. Haddii cabbayntu aysan dhawaaqin, maahan waqtigii aad qaadan lahayd daawada xigta. Dhawr daqiiqadood sug ka dibna riix badhanka haddii uu xanuun ku hayo.
- Riix badhanka wixii hawlo ah ee xanuunka uga sii daraya oo dhan ka hor, sida socoshada, daaweynta jidh ahaaneed, qufac iyo neefsasho qoto dheer.

## Hadii aad Weli Xanuun sii Qabtid

Hadii aadan xanuun baabi' iye aysanna ahayn waqtigii aad daawada xigta qaadan lahayd, wac kalkaalisadaada. Kalkaalisada xanuunkaaga wax uga sheeg, marka lagu daro meesha uu kaa hayo iyo sida uu kuu xanuunjinayo. Kalkaalisadu adiga iyo takhtarkaaga ayey idinla shaqayn kartaa si aad xanuunka u maaraysaan.

## **Tell your nurse or doctor if:**

- You do not have pain relief.
- You have any side effects from the pain medicine, such as:
  - ▶ Sleepiness
  - ▶ Slowed breathing
  - ▶ Nausea or vomiting
  - ▶ Constipation
  - ▶ Itching
  - ▶ Problems urinating
- Your IV hurts, is red, swollen or leaking.

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

## **U sheeg kalkaalisada ama takhtarka haddii:**

- Aadan haysanin xanuun baabi' iye.
- Aad qabto wax saameyn liddi ah oo kaaga yimid daawada xanuunka, sida:
  - ▶ Hurdeysanaan
  - ▶ Neefsasho hoos u dhacda
  - ▶ Lalabbo ama matagid
  - ▶ Saxaro adayg
  - ▶ Cun-cun
  - ▶ Dhibaatooyin dhinaca kaadinta ah
- Uu IV ku xanuunayo, guduudan yahay, bararay ama dheecaan ka imaanayo.

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

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PCA. Somali.