

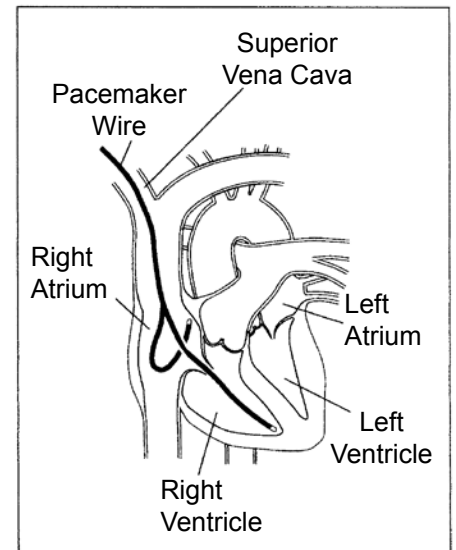
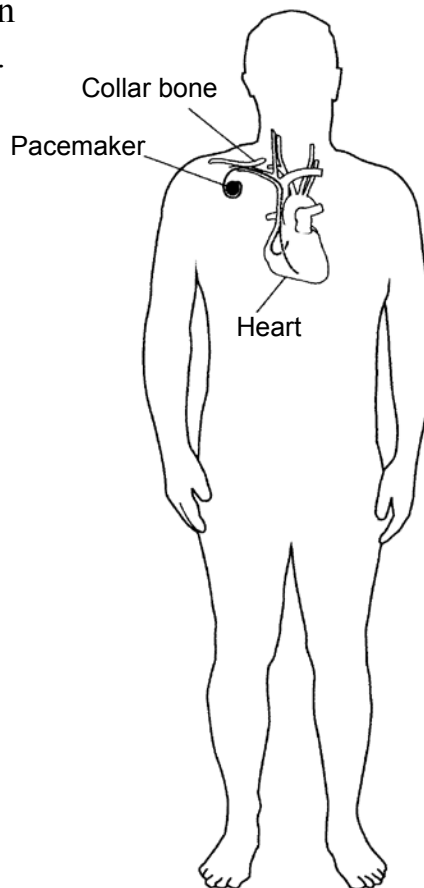
Pacemaker

A pacemaker is a small device that helps control your heart rate by:

- Speeding up the heart rate when it is too slow
- Slowing down the heart rate when it is too fast
- Helping the rhythm of the heart beat regularly – this is if you have a pacemaker combined with a defibrillator, also called an ICD

A pacemaker is placed in the chest during surgery. Wires called leads are put into the heart muscle. The device with the battery is placed under your skin, below your shoulder.

When it is time for you to go home after surgery, an adult family member or friend needs to take you home. It is not safe for you to drive or leave alone. Have an adult stay with you at home for the first day after your surgery.



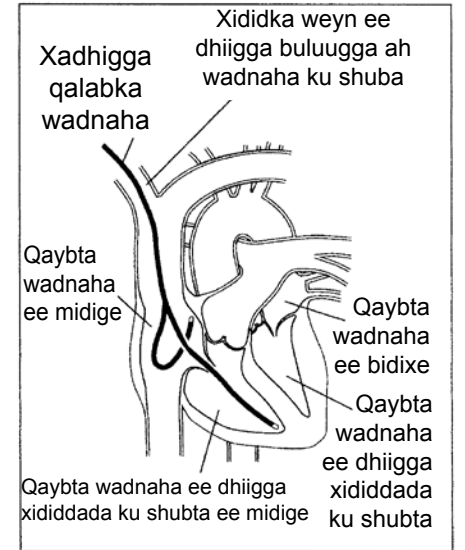
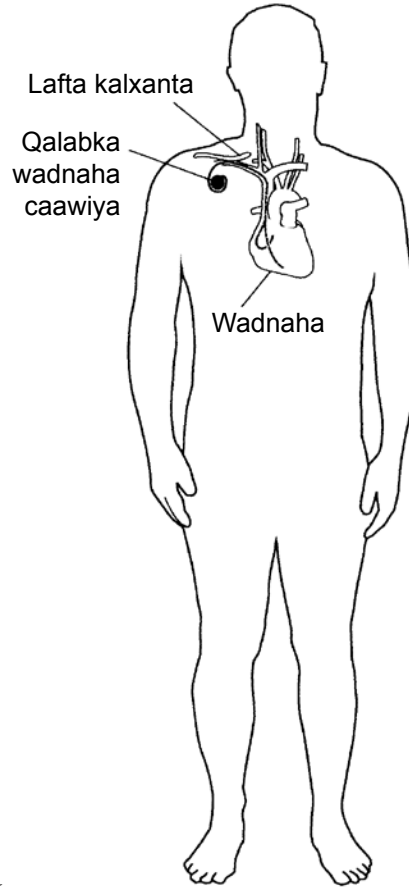
Qalabka koontaroola Xaddiga wadnaha

Qalabka koontaroola xaddiga wadnuhu waa qalab yar oo caawiya koontaroolidda xaddiga wadnahaaga isagaoo:

- Kordhinaya xawaaraha xaddiga wadnaha marka uu aad u hooseeyo
- Hoos u dhigaya xaddiga wadnaha marka uu aad u dheereeyo
- Wadnaha garaaciisa caadiga ah ku caawiyaaa inuu si joogta ah wadnuhu garaac u sameeyo- tani waxa weeye haddii miishiinka wadnuhu ku xidhan miishiinka garaaca wadnaha caadigiisa ku soo celiya, sidoo kalena lagu magaacaabo, ICD

Qalabka waxaa lagu xidhaa feedhaha waqtiga qalliinka. Xarko loo yaqaanno horseedeyaal ayaa lagu xiraa muruqa wadnaha. Qalabka oo uu batari la socdo ayaa la geliyaa maqaarkaaga hoostiisa, garabkaaga hoostiisa.

Qof weyn oo qoyska ka tirsan ama saaxiib ayaa looga baahan yahay inuu ku soo raaco si ay guriga kuugu celiya. Ammaan kuuma lahan in aad baabuur waddo ama aad keligaa tagto. Qof weyn ha kula joogo guriga maalinta koowaad ee qalliinkaaga ka danbaysa.



Arrive on time for your appointment. The surgery will take 1 to 2 hours.

To Prepare

- Talk to your doctor if you take blood thinners or have diabetes.
- Do not eat or drink anything, including water, after midnight before your surgery.
- Ask your doctor if you should take your medicines the morning of your surgery. If so, take with sips of water only.

During Surgery

- You will wear a hospital gown.
- An IV (intravenous) is put in a vein in your arm. Medicines to make you sleepy are given through the IV.
- Your neck or chest is cleaned. Men may have their chest hair clipped.
- The skin is numbed.
- The wire leads are put into a vein and guided into your heart using an x-ray.
- The wire leads are placed in your heart muscle.
- The other end of each wire is connected to the pacemaker.
- The pacemaker is placed in a small space under your skin.
- The incisions are closed with stitches under the skin that will dissolve. You may have narrow pieces of tape across the incisions called steri-strips. These hold the skin layer together during healing. These will loosen and fall off in about 10 days. If the tape is not used, special glue may be used to close the incisions.

Ballantaada waqtiga ku imow. Qalliinku wuxuu qaadan doona 1-2 saacadood.

Si aad isugu diyaariso

- La hadal takhtarkaaga haddii aad qaadatid waxyaabaha dhiigga khafiifiya ama aad sonkorow qabtid.
- Waxna ha soo cunin hana soo cabbin, marka lagu daro biyo, wixii ka danbeeya saqda dhexe habeenka qalliinkaaga ka horreeya.
- Takhtarkaaga weydii haddii ay tahay in aad qaadato daawooyinkaaga subaxda lagu qalayo. Haddii ay sidaas tahay, ku qaado kabbashooyin biyo ah oo keliya.

Waqtiga Qalliinka

- Waxaad xiran doontaa marada isbitaalka.
- IV (xididgale) ayaa lagaa gelin doonaa xididka gacanta. Daawooyin ku hurdisiinaya ayaa IV lagugu siin doonaa.
- Qoortaada ama feedhahaaga ayaa la nadiifin doonaa. Ragga waxaa laga yaabaa in inyar oo timaha laga soo jaro shafkiisa.
- Maqaarka ayaa la kabuubinayaa.
- Xarkaha horseedka ayaa xidid la gelinayaa waxaana lagu hagayaa ilaa wadnaha iyadoo la isticmaalayo raajo.
- Xarkaha horseedka waxaa la gelinayaa muruqa wadnahaaga.
- Dhinaca kale ee xarigga waxaa lagu xirayaa qalabka wadnaha caawiya.
- Qalabka wadnaha caawiya waxaa la dhigayaa meel yar oo maqaarkaaga ka hooseysa.
- Meeshii la gooyey waxaa lagu xirayaa tolid hoos marta dubka oo ku milanta. Waxa laga yaabaa in sharooto lagu dhejiyo nabarka dushiisa la yidhaahdo “stri-stirps”. Kuwaasi waxay isku-hayaan dubka inta uu isku bogsanayo. Iyaga ayaa iska dabci doona oo iska soo-dhici iskood 10 maalmood gudahood. Haddii aan sharootadaas la isticmaalin, waxa laga yaabaa in xabag gaara lagu xidho nabarka.

After Surgery

In the Hospital

- An ice pack may be put on the sites.
- Your blood pressure, heart rate and incisions will be checked often.
- The head of your bed is raised. Do not lift your arm over your head on the same side where your pacemaker is placed.
- If you have discomfort, ask your nurse for pain medicine.
- You will have a chest x-ray to check your lungs and the pacemaker.
- Antibiotics are given in your IV to prevent infection.

A nurse will explain how your pacemaker works, answer any questions and explain pacemaker checks. You will not be able to feel your pacemaker working. You will be able to see and feel the outline of the pacemaker through your skin. Do not rub the pacemaker site.

At Home

- Schedule an appointment with your doctor for follow-up care.
- Talk to your doctor about activity limits. Your doctor may tell you to:
 - ▶ Limit the movement of your arm on the side of the pacemaker.
 - ▶ Not lift this arm above your head.
 - ▶ Not push, pull or lift anything heavier than 10 pounds or 4 kilograms.
- Ask your doctor when you can drive or go back to work.

Qalliinka ka Dib

Isbitaalka Gudahiisa

- Baako baraf ah ayaa laga yaabaa in laga saaro meeshii la qalay.
- Cadaadiska dhiiggaaga, wadne garaaca iyo meeshii la jeexay ayaa badanaa la hubin doonaa.
- Madaxa sariirtaada ayaa kor loo qaadayaa. Gacantaada ha ka dul qaadin madaxaaga isla hal dhinac meesha qalabka wadnaha caawiya laga geliyey.
- Haddii uu lur ku hayo, kalkaalisadaada weydiiso daawo xanuun.
- Waxaa lagu saari doonaa raajo feedhaha ah si lagaaga hubiyo sanbabada iyo qalabka wadnaha caawiya.
- Antibiyootig ayaa laga siinayaa IV-gaaga si looga hortago malaxaysi.

Kalkaaliso ayaa kuu sharxi doonta sida uu qalabka wadnaha caawiya u shaqeeyo, ka jawaabi doonta su'aalaha kuuna sharxi doonta hubinnada qalabka wadnaha caawiya. Ma awoodi doontid in aad dareento inuu qalabka wadnahaaga caawiya shaqaynayo. Waxaad awoodi doontaa in aad maqaarkaaga ka dhex aragto muuqaalka qalabka. Ha xoqin meesha uu qalabku jirto.

Marka aad Guriga joogto

- Ballan la dhigo takhtarkaaga si uu ula socdo daryeelkaaga.
- Takhtarkaaga kala hadal xaddididda hawlaha. Takhtarkaagu wuxuu kuu sheegi in aad:
 - ▶ Xaddiddo dhaq-dhaqaaqa gacantaada dhinaca qalabku ku xiran yahay.
 - ▶ Gacantaada ka sarreysiin madaxaaga.
 - ▶ Ha riixin, soo jiidin ama qaadin wax ka culus 10 pounds ama 4 kiilogaraam.
- Waydii dhakhtarkaaga markaad rabtid inaad gaadhi u kaxaysato ama rabto inaad ku noqoto shaqada.

- **Do not take a tub bath or shower for the first 6 days after surgery.** The incisions must stay clean and dry. You may take a sponge bath, but do not get the incisions wet.
 - ▶ You may shower on the **7th day**, but cover the incisions to keep them dry. Use plastic wrap or a plastic bag to cover the sites. Use tape to seal the edges of the plastic to your skin to keep the sites dry. After the shower, remove the plastic and tape. Gently pat the incisions dry with a clean towel.
 - ▶ **Days 8 to 10** after surgery, the sites must be covered with the plastic wrap and tape during a shower. Pat dry after the shower with a clean towel. **Do not get the sites soaking wet for 14 days after surgery.** That means no tub baths, swimming or using a hot tub during that time.
- **Do not** use lotion or powder on the incisions.

Other Information

- Tell all of your health care providers, including your dentist, that you have a pacemaker.
- Carry the ID card your doctor gave you. This card has information about your pacemaker.
- Stay away from large magnets, such as those used for magnetic resonance imaging (MRI) tests.
- Avoid leaning into a car engine or doing welding.
- When turned on, do not place cell phones or iPods in shirt pockets over the pacemaker. Use cell phones on the opposite ear of where your pacemaker is placed. If you strap an iPod to your arm, use the arm opposite the pacemaker.
- It is safe to use household appliances like microwave ovens, computers, toasters, hairdryers and heating pads.
- You can safely pass through security at airports. Be sure to have your pacemaker ID card with you.

- **Ha maydhan,6 maalmood ee ugu horeeya kadib qalniinka.**
Nabarrada waxaa waajiba in la nadiifiyo oo la qallajiyo. Waxaa laga yaabaa inaad qaadato maydhasho fudud, laakiin ha qoynin nabarada.
 - ▶ Waxaa maydhan kartaa maalinta **7 aad**, laakiin ka dabool nabarka si aad u qalajiso. Isticmaal maro caaga si aad ugu dado. Isticmaal baandheeska si aad ugu xifdido dhinacyada caaga ku xidhan dubkaaga si ay jiidahani u engagaan. Maydhashada kadib , ka saarr caaga iyo balaastiga, si taxadar leh ku maydh tuwaal nadiifa.
 - ▶ **Maalmaha 8 ilaa 10** kadib qalniinka, jiidaha waxaa haboon in lagu daboolo sharooto caag ah iyo baandheeska inta la maydhanayo. Salaax si ay u qalalaan kadib maydhashada kuna masax tuwaal nadiifa. **Ha qoynin jiidaha muddo 14 casho ah kadib qalniinka.** Taasi waxay ka dhigan tahay inaan maydhasho toos la qaadan. Dabaal ama la isticmaalin biyo qasab oo kulul inta lagu jiro waqtiga.
- **Ha** marinin kiniin ama ha ku isticmaalin bootar nabarka dushiisa.

Xog Kale

- U sheeg bixiyaha daryeelkaaga caafimaadka, marka lagu daro takhtarkaaga ilkaha, in aad wadato qalabka wadnaha caawiya.
- Soo qaado kaarka aqoonsiga (ID) uu takhtarkaagu ku siiyey. Kaarka waxaa ku qoran war ku saabsan qalabka wadnaha:
- Ka fogow bir qabatooyin waaweyn, sida kuwa loo isticmaalo baaritaannada MRI.
- Ka fogow in aad ku foorarsato matoor baabuur ama aad wax alxanto.
- Markaad shido, ha dulsaarin telefoonada gacanta u isticmaal dhegta ipods ee ku jira shaadhka ka sareeya miishiinka wadnaha u isticmaal xadhiga dhanka gancantaada, u isticmaal gacantaad dhanka kan miishiinka wadnaha.
- Waa ammaan in la isticmaalo qalabka guriga sida maykoroweef, kombuyuutarro, rooti kululeeye, timo engejiye, iyo kuwa kul-siinta.
- Waxaad si ammaan ah u mari kartaa nabadsugidda gegida dayuuradaha. Xaqiiji in aad wadato kaarka ID-ga qalabkaaga.

Call your doctor right away if you have:

- A temperature over 100.5 degrees F or 38 degrees C
- Redness, swelling or drainage around your incisions
- Swelling of your feet or ankles
- Tenderness around your pacemaker that gets worse
- Stitches that come apart
- Chills
- A cough
- Weakness or feel tired
- Skin that is itchy, swollen or has a rash
- Sadness
- Signs you had before the pacemaker was implanted

Call 911 right away if:

- You feel faint or are too dizzy to stand.
- You have chest pain.
- Your bandages become soaked in blood.
- You have trouble breathing.

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

Isla markiiba takhtarkaaga wac haddii aad isku aragto:

- Heerkul ka sarreeya 100.5 darajo F ama 38 darajo C
- Casaan, Cagahaaga ama anqawiyada oo ku soo bararaya nabarka
- Kaar kaa haya meesha uu qalabka wadnuhu ku jiro kaasoo ka sii daraya
- Guduudasho, barar ama dheecaan ka soo burqanaya meeshii la tolay
- Meel la tolay oo kala furantay
- Qar-qaryo
- Qufac
- Tabar darro ama dareentid daal
- Maqaarka oo ku cun-cunaya, bararay ama finan ka soo baxaan
- Murugo
- Calamado aad isku arki jirtay kahor camaliyadda qalabka wadnaha

Wac 911 isla markiiba haddii aad:

- Aad dareento miyir beelid ama aad dawaqayso markaad istaagto.
- Aad leedahay feedho xanuun aan daqiiqado ka dib kaa tegeynin.
- Uu dhiig faashaddaada qooyo.
- Aad dhibaato ku qabto neefsashada.

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

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Pacemaker. Somali.