Waxbaritaanka Bukaanka

Waaxda Gurmadka Waxkaqabadka Wadnaha

Kadib Tuunbo-gelinta Wadnaha *(Qaabka Traandayalka)*

Daryeelka nafta kadib baadhitaanka

Waxaad manta heshay tuunbo-gelinta wadnaha. Xaashidan waxay siisnaysaa tilmaamaha daryeelka ee aad raacayso maalmaha soo socda.

Waxqabdaka Kadib Baadhitaankaaga

Illaa 24 saacadood:	• **Ha** kaxayn baabuur.
Illaa 2 maalmood:	• Kor **ha** ugu qaadin wax ka badan hal bown (rodol) gacanta wax qabta. • Isk-ilaali dhaqdhaqaajinta cumaacumta.
Illaa 5 maalmood:	• Iska-ilaali jimicsi la isticmaalayo gacanta wax ku qabta.

Xanuunka

- Waa caadi inay ku xanuunta goobta tuunbada la geliyey 1 illaa 2 maalmood. Waxaad u qaadan kartaa dabcinta xanuunka acetaminophen (Tylenol). Raac timaanta ku taal weelka dawada.
- U qaado asbiriinkaaga sidii laguugu sheegay (qoray).
- **Ha** qaadan waxyaabo kale oo uu asbiriin ku jiro. **Ha** qaadan wax kale oo ay ku jiraan xanuun biiyaha sida ibuprofen (Advil, Motrin) ama naproxen (Aleve, Naprosyn). Waxa laga yaabaa inay kordhiyaan dhiigbax.
- Haddii aad qabto xanuun ba'an goobta goobta tuunbada la geliyey, wax dhakhtarkaaga.

Daryeelka Meesha

- Waxaad ka qaadi kartaa dhamyada ama baandhayjka maalinta ka danbayasa camaliyada.
- Nadiif iyo qalayl ka dhig meesha. Ku sifee meesha saabuun iyo biyo. Haddii loo baahdo, ku dheji Band-Aid nadiifa.
- Waa caadi in lagu yeesho meesha la dalooliyey nabar yar ama barar.
- Waad qubaysan kartaa maalinta ka danbaysa camaliyada, laakiin iska-ilaali saxniga qubayska, qubsyka saxniga ee kulul, ama dabaasha illaa 3 maalmood ee xiga.
- Ka fiiri infekshan meesha maalin kasta. (Ka fiiri "Goorta loo Wacayo Gargaar" bogga xiga wixii calaamado infekshan ah).

University of Washington
Medical Center
UW Medicine

Su'aalo?

Su'aalahaagu waa muhiim. Wac dhakhtarkaaga ama daryeel bixiyaha caafimaadka haddii aad hayso su'aalo ama danayn kale. Shaqaalaha kiliiniga UWMC ayaa iyana u jooga gargaar.

Su'aalaha la xidhiidha camaliyada, ka wac ICRU lambarka 206-598-7146 maalmaha shaqada laga bilaabo 6:30 g.h. illaa 6 g.d.

Saacadaha danbe iyo wiikendyada iyo fasaxyada, wac 206-598-6190 oo weydiiso Dhakhtarka Wadnaha ee Heeganka ah si loogu waco.

Goorta loo Wacayo Gargaar

Haddii dhiig badan ka baxayo ama aad leedahay barar weyn, cadaadi meesh oo u wac 9-1-1.

Dhiigitaanka

- Haddii ay meeshu ku dhiigayso, ku cadaadi meesha faro nadiifa illaa 10 daqiiqo.
  - Haddii dhiigitaanku istaagi waayo illaa 10 daiiqo, ama ay jiraan dhiigitaan badan, **wac 9-1-1 isla-markiiba**. Ku wad cadaadiska meeshs illaa gargaar ka imanayo.
  - Haddii dhiigitaanku istaago, si deggan u fadhi illaa 2 saacadood adiga oo gacanta toos u haya. U wac dhakhtarka wadnaha ee camaliyada kugu sameeyey sida ugu dhakhso badan ee suurtagala.

Dadaynta Kale

U wac dhakhtarka wadnaha ee camaliyada kugu sameeyey haddii aad leedahay:

- **Barar ama dheecaan ka socda** meesha. Ku cadaadi farahaaga dusha baadhayska illaa 10 daqiiqo. Haddii bararka ama dheecaanku joogsan waayo, ku sii hay cadaadiska meesha.ddd
- Mid ka mid ah **calaamadahan infekshanka:**
  - Guddutan
  - Qandho ka sarraysa 101.5°F (38.6°C)
  - Dheecaan dareeraya
  - Isbedel ku yimi nabarka ama bararka
  - Bakhti gacanta ah ama cumaacumta
- **Xanuun ba'an** oo aanu dabcin karin Tylenol.

Daryeelka la socodka

- Wad qaadashada daawada illaa si kale lagugu amrayo.
- Haddii aad qabto su'aalo ama danayn kale oo la xidhiidha camaliyada tuunbo-gelinta wadnaha, u wac waaxda "Interventional Cardiac Recovery Unit" (ICRU) lambarka 206-598-7146, maalmaha shaqada laga bilaabo 6:30 g.h. illaa 6 g.d.
- La soco dhakhtarkaaga koowaad kadib camaliyada, sida lagu faray.

UNIVERSITY OF WASHINGTON MEDICAL CENTER
UW Medicine

Interventional Cardiac Recovery Unit
Box 356116
1959 NE Pacific St. Seattle, WA 98195
206-598-7146

© University of Washington Medical Center
After Your Cardiac Catheterization *(Transradial Approach)*
Somali
06/2010
Reprints on Health Online: http://healthonline.washington.edu

After Your Cardiac Catheterization
(Transradial Approach)
Self-care after your test

You had a cardiac catheterization test today. This handout gives care instructions for you to follow for the next few days.

Activity After Your Test

For 24 hours:	• Do **not** drive.
For 2 days:	• Do **not** lift more than 1 pound with the affected arm. • Avoid wrist movement.
For 5 days:	• Avoid vigorous exercise that uses the affected arm.

Pain

- It is common to be sore for 1 to 2 days at the catheter insertion site. You may take acetaminophen (Tylenol) for pain relief. Follow the dosing instructions on the package.
- Take your regular aspirin as prescribed.
- Do **not** take other products that contain aspirin. Do **not** take other anti-inflammatory products such as ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn). They may cause increased bleeding.
- If you have severe pain at the catheter site, call your provider.

Site Care

- You may remove the dressing or bandage the day after your procedure.
- Keep the site clean and dry. Clean the site gently with mild soap and water. Reapply a clean Band-Aid, if needed.
- It is normal to have a small bruise or lump at the insertion site.
- You may shower the day after your procedure, but avoid tub baths, hot tubs, or swimming for the next 3 days.
- Inspect the site every day for infection. (See "When to Call for Help" on the next page for signs of infection).

University of Washington Medical Center
UW Medicine

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

For procedure questions, call the ICRU at 206-598-7146 weekdays from 6:30 a.m. to 6 p.m.

After hours and on weekends and holidays, call 206-598-6190 and ask for Procedural Cardiology Fellow on call to be paged.

____

____

____

____

When to Call for Help

If you have heavy bleeding or a large amount of swelling, apply pressure to the site and call 9-1-1.

Bleeding

- If you have bleeding at the site, apply pressure to the site with clean fingers for 10 minutes.
  - If the bleeding does not stop in 10 minutes, or there if is a large amount of bleeding, **call 9-1-1 right away**. Continue to apply pressure over the site until help arrives.
  - If the bleeding stops, sit quietly for 2 hours while you keep the affected wrist straight. Call the cardiologist who did your procedure as soon as possible.

Other Concerns

Call the cardiologist who did your procedure if you have:

- **Swelling or oozing** at the site. Apply pressure on top of the bandage with your fingers for 10 minutes. If the swelling or oozing has not stopped, continue to apply pressure at the site.
- Any of these **signs of infection:**
  - Redness
  - Fever higher than 101.5°F (38.6°C)
  - Drainage
  - Change in the bruise or lump
  - Numbness in your arm or wrist
- **Severe pain** that is not relieved by Tylenol.

Follow-up Care

- Continue your prescribed medicines unless instructed otherwise.
- If you have questions or concerns about your cardiac catheterization procedure, call the Interventional Cardiac Recovery Unit (ICRU) at 206-598-7146, weekdays from 6:30 a.m. to 6 p.m.
- Follow up with your primary health care provider after your procedure, as instructed.

University of Washington Medical Center
UW Medicine

Interventional Cardiac Recovery Unit
Box 356116
1959 NE Pacific St. Seattle, WA 98195
206-598-7146

© University of Washington Medical Center
06/2010
Reprints on Health Online: http://healthonline.washington.edu