



Waxbarashada Bukaanka

Waaxda Karaysashada Waxkaqabadka Wadnaha



Kadib Tuunbada La geliyey Wadnahaaga

Daryeelka nafta kadib baadhitaankaaga

**Waxaad heshay
baadhitaan tuunbo
wadnaha ah manta.
Xaashidan waxay ku
siinaysaa fariimaha
daryeelka aad raacayso
maalmaha xiga.**

Hawl

- Inta maalinta ka hadhay kadib camaliyada:
 - Si quman ugu naso gurigaaga.
 - **Ha** wadin baabuur.
- Maalinta **ka danbaysa** camaliyada, waxaad ku noqon kartaa hawl fudud waanad wadi kartaa baabuur.
- Iskajir hawl adag muddo 48 saacadood ah.
- Waa OK inaad kor u fuusho oo ka dhaadhacdo jaanjaro, laakiin xaddid inta jaranjaro ee aad fuulayso.
- **Ha** qaadin wax ka badan 5 rodol 5 maalmood ee xigta.

Xanuun

- Waa caadi inaad xanuun dareento 1 illaa 2 maalmood meesha la geliyey walaxda “catheter”. Waxada xanuunka u qaadan kartaa acetaminophen (Tylenol). Raac fariimaha daawada ee ku qoran baqshada.
- Qaado asbiriinka caadiga ah sida laguugu qoray.
- **Ha** qaadan waxyaabo kale oo asbiriin ku jiro. **Ha** qaadan xanuun biiyaha sida ibuprofen (Advil, Motrin) ama naproxen (Aleve, Naprosyn). Waxa laga yabaa inay keenaan korodh dhiigitaan.
- Haddii xanuun ba’an aad qabto ama barar goobta tuunbada, wac takhasuska wadnaha sameeyey camaliyada.

Daryeelka Meesha

- Waad ka qaadi kartaa dhaymaha ama baandhayjka 24 saac kadib camaliyada.
- Nadiifi meesha oo qalaji.
- Waad qubaysan kartaa maalinta ka danbaysa camaliyada, laakiin iskajir qubayska saxniga, qubayska kululu, ama dabaasha illaa 5 maalmood.

Bogga 2

Waaxda Karaysashada Waxkaqabadka Wadnaha
Kadib Tuunbada La geliyey Wadnahaaga

Su'aalo?

Su'aalahaagu waa muhiim. Wac dhakhtarkaaga ama daryeelaha caafimaadkaaga haddii aad qabto su'aalo ama danayn. Shaqaalaha kiliiniga UWMC ayaa iyana jooga si ay kuu gargaaraan.

Su'aalaha la xidhiidha camaliyada, wac ICRU ee 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 warso Procedural Cardiology Fellow heegan ka ah si loogu yeedho.

- 3da maalmood ee xiga, ka fiiri meesha astaamo infekshan:
 - Guduutan
 - Qandho ka sarraysa 101.5°F (38.6°C)
 - Dheecaan
- Waxa laga yaabaa inaad nabar-yar ku yeelato meesha la dalooliyey. Waxa laga yaabaa inay hoos ugu dhaadhacdo lugtaada maalinta xigta. Waxa laga yaabaa inay qaadato 2 illaa 6 toddobaad si ay u tagto.

Goorma ayaad u wacan kartaa Gargaar

Haddii dhiigis badan ama barar weyn aad qabto, meesha xiijs saar oo wac 9-1-1.

Wac takhasuska wadnaha sameeyey camaliyadaada haddii aad qabto:

- Barar ama dheecaan ka socdo meesha. Saar xejis baandhayjka dushiisa adoo isticmaalaya farahaaga illaa 10 daqiiqo. Haddii bararka iyo dheecaanku aanu joogsan, ku sii wad daqdiga meesha.
- Dheecaan badan oo meesha ah ama guduudtan xoogan hareeraheeda.
- Xanuun ba'an oo aan ku baaba'ayn Tylenol.

Daryeel La-socod ah

- Sii wad qaadashada dawada haddii aan si kale lagu farin.
- Haddii aad hayso su'aalo ama danayn la xidhiidha camaliyada tuunbada wadnaha, wac Waaxda Karaysashada Waxkaqabadka Wadnaha (ICRU) lambarka 206-598-7146, maalmaha toddobaadkii laga bilaabo 6:30 g.h. illaa 6 g.d..
- La soco daryeel bixiyaha caafimaadkaaga kadib camaliyada, sida la faray.

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

**Interventional Cardiac
Recovery Unit**

Box 356116

1959 NE Pacific St. Seattle, WA 98195
206-598-7146

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After Your Cardiac Catheterization
Somali

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After Your Cardiac Catheterization

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

- For the rest of the day after your procedure:
 - Rest quietly at home.
 - Do **not** drive.
- On the day **after** your procedure, you may return to light activity and you may drive.
- Avoid strenuous activity for 48 hours.
- It is OK to go up and down stairs, but limit how much stair climbing you do.
- Do **not** lift more than 5 pounds for the next 5 days.

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 or swelling at the catheter site, call the cardiologist who did your procedure.

Site Care

- You may remove the dressing or bandage 24 hours after your procedure.
- Keep the site clean and dry.
- You may shower the day after your procedure, but avoid tub baths, hot tubs, or swimming for 5 days.

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 the Procedural Cardiology Fellow on call to be paged.

- For the next 3 days, inspect the site for these signs of infection:
 - Redness
 - Fever higher than 101.5°F (38.6°C)
 - Drainage
- You may have a bruise at the insertion site. It might spread down your leg over the next day. It may take 2 to 6 weeks to go away.

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.

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.
- Drainage from the site or intense redness around it.
- 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.

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