



Qaliinka Xameetida Labaarskoobi (Laparoscopic)

Sida loogu diyaargarobo iyo waxa la filan karo

Qoraalkan waxaa loogu talagalay bukaanada lagu sameynayo qalliinka labaarskoobi si looga saaro xameetida. Waxay sharraxaysaa waxa laga filan karo, sida loogu diyaargarobo qalliinka, iyo sida loo qorsheeyo soo kabashadaada.

Waa maxay qalliinka labaarskoobi?

Qalliinka labaarskoobi, 4 ama ka badan oo jeex ah ayaa lagu sameeyay jidhkaaga. Habkani wuxuu reebayaa haaro ka yar qalliinka furan. Waxa aad sidoo kale yeelanaysaa soo kabasho degdeg ah.

Qalliinka xameetida labaarskoobi (cholecystectomy), dhakhtarkaagu wuxuu isticmaali doonaa qalab gaar ah si uu ugu soo saaro xameetidaada. Qalabkan waxa la gelin doonaa jeexyo yaryar oo calooshaada ah.

Inta lagu jiro qalliinka, calooshaada waxaa laga buuxin doonaa hawada carbon dioxide (CO₂). Tani maqaarkaaga ayay kor uga qaadeysaa xubnahaaga si dhakhtarkaagu si fiican ugu arko meesha.



Qalitaankaaga waxa lagu samayn doonaa Rugta Qalliinka ee Xarunta Caafimaadka ee Jaamacadda Washington.

Sida loogu diyaargaraabo

- **Daawooyin: Ha qaadan** asbiriin ama waxyaabo kale oo saameeya xinjirowga dhiigga 1 toddobaad ka hor qalliinka. Laba ka mid ah kuwan waa ibuprofen (Advil, Motrin) iyo naproxen (Aleve, Naprosyn). Wixii macluumaad dheeraad ah ka eeg xaashida ku lifaaqan.
- **Xiirashada: Ha** xiirin qayb ka mid ah jidhkaaga oo aanad hore u xiiri jirin maalin kasta. Haddii aad caadi ahaan xiirto meel u dhow goobta qalliinka lagu sameynaayo, ha xiirin meeshaas 2 maalmood (48 saacadood) ka hor qalliinka.
- **Guri tegida:** Qorshee qof weyn oo mas'uul ah inuu isbitaalka kaa kaxeeyo oo guriga ku geeyo oo uu kula joogo habeenka ugu horreeya. Adigu ma wadi kartid gaadhi ama ma qaadan kartid taksi ama bas kaligaa markaad ka tegeyso isbitaalka.

Maalin Ka Hore Qaliinka

- **Waqtiga imaatinka:** Jadwal-sameeyaha qolka qalliinka (OR) ayaa ku soo wici doona 5 galabnimo habeenka ka horreeya qaliinka oo kuu sheegaya goorta aad imanayso isbitaalka. Haddii qalliinkaagu yahay Isniin, jadwal-sameeyaha ayaa ku soo wici doona Jimcaha ka horreeya. Haddii aadan helin wicitaankan 5 galabnimo, wac 206.598.6541.
- **Qubeys:** Qubayso habeenka ka horreeya qalliinka. Isticmaal saabuunta gaarka ah ee bakteeriyada disha ee kalkaalisadaadu ku siisay.
 - **Ha** u isticmaalin saabuunta gaarka ah wejigaaga, timahaaga, ama meelaha gaarka ah (cawradaada). Ku isticmaal saabuuntaada iyo shaamboogaaga caadiga ah meelahaas (fiiri tilmaamaha la socda saabuunta).
 - Isticmaal tuwaalo nadiif ah si aad isugu qalajiso, oo xiro dhar nadiif ah.

Maalinta Qaliinka

- **Ku qubeyso guriga:** Qubayso subaxda qalliinkaaga. Raac tillaabooyinkii sidii aad samaysay qubayskaagii habeen hore.
- **Buste kulaylin:** Cisbitaalka gudhiisa, waxaanu kugu dabooli doonaa ama ku huwin doonaa buste kulul inta aad sugayso inaad gasho qolka qalliinka(OR). Tani waxay diiranaysaa jirkaaga waxayna ka caawinaysaa ka-hortagga caabuq.

Qalliinka Ka Dib

Waxaad aadi doontaa guriga habeenka ka dambeeya qalliinka ama subaxda xigta. Qorsheyso qof weyn oo mas'uul ah inuu guriga ku geeyo oo isbitaalka kaa kaxeeyo. Haddii aad guriga aado isla maalinta qaliinka lagugu sameeyay, qorshee in qof weyn uu kula joogo habeenka ugu horeeya..

Ammaankaaga Awgeed

Daawooyinka lagu siiyo inta lagu jiro qalliinka iyo ka dibba waxay saamayn doonaan awoodaada inaad si cad u fikirto. 24 saacadood ee ka dabeeya qalliinkaaga, ha samayn:

- Wadid baabuur
- Keligaa safar

- Isticmaal mashiinnada
- Cabid khamri
- Saxeex waraaqaha sharciga ah ama sameyn go'aano muhiim ah
- Mas'uul ka noqosho carruurta, xayawaanka rabaayada ah, ama qof weyn oo u baahan daryeel

Daryeelka Jeexida

- Jeexitaannadaada waxaa lagu dabooli doonaa faashado balaastik ah. Waxaad iska saari kartaa faashadaha balaastiig ah oo aad qubeysan kartaa 48 saacadood ka dib qalliinka.
- Ka dib markaad iska saarto faashadaha balaastik ah, qubeyso maalin kasta. Ha xoqin goobta la jeexay.
- Faashadaha hoosteeda, jeexjeexyadaada waxaa lagu dabooli doonaan sharootooyin cadcad oo loo yaqaan Steri-Strips. Sharootooyinkaasi iyagaa ayaa iskood isaga soo dhacaaya dhawr maalmood ka dib.
- Maalin kasta ka eeg meelaha lagaa jeexay calaamadaha caabuqa ee ku hoos qoran "Goorta La Wacayo," ee hoos ku yaala.

Daawooyin

- Ha qaadan asbiriin ama waxyaabaha kale ee saameeya xinjirowga dhiigga ilaa 2 maalmood ka dib qalliinkaaga (fiiri xaashida ku lifaaqan).
- U qaado daawooyinkaaga xanuunka sidii laguugu qoray.
- Bilow qaadashada daawooyinkaagii caadiga ah sidii laguugu qoray.

Ku Noqo Shaqada

Ku noqo shaqada marka aad dareento caadi inaad sidaas sameyso. Dadka intooda badan waxay ku laaban karaan shaqada hal toddobaad gudaheed..

Marka la Wacayo

Wac Khadka Talo-bixinta Kalkaalisada 206.598.4477 ama takhtarkaaga haddii aad leedahay:

- Dhiigbax ama dheecaan qooyay dhaymadaada ama faashadaada
- Qandho ka sarreysa 100.5°F (38°C)

- Gariir iyo qarqaryo
- Calaamad kasta oo caabuuq ah oo ku taal meelaha la jeexay:
 - Guduudasho ama barar
 - Xanuun ka sii daraya
 - Dheecaan ur xun, ama isbedel ku yimid nooca ama xaddiga dheecaanka
- Lalabbo
- Matag
- Maqaar jaalle ah (cagaarshow)
- Walaac kasta oo aan sugi karin ilaa booqashadaada soo socota

Su'aalo?

Su'aalahaagu waa muhiim. Wac dhakhtarkaaga ama bixiyahaaga daryeelka caafimaadka haddii aad qabtid su'aalo ama walaac.

Maalmaha shaqada laga bilaabo 8 subaxnimo ilaa 4 galabnimo, wac Khadka Talobixinta Kalkaalisada Takhasuska Qalliinka 206.598.4477.

Saacadaha shaqada ka dib iyo dhammaadka usbuuca iyo fasaxyada, wac 206.598.6190 waxaadna weydiisataa in lagu waco dhakhtarka heeganka ee waaxda qalliinka.

Ama, weydiiso in dhakhtarkaaga qalliinka laguugu waco:

Dr. _____

Laparoscopic Gallbladder Surgery

How to prepare and what to expect

This handout is for patients who are having laparoscopic surgery to remove their gallbladder. It explains what to expect, how to prepare for surgery, and how to plan for your recovery.

What is laparoscopic surgery?

In *laparoscopic surgery*, 4 or more small incisions are made in your body. This method leaves smaller scars than *open surgery*. You should also have a faster recovery.

In laparoscopic gallbladder surgery (*cholecystectomy*), your surgeon will use special tools to remove your gallbladder. These instruments will be inserted through small incisions in your abdomen.

During surgery, your abdomen will be filled with *carbon dioxide* (CO₂) gas. This lifts your skin away from your organs so that your doctor can see the area better.



Your surgery will be done in the Surgery Pavilion at University of Washington Medical Center.

How to Prepare

- **Medicines:** Do **not** take aspirin or other products that affect blood clotting for 1 week before your surgery. Two of these are ibuprofen (Advil, Motrin) and naproxen (Aleve, Naprosyn). See attached sheet for more information.
- **Shaving:** Do **not** shave any part of your body that you do not already shave every day. If you normally shave near your surgical site, do not shave that area for 2 days (48 hours) before your surgery.
- **Going home:** Plan for a responsible adult to drive you home from the hospital and stay with you the first night. You cannot drive yourself or take a taxi or bus home alone from the hospital.

Day Before Surgery

- **Arrival time:** An OR (operating room) scheduler will call you by 5 p.m. the night before your surgery and tell you when to come to the hospital. If your surgery is on a Monday, the scheduler will call you the Friday before.

If you do not receive this call by 5 p.m., call 206.598.6541.

- **Shower:** Take a shower the night before your surgery. Use the special antibacterial soap your nurse gave you.
 - Do **not** use the special soap on your face, hair, or private parts. Use your own soap and shampoo on those areas. (See the directions that came with the soap.)
 - Use clean towels to dry off, and put on clean clothing.

Surgery Day

- **Shower at home:** Take a shower in the morning of your surgery. Follow the same steps as you did for your shower the night before.
- **Heating blanket:** At the hospital, we will cover you with a heating blanket while you wait to go into the OR. This warms your body and helps prevent infection.

After Surgery

You will go home the night after your surgery or the next morning. Plan for a responsible adult to drive you home from the hospital. If you go home the same day as your surgery, plan for an adult to stay with you the first night.

For Your Safety

Medicines you receive during and after your surgery will affect your ability to think clearly. For 24 hours after your surgery, do **not**:

- Drive
- Travel by yourself
- Use machines
- Drink alcohol
- Sign legal papers or make important decisions
- Be responsible for children, pets, or an adult who needs care

Incision Care

- Your incisions will be covered by plastic bandages. You can remove the plastic bandages and shower 48 hours after surgery.
- After removing the plastic bandages, shower every day. Do **not** scrub the incision site.
- Under the bandages, your incisions will be covered by white tapes called Steri-Strips. These tapes will fall off by themselves after several days.
- Check your incisions every day for the signs of infection listed under “When to Call,” below.

Medicines

- Do **not** take aspirin or other products that affect blood clotting until 2 days after your surgery (see attached sheet).
- Take your pain medicines as prescribed.
- Start taking your regular medicines as prescribed.

Return to Work

Return to work when you feel OK doing so. Most people can go back to work within 1 week.

When to Call

Call the Nurse Advice Line at 206.598.4477 or your doctor if you have:

- Bleeding or drainage that soaks your dressing
- A fever higher than 100.5°F (38°C)
- Shaking and chills
- Any sign of infection in your incisions:
 - Redness or swelling
 - Pain that is getting worse
 - Drainage that smells bad, or a change in the type or amount of drainage
- Nausea
- Vomiting
- Yellow skin (*jaundice*)
- Any concerns that cannot wait until your follow-up visit

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Weekdays from 8 a.m. to 4 p.m., call the Surgical Specialties Nurse Advice Line at 206.598.4477.

After hours and on weekends and holidays, call 206.598.6190 and ask for the resident on call for Surgery to be paged.

Or, ask for your surgeon to be paged:

Dr. _____