

# Ulcerative Colitis

Ulcerative colitis is a bowel disease. The cause is not known. The inner lining of the colon, also called the large intestine, becomes irritated or inflamed. Tiny sores or ulcers form. This often starts in the lower part of the colon and can spread.

## Signs

You may have some or all of the these signs:

- Stomach pain
- Diarrhea
- Bleeding in stool or from the rectum
- Fatigue
- Loss of appetite
- Weight loss
- Loss of body fluids, also called dehydration

## Your Care

Your doctor will check you and order tests. These tests may include:

- A stool sample to test for blood.
- A barium enema to see an x-ray picture of the colon.
- A test to look at the inside of the rectum and colon. Sometimes a tissue sample, called a biopsy, is taken to be checked in the lab.

Your treatment may include:

- Avoiding foods that worsen your signs
- Medicines to control colon inflammation
- Surgery

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

# Cudurka Xiidmaha (Ulcerative Colitis)

Ulcerative colitis waa cudur saxaro. Sababta keenta lama garanayo. Gidaarka gudaha ah ee xiidanka, oo sidoo kale loo yaqaanno xiidmaha waaweyn, ayaa cun-cuna ama barara. Xanuun yar-yar ama nabaro ayaa samaysma . Tani waxay badanaa ka billaabataa qaybta hoose ee xiidanka wayna fidi kartaa.

## **Calaamadaha**

Waxaa laga yaabaa in aad isku aragto calaamadahaan qaarkood ama dhammaan:

- Calool xanuun
- Shuban
- Dhiig saxarada la socda ama malawadka ka imaanaya
- Daal fara badan
- Cunto cunid la'aan
- Caatoobid
- Dheecaannada jidhka oo luma, sidoo kalena loo yaqaanno fuuq bax

## **Daryeelkaaga**

Takhtarkaaga ayaa ku eegi doona oo baaritaanna ku armi doona.

Baaritaannadaan waxaa laga yaabaa iney ku jiraan:

- Sambal saxaro si dhiig looga baaro.
- Barium enema si loo arko sawirka raajada ee xiidanka.
- Baaritaan lagu eegayo gudaha malawadka iyo xiidanka. Mararka qaarkood sambal nud ah, oo loo yaqaanno biopsy (hibil yar oo jirka laga soo jaro), ayaa la qaadaa si shaybaarka loogu baaro.

Daaweyntaada waxaa ka mid noqon kara:

- Ka fogaanshada cuntooyinka uga sii daraya calaamadaha
- Daawooyin lagu xakameynayo bararka xiidanka
- Qalliin

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

Ulcerative Colitis. Somali.

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