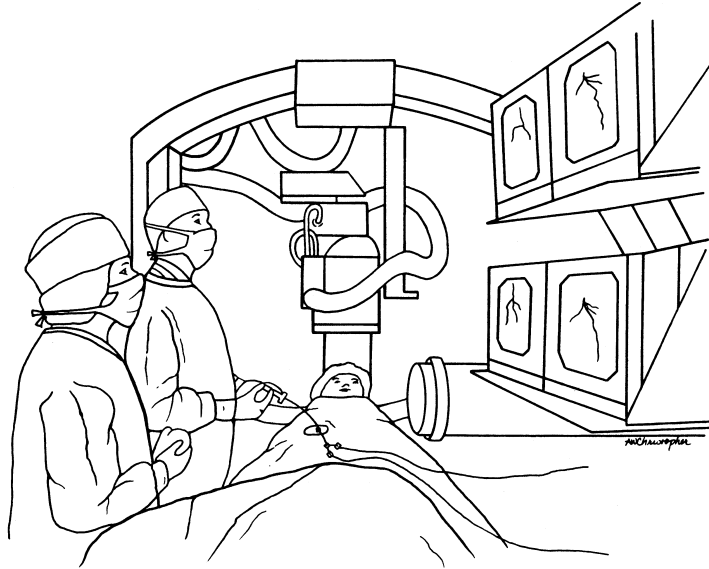


# Heart Angioplasty



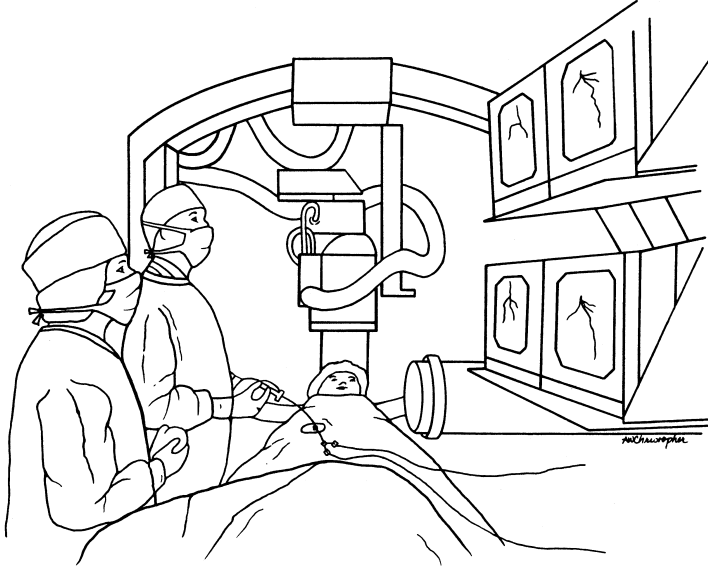
Heart angioplasty is also called coronary angioplasty, balloon angioplasty or PTCA. A catheter is used to open up narrowed blood vessels to the heart. Narrowed blood vessels can lead to chest pain or a heart attack. A stent may also be placed. A stent is a spring like device that keeps the blood vessel open.

**Arrive on time for your treatment.** Plan to be here 4-6 hours. Angioplasty takes about 30 minutes. You may need to stay overnight in the hospital. Plan to have an adult family member or friend take you home.

## To Prepare

- Your doctor may order some tests such as a chest x-ray, EKG, and blood tests.
- Do not eat or drink anything, including water, after midnight before your treatment.
- Ask your doctor if you should take your medicines the morning of the treatment. If so, take with sips of water only.
- Tell the staff if you are allergic to any medicines or dyes.

# Qalliinka Wadnaha



Qalliinka wadnaha waxaa loo yaqaannaa coronary angioplasty, balloon angioplasty ama PTCA. Kateetar ayaa loo isticmaalaa in lagu furo marinnada dhiigga ee cidhiidhiga noqday ee aada wadnaha. Marinnada dhiigga ee cidhiidhiga noqday waxay keeni karaan laab xanuun ama wadnaha oo istaaga. Moollo ayaa sidoo kale laga yaabaa in la isticmaalo. Moollo waa qalab sida moollada oo kale oo marinka dhiigga kala fura.

**Waqtiga loo qabtay ku imow daaweynta.** Sii qorsheyso in aad halkaan joogeyso 4-6 saacadood. Qalliinku wuxuu qaadanayaa ilaa 30 daqiiqadood. Waxaa laga yaabaa in aad u baahato in aad isbitaalka joogto hal habeen. Sii qorsheyso in qof qoyskaaga ka tirsan ama saaxiib ay hadhow guriga kuu kaxeeyaan.

## Si aad isugu Diyaariso

- Takhtarkaagu waxaa laga yaabaa in uu ku amro baaritaanno sida raajada feedhaha, EKG, iyo baaritaanka dhiigga.
- Waxna ha soo cunin waxnana ha soo cabbin, marka lagu daro biyo, wixii ka danbeeya saqda dhexe ee habeenka ka horreeya daaweyntaada.
- Takhtarkaaga weydii haddii ay tahay in aad qaadatid daawooyinkaaga subaxda lagu daaweynayo. Haddii ay sidaas tahaya, ku qaado kabbashooyin biyo ah oo keliya.
- Shaqaalaha u sheeg haddii aad xajiin ka qaaddo wax daawooyin ama dheehyo ah.

## **During Your Angioplasty**

- You will wear a hospital gown and lie on a table.
- An IV (intravenous) is put into a vein in your arm. Medicine to help you relax and fluids are given through your IV.
- You will be awake. You may be asked to cough, take deep breaths or move your arms.
- Small pads are put on your chest to check your heart. For men, chest hair may need to be shaved.
- A blood pressure cuff is put on your arm. Your blood pressure and heart rate are checked often.
- The catheter site, either your groin or your arm, is cleaned. Your groin may be shaved if used.
- The doctor numbs the site where the catheter will be put in. This may sting for a few seconds. After this, you should only feel pressure and no pain.
- The lights may be turned down so the doctor can see the screen.
- The doctor puts a needle into a large blood vessel in the numbed site.
- The catheter is threaded into the needle, through the blood vessel and into your heart. The doctor watches the catheter movement on the screen.
- Dye is given. You may feel a hot flush or nausea for a few seconds. The dye lets the doctor place the catheter in the right spot to treat the blockage.
- The catheter has a balloon on the end of it. The balloon is made bigger and smaller a few times to open the narrowed blood vessel. You may feel some chest pressure, but the pressure should ease quickly. **Tell the staff how you are feeling.**
- A stent may be placed to keep the blood vessel open. The stent is a small, wire tube.

## Waqtiga Qalliinka

- Waxaad xiran doontaa goonnada isbitaalka waxaadna ku seexan doontaa miis.
- IV (xididgale) ayaa laga gelin doonaa xididka gacanta. Daawo ku oo ku dejinaysa oo ku nasinaysa ayaa IV-ga lagaaga shubi doonaa.
- Waad soo jeedi doontaa. Waxaa laga yaabaa in lagu weydiiyo in aad qufacdo, neef dheer qaadato ama gacmaha dhaqaajiso.
- Gaballo yar-yar ayaa laabta laga saarayaa si loo hubiyo wadnahaaga. Ragga, timaha feedhaha kaga yaal ayaa laga yaabaa in loo baahdo in laga xiiro.
- Dhiig cabbire ayaa gacanta lagaaga xirayaa. Cadaadiska dhiiggaaga iyo garaaca wadnaha ayaa inta badan la hubin doonaa.
- Meesha kateetarka la gelinayo, bisqinleyda ama gacantaada, ayaa la nadiifin doonaa. Bisqinleydaada waxaa laga yaabaa in la xiiro haddii la isticmaalayo.
- Takhtarku kabuubiso ayuu ku durayaa meesha kateetarka laga gelin doono. Tan waxaa laga yaabaa iney ku xanuujiso dhow ilbidhiqsi. Taas ka dib, waa in aad dareentaa oo keliya cadaadis ee maahan xanuun.
- Nalalka waxaa laga yaabaa in la dejiyo si markaas uu takhtarku shaashadda u arko.
- Takhtarku wuxuu cirbad gelinayaa marinka dhiigga ee weyn ee meesha la kabuubiyey.
- Kateetarka waxaa lagu duubayaa cirbadda, iyadoo la marinayo marinka dhiigga ka dibna la aaddinayo wadnaha. Takhtarku wuxuu dhaqaaqa kateetarka ka daawanayaa shaashadda.
- Dheeh ayaa la isa siinayaa. Waxaa laga yaabaa in aad dareento in lagu saaqay ama lalabbo ilaa dhowr ilbidhiqsi. Dheehu wuxuu takhtarka u oggolaanayaa in uu kateetarka ku meeleyo barta saxda ah si uu u daaweeyo xannibaadda.
- Kateetarku wuxuu leeyahay buufin uga dheggan dhinaca uu ku dhammaado. Buufinka dhowr goor ayaa la weyneynayaa oo la yareynayaa si loo furo marinka dhiigga ee cidhiidhiga noqday. Waxaa laga yaabaa in aad dareento cadaadis laabta kaa saaran, laakiin cadaadisku si deg-deg ah ayuu kaaga baaba'ayaa. **Shaqaalaha u sheeg sida aad dareemeyso.**
- Moollo ayaa laga yaabaa in la geliyo si marinka dhiigga looga dhigo mid furan. Moolladu waa tubbo silig ah, oo yar.

- Dye is given again to see how much the blood vessel has been opened.
- The catheter is then removed.
- The needle placed in your catheter site may stay in place for several hours.
- When the needle is removed, the blood vessel is closed. The staff will hold pressure on the site for 10-20 minutes so it does not bleed. A clamp may be put on for about 1 hour to hold pressure on the site. A bandage is put over the site.

## **After Your Angioplasty**

### **In the Hospital**

- Your site, pulse and blood pressure will be checked often.
- You may drink clear liquids until the needle is removed. After that you may return to your normal diet.
- Your leg or arm needs to be kept straight for about 6 hours to prevent bleeding.
- It is common for your catheter site to be tender and bruised.
- You may have oxygen and a heart monitor in place for a few hours.
- An EKG or blood tests may be done.
- Your doctor will talk to you about your angioplasty results.

### **At Home**

- Drink plenty of liquids to help your body get rid of the dye.
- Rest for 24 hours.
- Remove the pressure bandage at bedtime and put on a clean band-aid.
- You can take a shower.
- Do not take a tub bath for 1 week after your angioplasty.
- Do not scrub the site.
- Remove the band-aid over the site when you shower.

- Dheeh ayaa mar kale lagugu shubayaa si loo arko inta marinka dhiigga laga furay.
- Kateetarka ayaa ka dibna lagaa soo saarayaa.
- Cirbadda lagu muday meesha kateetarka lagaa geliyey waxaa laga yaabaa iney meesha ku taagnaato ilaa dhowr saacadood.
- Marka cirbadda lagaa soo saaro, marinka dhiigga waa la xiray. Shaqaaluhu meesha lagaa muday ayey gacanta ku riixayaan ilaa 10-20 daqiiqadood si aysan u dhiig bixin. Sharooto ayaa laga yaabaa in lagaa saaro ilaa 1 saac si ay meesha u cadaadiso. Faashad ayaa meeshana lagaa saarayaa.

## **Qalliinkaaga ka dib**

### **Isbitaalka gudihiisa**

- Meesha lagaa muday, garaaca wadnaha iyo cadaadiska dhiigga ayaa inta badan lagaa hubin doonaa.
- Waxaad cabbi kartaa cabitaannada badhaxa la' ilaa iyo inta cirbadda lagaa soo saarayo. Markaas ka dib waxaad noqon kartaa cuntadaada caadiga ah.
- Lugta ama gacanta ayaa lagaa doonayaa in aad si toosan u hayso ilaa 6 saacadood si looga hortago dhiig bax.
- Waa caadi in meesha kateetarka la geliyey ay jilicdo oo nabar yeelato.
- Waxaa laga yaabaa in daawade ogsijiin iyo wadne lagugu xiro ilaa dhowr saacadood.
- EKG ama baarid ayaa laga yaabaa in lagugu sameeyo.
- Takhtarkaaga ayaa kaala hadli doona natiijooyinka ka soo baxa qalliinka.

### **Marka Guriga aad tagto**

- Cabitaanno fara badan cab si ay jidhkaaga uga caawiyaan inuu iska soo saaro dheeha.
- 24 saacadood naso.
- Faashadda cadaadiska iska saar markaad seexanayso sharooto nadiif ah isaga xir.
- Waad maydhan kartaa.
- Tubbo biyo ha ku qubeysan ilaa 1 toddobaad marka lagu qalo ka dib.
- Meesha lagaa muday ha xoqin.
- Sharootada meesha kaa saaran iska saar markaad maydhanayso.

- You can leave the site uncovered or put a clean band-aid on it.
- Check the site each day for any more redness, bruising or swelling.
- Do not drive for 2-3 days.
- Do not exercise, run, or lift objects over 10 pounds or 4.5 kilograms for three days.
- Talk to your doctor or nurse about other activity limits.

You should be able to return to normal activities in about a week.

Call your doctor **right away** if you have:

- Bleeding at the site that will not stop
- Sharp pain or stinging at the site
- Swelling, redness, more bruising, or tenderness at the site
- Drainage or warmth at the site
- Coldness or paleness of the foot or hand
- Problems moving your toes or fingers
- Numbness or weakness
- Fever or chills
- Confusion or you are less alert

If you have bleeding that will not stop or a lump that gets bigger at the site, **lie flat, hold pressure on the site and call 911.**

**Talk to the staff if you have any questions or concerns.**

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- Meesha daboolid la'aan waa isaga dhaafi kartaa ama sharooto nadiif ah ayaad saari kartaa.
- Meesha maalin walba ka hubi iney guduudaneyso, soo kuusanayso ama bararayso.
- Baabuur ha wadin ilaa 2-3 maalmood.
- Jir dhis ha sameynin, ha ordin, ama ha qaadin walxo ka culus 10 pounds ama 4.5 kiilogaraam ilaa saddex maalmood.
- Takhtarkaaga ama kalkaalisada kala hadal xaddidaadda hawlaha kale.

Waa in aad awooddaa in aad ku noqoto hawlahaaga caadiga ah toddobaad ka dib.

**Isla markiiba** takhtarka wac haddii aad:

- Isku aragto dhiig ka socda meesha lagaa muday oo aan istaageynin
- Isku aragto xanuun daran ama lur meesha kaa haya
- Isku aragto barar, guduudasho, soo kuusasho, ama jilcidda meesha
- Isku aragto dheecaan ka imaanaya meesha ama diirraan
- Isku aragto qaboobid ama midab beelidda cagta ama gacanta
- Dhibaato ku qabto dhaqaajinta suulasha ama faraha
- Isku aragto kabuubyo ama daciiftinnimo
- Isku aragto qandho ama qar-qaryo
- Isku aragto jahawareer ama aad xoogaa damman tahay

Haddii dhiig aan joogasneynin uu kaa socdo ama bararka meeshu uu sii kordhayo, **dhacadiidso, cadaadis saar meesha ka dibna wac 911.**

**Shaqaalaha la hadal haddii wax su'aalo ama walaac ah qabtid.**

Angioplasty. Somali.

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