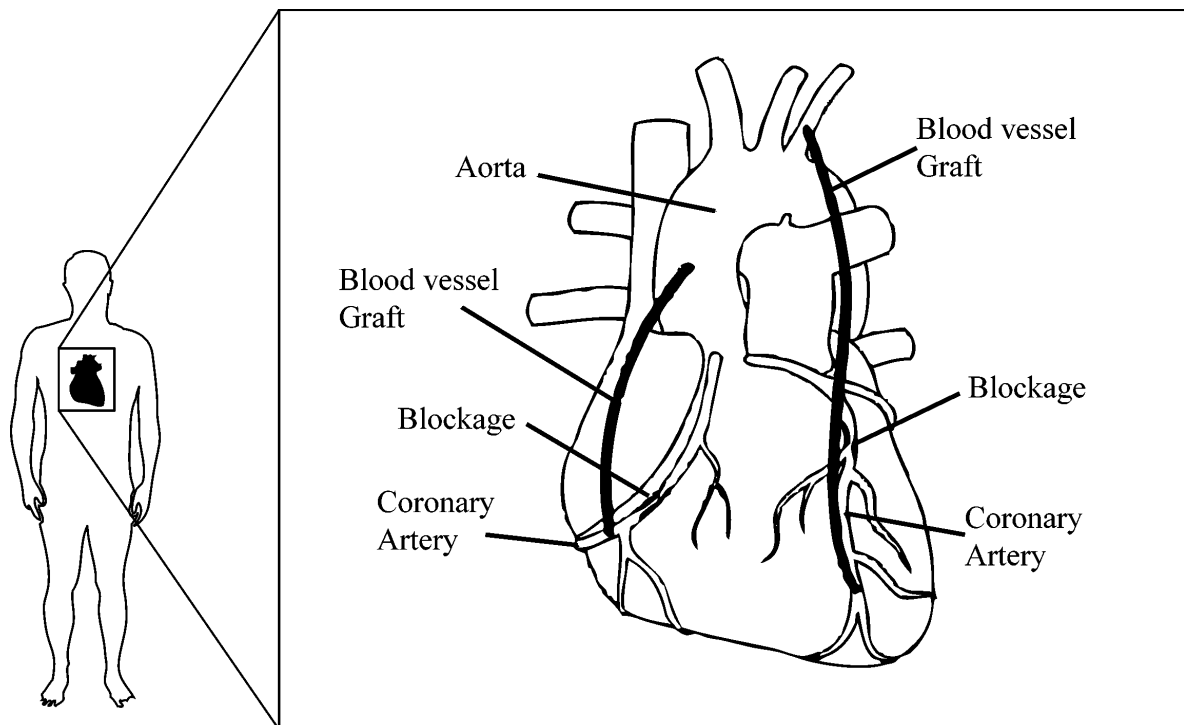


Coronary Artery Bypass Surgery

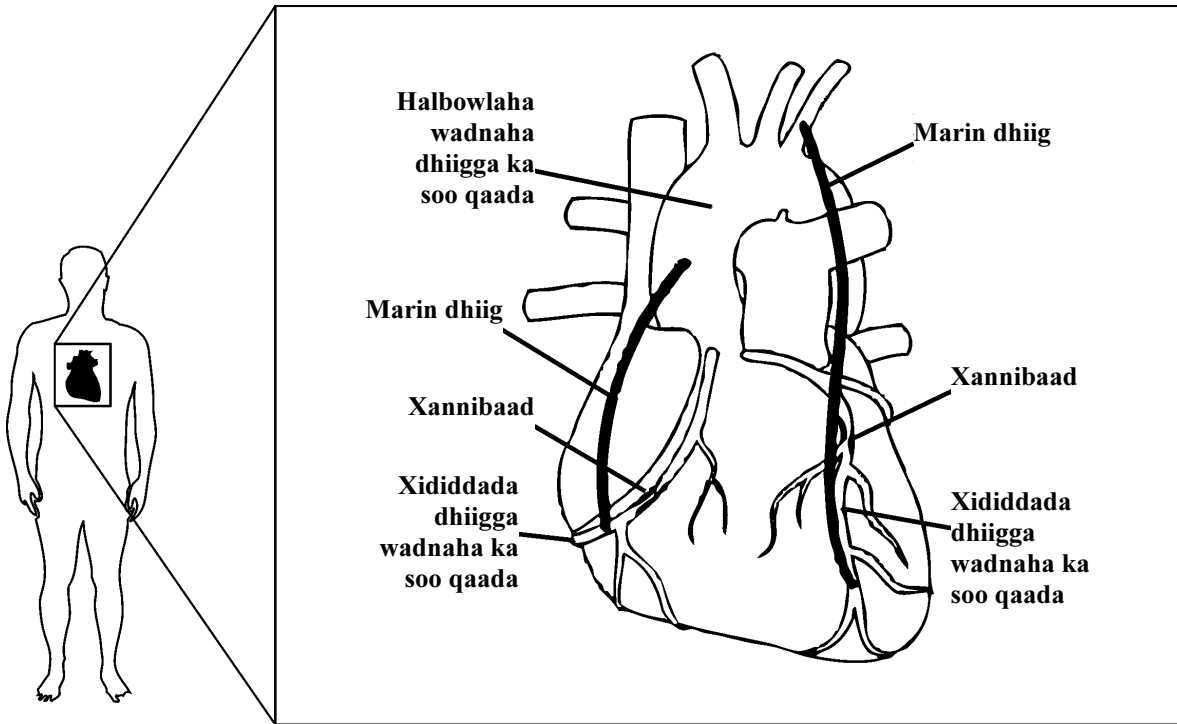
Coronary artery bypass surgery is also called bypass surgery or open heart surgery. It is done to bypass blocked blood vessels in the heart. Coronary arteries are the blood vessels that supply the heart muscle with oxygen and nutrients. During bypass surgery, a piece of a blood vessel from the leg or chest is removed and attached to the heart around the blocked area. The blocked blood vessel remains, but blood is carried around it in the new blood vessel.



The surgery takes 4-6 hours. After surgery you will be in the recovery room (PACU) for at least 2 hours before your family can see you. You will stay in the hospital 4-6 days.

Qalliinka Isku Tallaalidda Hawbowlaha Dhiigga qaada

Qalliinka isku tallaalidda hawbowlaha dhiigga qaada waxaa kale oo loo yaqaanaa qalliinka isku tallaalidda ama qalliinka wadnaha furan. Waxaa la sameeyaa iyadoo la dhaafayo marinnada dhiigga ee xannibmay ee wadnaha. Hawlbowlaha dhiigga qaada waa marinnada dhiigga ee muruqa wadnaha siiya ogsijiinta iyo nafaqooyinka. Waqtiga qalliinka isku tallaalka, cad marin dhiig ah ayaa lugta ama feedhaha laga soo qaadaa ka dibna lagu dhejiyaa wadnaha hareeraha meesha xannibantay. Marinka dhiigga ee xannibmay wuxuu sii ahaadaa marin dhiig oo cusub, laakiin waxaa dhiigga lagu xanbaaraa dhinacyadiisa.



Qalliinku wuxuu qaataa 4-6 saacadood. Qalliinka ka dib waxaad joogi doontaa qolka soo kabashada (PACU) ugu yaraan 2 saacadood ka hor inta aysan qoyskaagu ku arkin. Waxaad isbitaalka joogi doontaa 4-6 maalmood.

Bypass Surgery. Somali.

To Prepare at Home

- Tests may be done before your surgery such as a chest x-ray, EKG and blood tests.
- Stop smoking for at least 48 hours before surgery.
- You will be taught how to deep breathe and cough. Practice this before your surgery.
- Do not eat or drink anything, including water, after midnight before your surgery.
- Take a shower with antibacterial soap in the morning before your surgery.

Before Surgery

- You will wear a hospital gown.
- You are given medicine to help you relax.
- An IV (intravenous) is put in a vein in your arm.

During Surgery

- You will be given medicine to put you to sleep.
- Once asleep, a breathing tube is put into your mouth. This tube is attached to a machine that will breathe for you during surgery.
- The doctor makes an incision in the middle of your chest. Your breastbone is cut and your ribs are spread open to see your heart.
- A machine pumps blood to your body during surgery.
- A blood vessel from your leg, arm or chest, called a graft, is removed. One end of the graft is stitched to the blood vessel above the blockage. The other end is stitched to the blood vessel below the blockage.
- Your breastbone is held together with wire. The incision in your chest and leg are closed with stitches and staples.

After Surgery

You are taken to an intensive care unit (ICU) for 12-24 hours where you will have:

- A breathing tube for a few hours
- Tubes in your chest to drain fluid from around your heart

Si aad Guriga isugu Diyaariso

- Baaritaanno ayaa laga yaabaa in la sameeyo qalliinka ka hor sida raajada feedhaha, EKG iyo dhiig baarid.
- Jooji sigaar cabidda ugu yaraan 48 saacadood qalliinka ka hor.
- Waxaa lagu bari doonaa sida si qoto dheer loogu neefsado looguna qufaco. Taas ku soo cel celi qalliinka ka hor.
- Waxna ha soo cunin waxnana ha soo cabbin, marka lagu daro biyo, wixii ka danbeeya saqda dhexe habeenka qalliinka ka hor.
- Saabbuunta bakteeriyada lidka ku ah ku soo maydho subaxda qalliinka ka horreysa.

Qalliinka ka Hor

- Waxaad xiran doontaa goonnada isbitaalka.
- Waxaa lagu siinayaa daawo si lagaaga caawiso dejinta jirkaaga.
- IV (xidid gale) ayaa gacanta lagaa gelinayaa.

Waqtiga Qalliinka

- Waxaa lagu siin doonaa daawo si lagu hurdisiiyo.
- Marka aad huruddo, tubbo neefsasho ayaa afka lagaa gelinayaa. Tubbadaan waxaa lagu xirayaa makiinad kaa neefsiin doonta waqtiga qalliinku socdo.
- Takhtarku meel ayuu ka jeexayaa bartamaha laabtaada. Laftaada naaska ayaa la goynayaa ka dibna feedhahaaga ayaa la kala jiidayaa si loo arko wadnaha.
- Makiinad waxay jidhkaaga ku soo cabbeyneysaa dhiig waqtiga qalliinka.
- Marin dhiig oo laga soo qaaday lugtaada, gacanta ama feedhaha, oo loo yaqaanno tallaal, ayaa lagaa soo saarayaa. Hal dhinac ee tallaalka ayaa lagu tolayaa marinka dhiigga ee ka sarreeya xannibaadda. Dhinaca kale waxaa lagu tolayaa marinka dhiigga ee ka hooseeya xannibaadda.
- Laftaada naaska ayaa silig lagu haynayaa. Meesha laga gooyey feedhahaaga iyo lugta ayaa la xidhayaa oo la tolayaa.

Qalliinka ka Dib

Waxaa lagu qaadayaa qaybta daryeelka hawsha culus (ICU) ilaa 12-24 saacadood ah meeshaasoo:

- Lagugu siin doono tubbo lagu neefsado dhowr saacadood
- Laabta ayaa tubbooyin lagaaga gelin doono si lagaaga soo nuugo dheecaanka ku jira dhinacyada wadnahaaga

- A catheter in your bladder to drain urine
- IVs to give you fluids and medicines

These tubes will be removed 1-2 days after surgery. The nursing staff will check you often.

You are then moved to a hospital room. You may have oxygen and a heart monitor for a few days. It is important to take deep breaths and cough every hour when you are awake. The staff will help you get up and walk at first. You will be taught how to care for yourself at home.

Your Care at Home

- It often takes 4-6 weeks to feel better.
- You may have aches and pains that affect your appetite, sleep and activities.
- Rest between activities.
- It is common to feel sad or be depressed. This should slowly get better over the next few weeks. Talk to your doctor if you feel worse or it lasts longer than 2 weeks.
- Do not drive or return to work until your doctor says it is safe.
- To help your breastbone heal during the first 6 weeks after surgery:
 - Do not lift more than 10 pounds or 4.5 kilograms.
 - Do not let people pull on your arms when they are helping you move.
 - Do not reach backwards.
 - Keep your arms close to your sides when getting in and out of a bed or chair.
 - Avoid any activity where you feel your breastbone pull.
 - Do not do strenuous activities such as vacuuming or gardening until your doctor says it is safe.
 - You may bend forward to do things such as tying your shoes.
 - You can do light household activities such as cooking or dusting.

- Kateetar lagaa gelin doono kaadi haysta si kaadida lagaaga soo saaro
- IV-yo si lagu siiyo dheecaanno iyo daawooyin

Tubbooyinka ayaa lagaa saari doonaa 1-2 maalmood qalliinka ka dib. Shaqaalaha xannaanada ayaa badanaa ku hubin doono.

Ka dibna qolka isbitaalka waa lagaa saarayaa. Waxaa laga yaabaa inaad sii haysato ogsijiinta iyo daawadaha wadnaha ilaa dhowr maalmood. Waa muhiim in aad qaadatao neefsasho qoto dheer aadna qufacdo saacad kasta marka aad soo jeedo. Shaqaaluhu waxay kaa caawin doonaan in aad kacdo aadna marka hore socoto. Waxaa lagu bari doonaa sidii aad guriga isugu daryeeli lahayd.

Daryeelkaaga Guriga

- Waxay badanaa qaadataa 4-6 toddobaad in lagu bogsado.
- Waxaa laga yaabaa in aad casiraad iyo xanuun sii qabto oo saameeya cunto rabiddaada, hurdada iyo hawlaha.
- Naso inta u dhexeysa hawlo qabashada.
- Waa caadi in la dareemo murug ama la diiqoodo. Waa iney taasi si tartiib ah uga soo raysaa dhowrka toddobaad ee ku xigta. Takhtarkaaga la hadal haddii aad ka sii darto ama ay kugu sii raagto in ka badan 2 toddobaad.
- Baabuur ha wadin hana ku noqon shaqadii ilaa uu takhtarku yiraahdo ammaan ayey kuu leedahay.
- Si lagaaga caawiyo bogsashada lafta naaska muddada 6-da toddobaad ee ugu horreysa qalliinka ka dib:
 - Ha qaadin wax ka badan 10 pounds ama 4.5 kiilogaraam.
 - Dadka ha u oggolaannin iney jiidaan gacmahaaga marka ay kugu caawinayaan in aad dhaqaaqdo.
 - Gadaal ha jalleecin.
 - Gacmahaagu dhinacyadaada ha ku dhawaadeen marka aad sariirta ama kursi fuuleyso iyo marka aad ka soo degeysaba.
 - Ka fogow hawl aad daremeyso in lafta naasku ay jiidmeyso.
 - Ha qaban hawl iskala bixin leh sida makiinadda wasaqda nuugta ama makiinadda beerta lagu falo ilaa uu takhtarku yiraahdo ammaan ayey kuu leedahay.
 - Waxaa laga yaabaa in aad horey u foorarsato si aad u sameyso waxyaabaha sida kabo xidhashada.
 - Waad sameyn kartaa hawlaha fudud ee guriga sida cunto karinta iyo meelo habaas ka jafidda.

Bypass Surgery. Somali.

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

- Swelling or opening of your incisions
- Increase in drainage
- Fever or chills

To Help Prevent Blockage:

- Quit smoking
- Eat a healthy diet
- Exercise each day
- Take your medicines as ordered
- Get treatment for diabetes, high blood pressure or high cholesterol

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

Isla markiiba takhtarkaaga wac haddii aad:

- Isku aragto barar ama meeshii lagaa qalay oo soo furantay
- Isku aragto dheecaan soo kordhaya
- Isku aragto qandho ama qar-qaryo

Si Gacan looga Geysto ka Hortagga Xannibaad:

- Jooji sigaar cabidda
- Cun cunto caafimaad leh
- Maalin walba jir dhis samee
- Daawooyinka sidii lagu faray u qaado
- Daawo u qaado sonkorowga, dhiig karka ama kolestaroolka sarreeya

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

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