

Diverticulitis

Diverticulitis is an infection of small pouches or sacs in the muscle wall of the large intestine, also called the colon. Stool or food can get caught in these sacs causing an infection. This infection can cause swelling or pain. You can get very sick with diverticulitis.

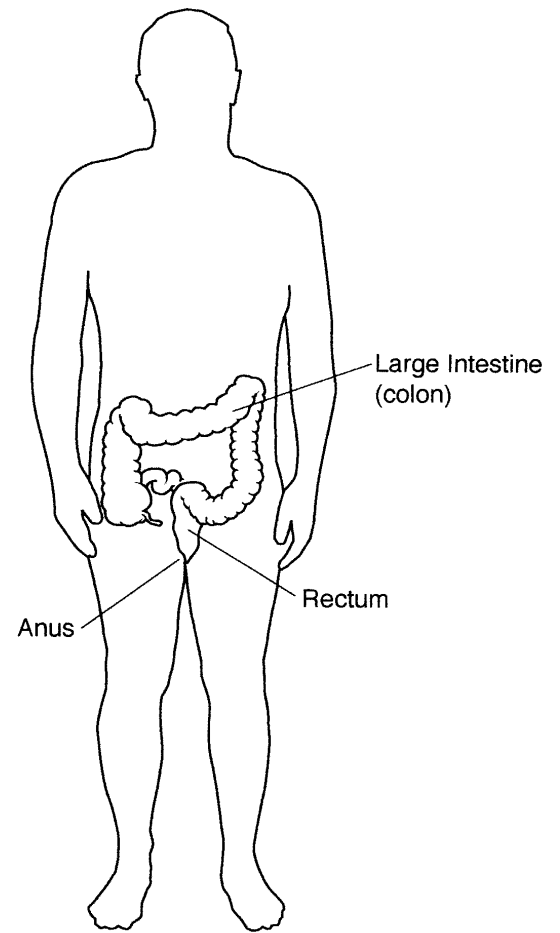
Signs

- Pain and cramping often on the lower left side of your abdomen
- Fever and chills
- Nausea and vomiting
- Hard bowel movements called constipation

Your Care

Testing such as a CT scan or a blood test may be done to plan your care. For your care, you may need to:

- Rest and eat only liquids for several days.
- Drink 6-8 glasses of water each day.
- Take medicines.
- Take a stool softener.
- Go to the toilet when you have the urge to have a bowel movement.
- Exercise each day.
- Eat more high fiber foods such as wheat bran, whole grain breads and cereals, legumes, nuts and fresh fruits and vegetables. **Slowly** increase the amount of high fiber foods you eat.
- Eat at set times throughout the day.
- Lose weight if you need to.



Cudurka Gidaarka Xiidmaha Wayn (Diverticulitis)

Diverticulitis waa cudur kolay yar ah ama danbiil ku taalla derbiga muruqa xiidmaha waaweyn, oo sidoo kalena loo yaqaanno mindhicir. Saxaro ama cunto ayaa ku xannibmi kara kolayga kuwaasoo keenaya cudur. Cudurkaan wuxuu keeni karaa barar ama xanuun. Aad ayaad diverticulitis ula jirran kartaa.

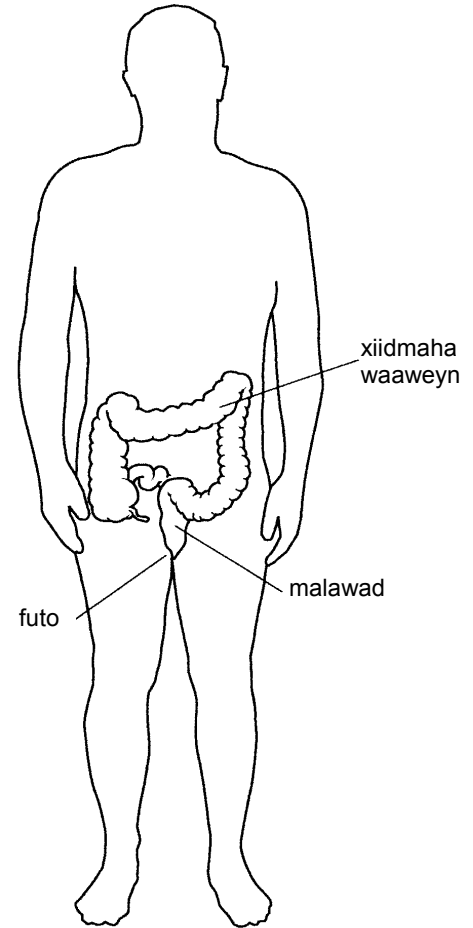
Calaamadaha

- Xanuun iyo casiraad badanaa kaa qabata dhinaca bidix ee hoose ee uur ku jirta
- Qandho ama qar-qaryo
- Lalabbo iyo matagid
- Saxaro adayg loo yaqaanno saxaro adkaansho

Daryeelkaaga

Baaridda sida sawirka CT ama dhiig iska qaadid ayaa laga yaabaa in la sameeyo si loo qorsheeyo daryeelkaaga. Daryeelkaga dartiis, waxaa laga yaabaa in aad u baahato in:

- Aad nasato aadna cunto oo keliya cabitaanno dhowr maalmood.
- Aad cabto 6-8 koob oo biyo ah maalin walba.
- Aad qaadato daawooyin.
- Aad qaadato saxaro jilciye.
- Aad aaddo musqusha markay saxaro ku qabato.
- Aad maalin walba jimicsi sameyso.
- Aad cunto cuntooyin buunshuhu ku badan yahay sida buunshaha qamadiga, furinka laga sameeyey miro wada dhan iyo siiriyaal, digir, naatis iyo furuto iyo khudrad markaas la gooyey. **Si tartiib ah** u kordhi xaddiga cuntooyinka buunshaha leh ee aad cunto.
- Aad cunto waqtiyo go'an maalintii oo dhan.
- Aad is caateyso haddii aad u baahan tahay in aad sidaas yeesho.



Diverticulitis. Somali.

- Quit tobacco use.
- Reduce stress.
- Stay at a hospital if you have a bad infection.
- Have surgery to remove the damaged part of the colon if you have diverticulitis often.

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

- A bad pain in your abdomen that does not go away or gets worse.
- Trouble breathing all of a sudden.
- A fever higher than 101 degrees F or 38 degrees C.
- Chills or feel weak and achy.
- Bowel movements that are black or have blood in them.
- Not had a bowel movement for 3 days.

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

- Aad joojiso isticmaalidda tubaakada.
- Aad diiqada iska yareyso.
- Isbitaalka jog haddii aad cudur xun qabtid.
- Lagu qalo si lagaaga saaro qaybta wax gaareen ee xiidanka haddii aad badanaa qabtid diverticulitis.

Isla markiiba takhtarkaaga wac haddii aad:

- Isku aragto xanuun xun oo uur ku jirta kaa haya oo aan kaa tegeynin ama ka sii daraya.
- Ay neefsashadu si lama filaan ah dhibaato kuugu noqoto.
- Isku aragto qandho ka sarreysa 101 darajo oo F ah ama 38 darajo oo C ah.
- Isku aragto qar-qaryo ama dareento daciiftinnimo iyo xanuun.
- Isku aragto saxaro madow ama dhiig leh.
- Haddii aadan saxaroonnin 3 maalmood.

Takhtarkaaga ama kalkaalisada la hadal haddii aad wax su'aalo ama walaac ah aad qabtid.

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