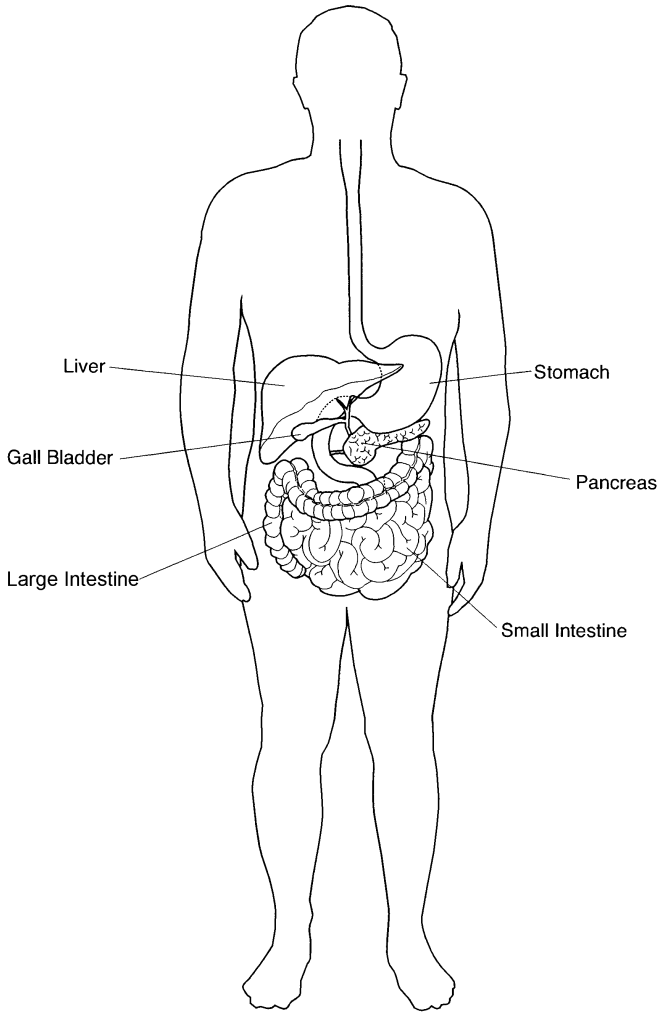
Gall Bladder Removal Surgery

Surgery to remove your gall bladder is called **cholecystectomy**. The gall bladder is on the right side of your upper abdomen. The gall bladder may need to be removed when there are stones in it or in the duct leading from the gall bladder. The stones may cause swelling or infection.



There are two ways to do this surgery. Ask your doctor which way your surgery will be done.

- **Laparoscopic gall bladder removal surgery**

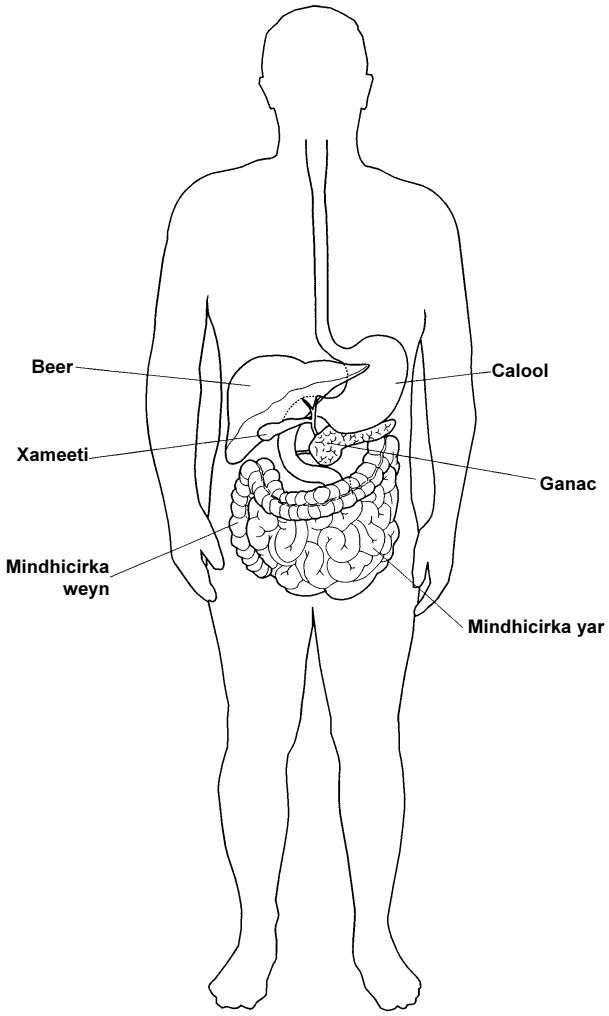
  3 or 4 small incisions are made in the abdomen. The doctor uses a camera and tools through the incisions to remove the gall bladder. With this type of surgery, you may recover faster, have less pain, less scarring and fewer wound problems. Often you will go home within 24 hours after surgery.

- **Open gall bladder removal surgery**

  A larger incision is made below the ribs on the right side of the abdomen. The doctor works through this incision to remove the gall bladder. You may stay in the hospital for up to 3 days after surgery.

Qalitaanka Saarista Xameetida

Qalitaanka lagu saarayo xameetidaada waxa la yiraahdaa **cholecystectomy**. Xameetidu waxay ku taalaa dhinaca midigta ah ee calooshaada sare. Waxa loo baahan karaa in la saaro xameetida marka ay dhagaxaan ku jiraan xameetida dhexdeeda, ama dhuunta xameetida ka soo baxda. Dhagaxaantu waxay keeni karaan barar ama caabuq/fashfash.



Waxa jira laba hab oo loo sameyn karo qalitaanka. Weydii dhakhtarkaaga habka loo sameyn doono qalitaankaaga.

- **Saarista xameetida ee ah "laparoscopic"**

  Waxa caloosha lagu sameyn doona 3 ama 4 jeexitaan oo yaryar. Dhakhtarku waxa uu isticmaali doonaa kamarad iyo qalab la dhex marinayo meelihii yar-yaraa ee la qalay si loo soo saaro xameetida. Marka laguu sameeyo qalitaanka noocan ah, waxa laga yaabaa inaad hore u bogsatid, uu kaa yaraado xanuunku, ay yaraato qoloftu oo ay yaraadaan dhibaatooyinka dhaawacu. Badanaa waxa aad guriga ku noqon kartaa 24 saacadood gudahood qalitaanka ka dib.

- **Qalitaanka saarista xameetida ee furan (open)**

  Jeexitaan weyn ayaa lagu sameeyaa meel ka hooseysa feeraha ku yaala dhinaca midig ee caloosha. Dhakhtarku waxa uu ku dhex shaqeeyaa meeshii la qalay si loo soo saaro xameetida. Waxa laga yaabaa in aad cisbitaalka joogtid ilaa 3 maalmood qalitaanka ka dib.

To Prepare

- Tell your doctor all the medicines you are taking. Be sure to include any prescription or over the counter medicines, vitamins and herbs.
- You may be told **not to take any aspirin or ibuprofen** a few days before your surgery.
- Ask your doctor if you are to take any of your medicines the morning of your surgery. If so, take with small sips of water only.
- Do not eat or drink anything, including water, after midnight the night before your surgery.
- If you have any allergies to medicines, foods or other things, tell the staff before your surgery.

During Surgery

- You will wear a hospital gown.
- An IV (intravenous) tube or catheter is put into a vein in your arm for giving medicine and fluids.
- You are taken on a cart to the surgery room. You are helped onto the surgery table. A belt may be put over your legs for your safety.
- You will be given medicine so you will sleep through the surgery. The medicine is given through the IV or by using a face mask.
- Your abdomen is cleaned and sheets are put over you to keep the area clean.
- The incision(s) are made.
- Your gall bladder is removed.
- The incision(s) are closed with stitches, staples or special tapes called steri strips.
- A bandage is put over the stitches or staples.

Si Aad Isu Diyaarisid

- U sheeg dhakhtarkaaga dhamaan dawooyinka aad qaadatid. Hubso inaad ku dartid dawooyinka dhakhtar kuu soo qoray ama kuwa la iibsan karo warqad dhakhtar la'aanteed, fitamiinada iyo geedaha.
- Waxa laga yaabaa in laguu sheego **in aadan qaadan wax ah asbiriin ama ibuprofen** dhawr maalmood qalitaanka ka hor.
- Weydii dhakhtarkaaga haddii la rabo in aad qaadatid qaar ka mid ah dawooyinkaaga subaxa qalitaankaaga. Haddii la rabo, ku qaado dawooyinkaaga kabashooyin yar oo ah biyo kaliya.
- Wax ha cunin waxna ha cabin, waxana ka mid ah biyaha, ilaa qalitaankaaga ka dib.
- Haddii aad diidmo/xasaasiyad u leedahay dawooyin, cunto ama waxyaabo kale, u sheeg shaqaalaha qalitaanka ka hor.

Inta Lagu Jiro Qalitaanka

- Waxa aad gashan doontaa marada cisbitaalka.
- Tuubo xidid la galinayo (IV)/faleebo ayaa la galin doonaa xidid ku yaala gacmahaaga si laguu siiyo dawo iyo dheecaano.
- Waxa lagugu qaadi doonaa sariir si laguu geeyo qolka qalitaanka. Waxa lagugu wareejin doonaa miiska qalitaanka. Waxa laga yaabaa in lugahaaga suun lagu xidho ammaankaaga daraadii.
- Waxa lagu siin doonaa dawo si aad u huridid inta qalitaanku socdo. Dawada waxa laguu marin doonaa tuubo xidid ku jirta (IV)/faleebo ama waji-qaris wajiga lagu daboolayo.
- Waxa la nadiifin doonaa calooshaada waxana lagu dul saari doonaa go'yaal si meesha la qalayo looga dhigo nadiif.
- Jeexis ayaa la sameyn doonaa.
- Xameetida ayaa lagaa saari doonaa.
- Jeexitaanada waxa lagu xidhi doonaa tolmo, qabatooyin ama sharooto gaar ah oo loo yaqaano "steri-strips".
- Faashad ayaa dusha laga saari doonaa tolmada ama qabatooyinka.

After Surgery

In the Hospital

- You are taken to the recovery room where you are watched closely until you wake up and are doing well.
- Your breathing, blood pressure and pulse are checked often.
- Your doctor will talk to you about your surgery.
- Medicines given during the surgery will make you sleepy. If you are going home the day of your surgery, you will need to have an adult family member or friend take you home for your safety.
- If you have the large incision, you will be taken to your hospital room. You may have a drain in place near your incision. This will be checked and emptied by the nursing staff. Often the drain is removed before you leave the hospital.

At Home

- Rest. Increase your activity each day.
- Take your medicines as directed by your doctor.
- Call your doctor to schedule a follow-up visit.
- **You can take a shower 2 days after your surgery. Do not** take a tub bath for one week after your surgery.
- If you have a bandage over your incision, it will be removed after the second day. You do not need to replace the bandage unless you were told to do so by your doctor or nurse. The nurse will teach you to change the bandage if needed. **If you have steri strips** over your incision, leave them alone. They should fall off on their own in 7 to 10 days.

Qalitanka Ka Dib

Gudaha Cisbitaalka

- Waxa lagu geyn doonaa qolka bogsashada halkaasoo si aad laguugu ilaalin doonaa ilaa aad ka soo toosaysid oo aad ka fiicnaatid.
- Neefsashadaada, cadaadiska dhiigga iyo garaaca wadnaha ayaa marrar badan la hubin doonaa.
- Dhakhtarka ayaa kaala hadli doonaa qalitaankaaga.
- Haddii aad guriga ku laabanaysid isla maalinta qalitaanka, dawooyinka lagu siiyo wakhtiga qalitaanka waxay kugu ridi doonaan hurdo-hurdo. Waxa aad u baahan doontaa qof weyn oo ka tirsan ehelka ama ah saaxiib oo ku geeya guriga, ammaankaaga daraadii.
- Haddii laguu sameeyay jeexitaanka weyn, waxa lagu geyn doonaa qolkaaga cisbitaalka. Waxa laga yaabaa in tuubo gororin loogu talogalay ay kaaga jirto meel u dhow jeexitaanka. Shaqaalaha kalkaalinta ayaa tuubada hubin doona oo faaruqin doonaa. Badanaa tuubada gororinta waa lagaa saari doonaa inta aadan ka bixin cisbitaalka ka hor.

Gudaha Guriga

- Naso. Kordhi firfircoonidaada maalin kasta.
- Dawooyinkaaga u qaado sida uu kuu sheego dhakhtarkaagu.
- Wac dhakhtarkaaga si aad u ballansatid booqasho la-socod ah.
- **Waad qubeysan kartaa 2 maalmood ka dib qalitaankaaga. Ha qaadan** qubeys lagu fadhiisanayo saxanka qubeyska mudo ah hal todobaad qalitaankaaga ka dib.
- Haddii ay faashad saaran tahay meesha lagaa qalay, waxa laga qaadi doonaa maalinta labaad ka dib. Uma baahnid in aad beddeshid faashadda haddii aan dhakhtarkaagu ama kalkaalisadu sidaa kuu sheegin. Kalkaalisada ayaa ku bari doonta sida loo beddelo faashadda haddii loo baahdo. **Haddii ay qabatooyin ah "steri strips"** ku yaalaan meesha la qalay, iska daa. Iyaga ayaa iska soo dhici doonaa 7 ilaa 10 maalmood gudahood.

- Neck or shoulder pain after the laparoscopic surgery is common from the air that was put into your abdomen during surgery. Rest and use heat on your shoulder to ease the pain. Raise your head and shoulders up on several pillows.
- It may be hard for you to have a bowel movement after surgery. Walking and eating high fiber cereals, beans, vegetables and whole grain breads will help. Drinking prune juice may also help.
- You may be taught to do deep breathing and coughing exercises to keep you from getting a lung infection after surgery. Deep breathe and cough every hour while you are awake and if you wake up during the night. Use a pillow or folded blanket over your incision for support when you deep breathe and cough.

Coughing

Incentive Spirometer

- **Do not** lift objects over _____ pounds for _____ days.
- **Do not** drive until your doctor tells you that you can. Be sure you are no longer taking prescription pain medicine when you start driving.
- Talk to your doctor or nurse about other activity limits, such as returning to work or walking up stairs.

- Xanuun ah qoorta ama garabka ka dib qalitaanka ah "laparoscopic" waa caadi, sababta oo ah hawada lagu shubay calooshaada intii qalitaanku socday. Naso oo kululee garabkaaga si aad uga nafistid xanuunka. Madaxaaga iyo garbaha sare ugu qaad dhawr barkimo.
- Waxa laga yaabaa inay dhib kugu noqoto inaad saxarootid qalitaanka ka dib. Socodka iyo cunista cunto qani ku ah dufka sida siriyaalka (cereals), digirta, cagaarka iyo rootiga/roodhida ka sameysan xabuublay aan buushe laga saarin (whole grain) ayaa ku caawin doona. Waxa kale oo ku caawin kara cabista casiir buruun (prune).
- Waxa kale oo laga yaabaa in lagu baro sida loo sameeyo neefsasho xoog leh iyo jimicsiyo qufac si aad uga badbaadid caabuqa/fashfasha sambabada qalitaanka ka dib. Xoog u neefso oo qufac saacad kasta inta aad soo jeedid iyo haddii aad soo toostid habeenkii. Isticmaal barkimo adigoo ku taageeraya meelaha lagaa qalay marka aad qufacaysid ama aad xoog u neefsanaysid.

Qufac

Neef-cabiraha dhiirigalinta leh

- **Ha qaadin** alaab culus oo ka badan _____ rodol mudo ah _____ maalmood.
- **Ha kaxeyn** baabuur ilaa dhakhtarkaagu kuu sheego inaad kaxeyn kartid. Hubso in aadan qaadan dawo xanuun oo dhakhtarku kuu qoray marka aad bilawdid wadista baabuurka.
- Kala hadal dhakhtarkaaga ama kalkaalisada xadka u yaalaa firfircoonida kale, sida ku-noqoshada shaqada ama ku-socodka jaranjarada/salaanka.

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

- Pain in your abdomen or shoulder area that does not go away or gets worse
- Increased redness, bruising or swelling
- A fever over 101 degrees F
- Vomiting
- Chills, a cough, or you feel weak and achy
- Skin that is itchy, swollen skin or has a rash
- Trouble having a bowel movement or have diarrhea often

Call 911 **right away** if:

- Your incisions come apart or you start bleeding.
- You have trouble breathing all of a sudden.
- You have chest pain.

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

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Wac dhakhtarkaaga **isla markiiba** haddii aad qabtid:

- Xanuun ah caloosha ama garabka oo aan tagaynin ama ka sii daraya
- Casaan, burbur maqaar ama barar soo kordhay
- Qandho ka sareysa 38 darajo C (101 darajo F)
- Matag
- Qarqaryo, qufac ama dareen ah tabar-dari iyo xanuun
- Maqaarka oo cuncuna, barar ama finan cusub
- Saxarada oo dhib ah ama shuban badan

Wac 911 **isla markiiba** haddii:

- Meelihii la jeexay ay kala fuqaan ama dhiig kaa yimaado.
- Ay si kedis ah neefsashadu dhib kuugu noqoto.
- Aad leedahay xanuun laabta ah.

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

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