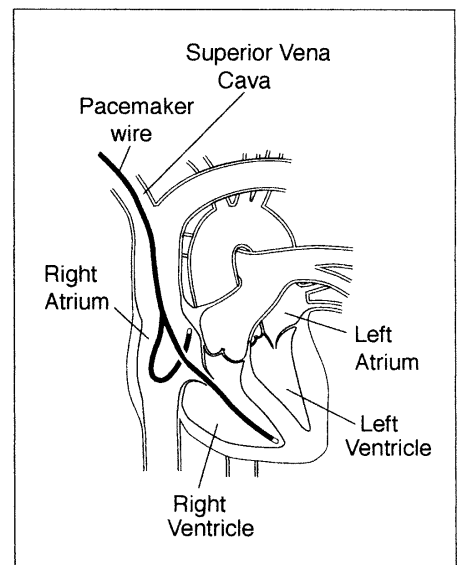
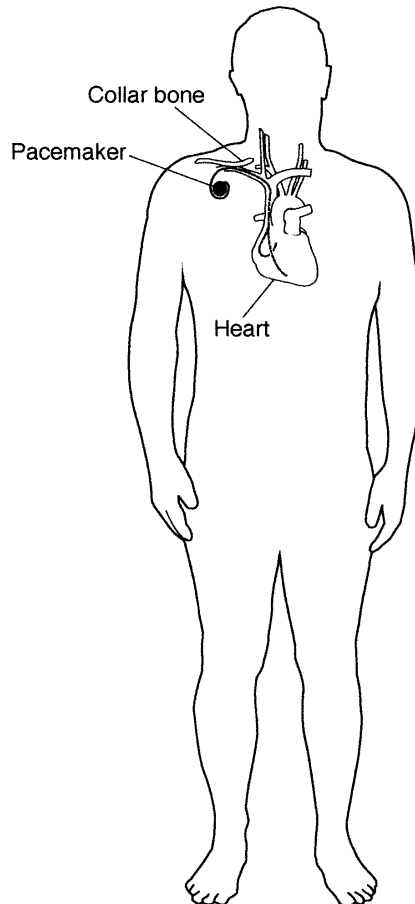


# Pacemaker

A pacemaker is a small device that helps control your heart rate by:

- Speeding up the heart rate when it is too slow
- Slowing down the heart rate when it is too fast
- Helping the heart beat regular if it is irregular

A pacemaker is placed in the chest during surgery. Wires called leads are put into the heart muscle. The device with the battery is placed under your skin, below your shoulder.



An adult family member or friend needs to come with you to take you home after your surgery. It is not safe for you to drive or leave alone. Have an adult stay with you at home for the first day after your surgery.

**Arrive on time for your appointment.** The surgery will take 1-2 hours.

# Qalabka koontaroola Xaddiga wadnaha

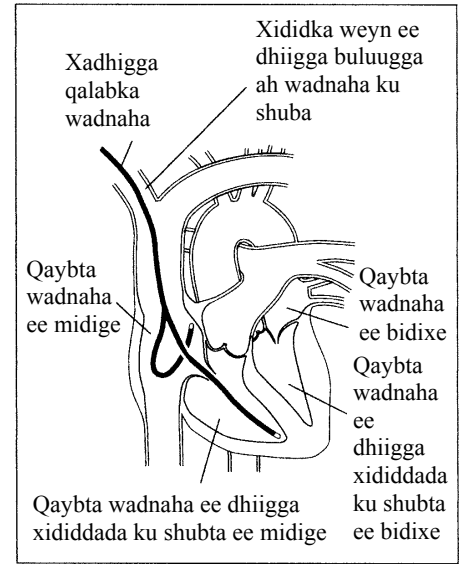
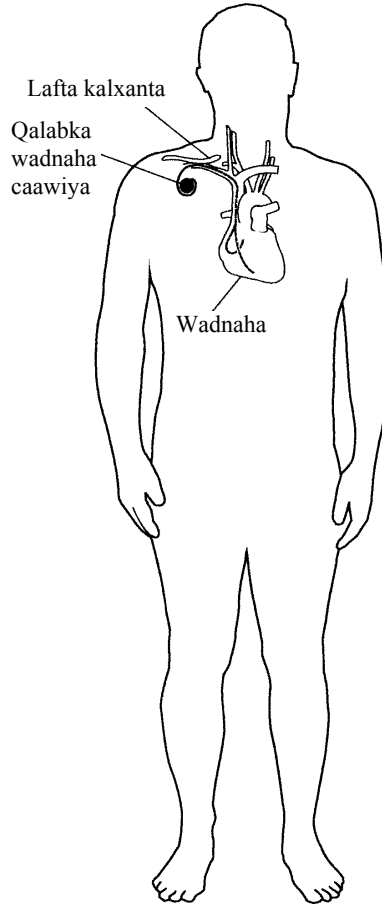
Qalabka koontaroola xaddiga wadnuhu waa qalab yar oo caawiya koontaroolidda xaddiga wadnahaaga isagaoo:

- Kordhinaya xawaaraha xaddiga wadnaha marka uu aad u hooseeyo
- Hoos u dhigaya xaddiga wadnaha marka uu aad u dheereeyo
- Wadnaha garaaciisa caadiga ah ku caawiya haddii uusan caadi ahayn

Qalabka waxaa lagu xidhaa feedhaha waqtiga qalliinka. Xarko loo yaqaanno

horseedeyaal ayaa lagu xiraa muruqa wadnaha. Qalabka oo uu batari la socdo ayaa la geliyaa maqaarkaaga hoostiisa, garabkaaga hoostiisa.

Qof weyn oo qoyska ka tirsan ama saaxiib ayaa looga baahan yahay inuu ku soo raaco si ay guriga kuugu celiyaan qalliinka ka dib. Ammaan kuuma lahan in aad baabuur waddo ama aad keligaa tagto. Qof weyn ha kula joogo guriga maalinta koowaad ee qalliinkaaga ka danbaysa.



**Ballantaada waqtiga ku imow.** Qalliinku wuxuu qaadan doonaa 1-2 saacadood.

Pacemaker. Somali

## **To Prepare**

- Talk to your doctor if you take blood thinners or have diabetes.
- Do not eat or drink anything, including water, after midnight before your surgery.
- Ask your doctor if you should take your medicines the morning of your surgery. If so, take with sips of water only.

## **During Surgery**

- You will wear a hospital gown.
- An IV (intravenous) is put in a vein in your arm. Medicines to make you sleepy are given through the IV.
- Your neck or chest is cleaned. Men may have their chests shaved.
- The skin is numbed.
- The wire leads are put into a vein and guided into your heart using an x-ray.
- The wire leads are placed in your heart muscle.
- The other end of each wire is connected to the pacemaker.
- The pacemaker is placed in a small space under your skin.
- The incisions are closed with stitches.
- Bandages or strips of tape cover both sites.

## **After Surgery**

### **In the Hospital**

- An ice pack may be put on the sites.
- Your blood pressure, heart rate and incisions will be checked often.
- The head of your bed is raised. Do not lift your arm over your head on the same side where your pacemaker is placed.
- If you have discomfort, ask your nurse for pain medicine.
- You will have a chest x-ray to check your lungs and the pacemaker.
- Antibiotics are given in your IV to prevent infection.

## **Si aad isugu diyaariso**

- La hadal takhtarkaaga haddii aad qaadatid waxyaabaha dhiigga khafiifiya ama aad sonkorow qabtid.
- Waxna ha soo cunin hana soo cabbin, marka lagu daro biyo, wixii ka danbeeya saqda dhexe habeenka qalliinkaaga ka horreeya.
- Takhtarkaaga weydii haddii ay tahay in aad qaadato daawooyinkaaga subaxda lagu qalayo. Haddii ay sidaas tahay, ku qaado kabbashooyin biyo ah oo keliya.

## **Wagtiga Qalliinka**

- Waxaad xiran doontaa goonnada isbitaalka.
- IV (xididgale) ayaa lagaa gelin doonaa xididka gacanta. Daawooyin ku hurdisiinaya ayaa IV lagugu siin doonaa.
- Qoortaada ama feedhahaaga ayaa la nadiifin doonaa. Ragga waxaa laga yaabaa in timaha feedhaha laga xiiro.
- Maqaarka ayaa la kabuubinayaa.
- Xarkaha horseedka ayaa xidid la gelinayaa waxaana lagu hagayaa ilaa wadnaha iyadoo la isticmaalayo raajo.
- Xarkaha horseedka waxaa la gelinayaa muruqa wadnahaaga.
- Dhinaca kale ee xarigga waxaa lagu xirayaa qalabka wadnaha caawiya.
- Qalabka wadnaha caawiya waxaa la dhigayaa meel yar oo maqaarkaaga ka hooseysa.
- Meeshii la gooyey waxaa lagu xirayaa toolid.
- Faashado ama gaballo sharooto ah ayaa labada meeloodba lagu daboolayaa.

## **Qalliinka ka Dib**

### **Isbitaalka Gudhiisa**

- Baako baraf ah ayaa laga yaabaa in lagaa saaro meeshii la qalay.
- Cadaadiska dhiiggaaga, wadne garaaca iyo meeshii la jeexay ayaa badanaa la hubin doonaa.
- Madaxa sariirtaada ayaa kor loo qaadayaa. Gacantaada ha ka dul qaadin madaxaaga isla hal dhinac meesha qalabka wadnaha caawiya lagaa geliyey.
- Haddii uu lur ku hayo, kalkaalisadaada weydiiso daawo xanuun.
- Waxaa lagu saari doonaa raajo feedhaha ah si lagaaga hubiyo sanbabada iyo qalabka wadnaha caawiya.
- Antibiyootig ayaa lagaa siinayaa IV-gaaga si looga hortago malaxaysi.

Pacemaker. Somali

A nurse will explain how your pacemaker works, answer any questions and explain pacemaker checks. You will not be able to feel your pacemaker working. You will be able to see and feel the outline of the pacemaker through your skin. Do not rub the pacemaker site.

### **At Home**

- Schedule an appointment with your doctor for follow-up care.
- Talk to your doctor about activity limits. Your doctor may tell you to:
  - Limit the movement of your arm on the side of the pacemaker.
  - Not lift this arm above your head.
  - Not push, pull or lift anything heavier than 10 pounds or 4 kilograms.
  - Not return to work or drive.
- You may shower. Let the water run over your incision, but do not scrub the site. Pat dry.
- Do not use lotion or powder on the incision.

### **Other Information:**

- Tell all of your health care providers, including your dentist, that you have a pacemaker.
- Carry the ID card your doctor gave you. This card has information about your pacemaker.
- Stay away from large magnets, such as those used for MRI tests.
- Avoid leaning into a car engine or doing welding.
- Use cell phones on the opposite ear of where your pacemaker is placed.
- It is safe to use household appliances like microwave ovens, computers, toasters, hairdryers, and heating pads.
- You can safely pass through security at airports. Be sure to have your pacemaker ID card with you.

Kalkaaliso ayaa kuu sharxi doonta sida uu qalabka wadnaha caawiya u shaqeeyo, ka jawaabi doonta su'aalaha kuuna sharxi doonta hubinnada qalabka wadnaha caawiya. Ma awoodi doontid in aad dareento inuu qalabka wadnahaaga caawiya shaqaynayo. Waxaad awoodi doontaa in aad maqaarkaaga ka dhex aragto muuqaalka qalabka. Ha xoqin meesha uu qalabku jirto.

### **Marka aad Guriga joogto**

- Ballan la dhigo takhtarkaaga si uu ula socdo daryeelkaaga.
- Takhtarkaaga kala hadal xaddididda hawlaha. Takhtarkaagu wuxuu kuu sheegi in aad:
  - Xaddiddo dhaq-dhaqaaqa gacantaada dhinaca qalabku ku xiran yahay.
  - Gacantaada ka sarreysiin madaxaaga.
  - Ha riixin, soo jiidin ama qaadin wax ka culus 10 pounds ama 4 kiillogaraam.
  - Shaqada ha ku noqon ama baabuur ha wadin.
- Waad maydhan kartaa. Biyuhu ha dul mareen meesha la qalay, laakiin meesha la arbushin. Ku engeji kor ka taabasho.
- Meesha la qalay ha u isticmaalin looshan ama boolbare.

### **Xog Kale:**

- U sheeg bixiyaha daryeelkaaga caafimaadka, marka lagu daro takhtarkaaga ilkaha, in aad wadato qalabka wadnaha caawiya.
- Soo qaado kaarka aqoonsiga (ID) uu takhtarkaagu ku siiyey. Kaarka waxaa ku qoran war ku saabsan qalabka wadnaha.
- Ka fogow bir qabatooyin waaweyn, sida kuwa loo isticmaalo baaritaannada MRI.
- Ka fogow in aad ku foorarsato matoor baabuur ama aad wax alxanto.
- Telefoonada gacanta u isticmaal dhegta dhinaca kale ee aan ahayn meesha qalabku ku xiran yahay.
- Waa ammaan in la isticmaalo qalabka guriga sida maykoroweeef , kombuyuutarro, rooti kululeeye, timo engejiye, iyo kuwa kul-siinta.
- Waxaad si ammaan ah u mari kartaa nabadsugidda gegida dayuuradaha. Xaqiiji in aad wadato kaarka ID-ga qalabkaaga wadnaha.

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

- A temperature over 101 degrees F or 38 degrees C
- Swelling of your feet or ankles
- Tenderness around your pacemaker that gets worse
- Redness, swelling or drainage around your stitches
- Stitches that come apart
- Chills
- A cough
- Weakness or feel tired
- Skin that is itchy, swollen or has a rash
- Sadness

Call 911 **right away** if:

- You feel faint or are too dizzy to stand.
- You have chest pain that does not go away after a few minutes.
- Your bandage becomes soaked in blood.
- You have trouble breathing.

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

**Isla markiiba** takhtarkaaga wac haddii aad isku aragto:

- Heerkul ka sarreeya 101 darajo F ama 38 darajo C
- Cagahaaga ama anqawyada oo ku soo bararaya
- Kaar kaa haya meesha uu qalabka wadnuhu ku jiro kaasoo ka sii daraya
- Guduudasho, barar ama dheecaan ka soo burqanaya meeshii la tolay
- Meel la tolay oo kala furantay
- Qar-qaryo
- Qufac
- Tabar darro ama dareentid daal
- Maqaarka oo ku cun-cunaya, bararay ama finan ka soo baxaan
- Murugo

**Isla markiiba** wac 911 haddii:

- Aad dareento miyir beelid ama aad dawaqayso markaad istaagto.
- Aad leedahay feedho xanuun aan daqiiqado ka dib kaa tegeynin.
- Uu dhiig faashaddaada qooyo.
- Aad dhibaato ku qabto neefsashada.

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

Pacemaker. Somali

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