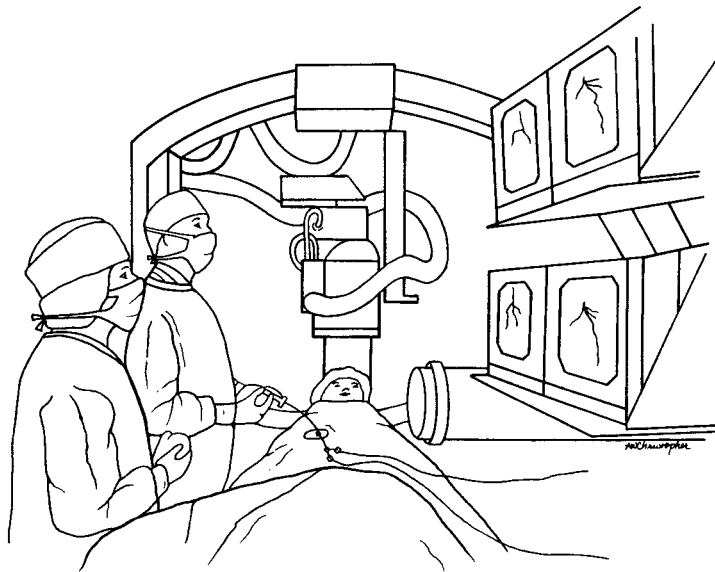


Heart Cath

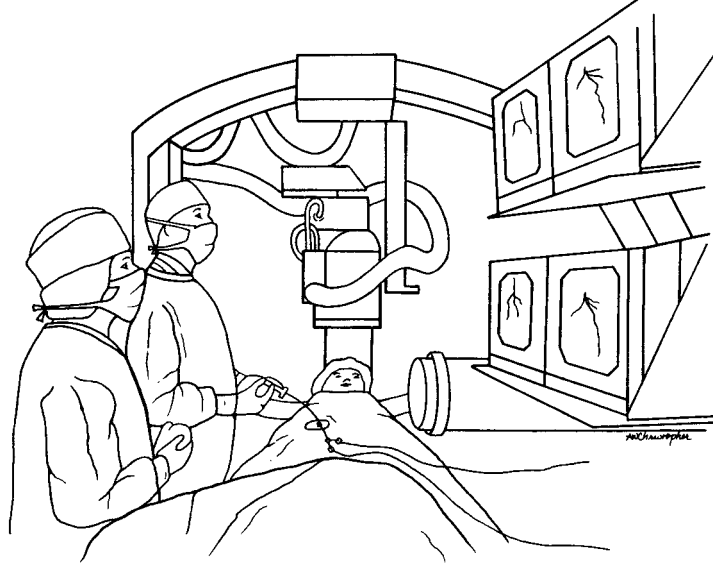


This test is also called a cardiac catherization or coronary angiogram. A heart cath shows blood vessels of the heart and the inside of the heart as it pumps. A tube called a catheter is put into a vein at the top of your leg in your groin or in your arm. It is then guided into your heart. Dye is put in through the catheter and x-rays are taken.

Arrive on time for your test. The test takes about 1-2 hours. Plan to be here about 4 hours to be checked after the test.

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or leave alone. Your family is to wait during the test.

Kateetarka Wadnaha



Baaritaankaan waxaa sidoo kale loo yaqaanaa cardiac catherization ama coronary angiogram. *Heart cath* wuxuu muujinayaa marinnada dhiigga ee wadnaha iyo gudaha wadnaha markuu dhiiggu ku soo shubmayo. Dhuun loo yaqaanno kateetar ayaa la galiyaa xididka meesha ugu sarreysa ee lugtaada ee bisqinleyda ama gacantaada. Ka dibna waxaa lagu haggaa wadnahaaga. Dheeh ayaa la mariyaa kateetarka ka dibna raajo ayaa laga qaadaa.

Wagtiga ku imow marka lagu baarayo. Baaritaanku wuxuu qaadanayaa ilaa 1-2 saacadood. Qorsheyso inaad meesha joogto ilaa 4 saacadood si lagu hubiyo baaritaanka ka dib.

Xubin qof weyn ah oo qoyska ka tirsan ama saaxiib ayaa loo baahan yahay iney ku soo raacaan si ay kuugu kaxeeyaan guriga baaritaanka ka dib. Ammaan kuuma ahan inaad baabuur waddid ama aad keligaa iska baxdo. Qoyskaagu waa iney ku sugaan inta lagu baarayo.

Heart Cath. Somali.

To Prepare

- Do not eat or drink anything, including water, after midnight before the test.
- Ask your doctor if you should take your medicines the morning of the test. If so, take with sips of water only.
- Tell the staff if you have allergies, have asthma, or are taking the medicine Glucophage.

During the Test

- You will wear a hospital gown.
- You may wear your hearing aids, dentures, and glasses. Remove nail polish and contact lenses.
- You lie on a table.
- An IV (intravenous) is put in a vein in your arm. Medicine may be given through the IV to help you relax.
- The catheter site, either your groin or your arm, is cleaned. Your groin is shaved if used.
- 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 during the test.
- The doctor numbs your catheter site. This stings for a few seconds. After this, you should only feel pressure and no pain.
- The lights are turned down so the doctor can see the screen.
- The catheter is put into your blood vessel and threaded into your heart.

Si aad isugu diyaarisid

- Waxna ha cunin hana cabin, marka lagu daro biyo, wixii ka danbeeya bartamaha habeenkii baaritaanka ka hor.
- Dhakhtarkaaga weydii haddii ay tahay inaad daawo qaadatid subaxa baaritaanka. Haddii ay sidaas tahay, kabbashooyin biyo ah oo keliya ku qaado.
- Shaqaalaha u sheeg haddii aad qabtid xajiin, asmo ama neef, ama qaadatid daawada Glucophage.

Waqtiga Baaridda

- Waxaad xidhan doontaa goonnada isbitaalka.
- Waxaad xidhan kartaa kaalmeeyeyaasha maqalka, ilkaha sanaaciga ah ee la iska bixin karo, iyo muraayadaha indhaha. Iska bixi dheeha ciddiyaha la mariyo iyo muraayadaha indhaha lagu dhejiyo.
- Miis ayaa lagugu seexinayaa.
- IV (xididka gudahiisa) ayaa la galinayaa xididka gacantaada. Daawada waxaa lagu siin doonaa IV si lagu seexiyo.
- Meesha kateetarka, bisqinleydaada ama gacantaada, ayaa la nadiifinayaa. Bisqinleydaada waa la xiirayaa haddii la isticmaalayo iyada.
- Cad yar oo koollo leh ayaa feedhaha lagaaga dhajinayaa si loo hubiyo wadnahaaga. Ragga, timaha xabadka ayaa laga yaabaa in loo baahdo in laga xiiro.
- Dhiig cabbiraha ayaa gacanta lagaaga xidhayaa. Cadaadiska dhiiggaaga iyo garaacidada wadnahaaga ayaa la hubin doonaa waqtiga baaritaanka.
- Dhakhtarku wuxuu kabuubinayaa meeshii kateetarka lagaa geliyey. Tan waxay ku xanuujin doontaa dhowr ilbidhiqsi. Taas ka dib, waa inaad cadaadis oo keliya dareentaa ee aadan xanuunsan.
- Nalalka waa la daminayaa si dhakhtarku uu shaashadda u arko.
- Kateetarka ayaa la galinayaa marinka dhiiggaaga ka dibna lagu tolayaa wadnahaaga.

- As the catheter passes into your heart, you may feel skipped heartbeats or fluttering. Tell your doctor, but do not be scared. This is common.
- Dye is injected. You may feel hot or flushed for a few seconds.
- X-rays are taken as the dye moves through your blood vessels. You may be asked to hold your breath at times.
- Tell the staff if you feel any pain during the test.
- When the test is done, the catheter is removed. Pressure is put on the site for 10-20 minutes so it does not bleed. A stitch or plug may be used to close the site. A clamp is put on for about 1 hour to stop bleeding. A bandage is put over the site after the clamp is removed.

After the Test

- You will be taken to another bed. You will rest for about 4 hours.
- Staff will check you often.
- Keep your leg or arm straight to prevent bleeding.
- Tell your nurse right away if the site swells or bleeds, or if you feel pain, numbness, or tingling in your leg or arm.
- You can eat and drink.
- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- Test results are sent to your doctor. Your doctor will share the results with you.

Your Care at Home

- Marka kateetarka loo gudbiyo wadnahaaga, waxaa laga yaabaa inaad dareentid in wadne garaacaaga laga booday ama wax loo buunbuuniyey. Dhakhtarkaaga u sheeg, laakiin ha cabsan. Tani waa mid caam.
- Dheeh ayaa lagugu durayaa. Waxaa laga yaabaa inaad kuleyl dareentid ama jidhkaagu casaado dhowr ilbidhiqsi.
- Raajooyin ayaa lagaa qaadayaa marka uu dheehu marinnada dhiigga dhex galo. Waxaa laga yaabaa mararka qaarkood in lagu weydiiyo inaad neefta ceshato.
- Shaqaalaha u sheeg haddii aad dareentid wax xanuun ah waqtiga baaritaanka.
- Marka baaritaanka la sameeyo, kateetarka waa lagaa saarayaa. Cadaadis ayaa la saarayaa meesha ilaa 10-20 daqiiqadood si markaas aysan u dhiigin. Tolid ama fur ayaa laga yaabaa in la isticmaalo si loo xiro meesha. Bir isku haysa ayaa la geliyaa ilaa 1 saac si loo joojiyo dhiigbaxa. Faashad ayaa meesha lagu dhejiyaa ka dib marka birta isku haysa laga saaro.

Baaritaanka ka dib

- Waxaa lagu qaadi doonaa sariir kale. Waxaad ku nasan doontaa ilaa 4 saacadood.
- Shaqaalaha ayaa badanaa ku soo hubin doona.
- Lugahaaga ama gacmahaaga toosi si aad uga hortagtid dhiigbax.
- Isla markiiba kalkaalisadaada u sheeg haddii ay meeshu bararto ama dhiigto, ama haddii aad dareemeysid xanuun, kabuubiso, ama kilkilo lugta ama gacanta.
- Wax waad cuni kartaa waxna waad cabbi kartaa.
- Daawooyinka lagu siiyo waqtiga baaritaanka waxay kaa dhigi karaan mid hurdeysan. Waxaad u baahan doontaa in xubin qof weyn ah oo qoyska ka tirsan ama saaxiib uu guriga kuu kaxeeyo taasoo ammaankaagu ku jiro.
- Natiijooyinka baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaagu wuxuu kula wadaagi doonaa natiijooyinka.

Daryeelkaaga Guriga

Heart Cath. Somali.

Today

- Rest at home.
- Limit stair climbing.
- Drink 8 cups or 2 liters of liquids (non-alcoholic) to flush the dye out of your kidneys.
- Eat your normal diet.
- Remove the bandage at bedtime and put on a clean band-aid.
- Keep the site dry. Do not shower or bathe.

Other Care

- Do not take a tub bath for 1 week after the test. You can take a shower. Do not scrub the site.
- Do not take the medicine Glucophage (metformin) for 2 days after the test.
- Do not drive for 2-3 days.
- Do not exercise, run, or lift objects over 10 pounds or 4.5 kilograms for 3 days after the test.

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

- Bleeding at the site that will not stop
- Fever or chills
- Numbness or weakness
- Confusion or you are less alert
- Swelling, redness, more bruising, or tenderness at the site
- Drainage or warmth at the site

Maanta

- Guriga ku naso.
- Xaddid jaranjaro fuuliddaada.
- Cab 8 koob ama 2 litir oo dareere ah (aan aalkolo ahayn) si aad dheeha kelyahaaga uga soo saartid.
- Cuntadaada caadiga ah cun.
- Faashadda iska saar, waqtiga aad sariirta tegaysid waxaad saartaa sharooto nadiif ah.
- Meeshu ha engegnaato. Ha qubeysan ama ha maydhan.

Daryeelka Kale

- Tubbo ha ku qubeysan ilaa 1 toddobaad baaritaanka ka dib. Midda sida roobka oo kale ah waad ku maydhan kartaa.
- Markaad qubeysanayso, sharootada iska bixi. Meesha ha xoqin. Waxaad ku dhejin kartaa sharooto nadiif ah ama sideeda ayaad isaga dhaafi kartaa iyadoon la daboolin.
- Ha qaadan daawada Glucophage (metformin) ilaa 2 maalmood baaritaanka ka dib.
- Baabuur ha wadin ilaa 2-3 maalmood.
- Jir-dhis ha sameynin, ha ordin, ama ha qaadin walxo ka culus 10 rodol ama 4.5 kiiloilaa 3 maalmood baaritaanka ka dib.

Isla Markiiba dhakhtarkaaga wac Haddii ay:

- Meeshu ku dhiig baxayso kaasoo aan istaageynin
- Qandho ku hayso ama aad qar-qarayso
- Kabuubyo ama daciiftinnimo ku hayso
- Jahawareer ama aadan feejigneyn
- Barar, casaansho, nabro dheeraad ah, ama jileec meesha
- Dheecaan ka soo burqanaya ama diirranaan meesha ah

- Coldness or paleness of the foot or hand
- Problems moving your toes or fingers
- Sharp pain or stinging at the site

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

- Qaboobid ama midab beelidda cagta ama gacanta
- Dhibaatooyinka dhaqaajinta suulashada ama faraha
- Xanuun daran ama xanuun meesha ah

Haddii aad dhiigbaxaysid taasi ma joojineyso ama meel bararsan oo sii weynaata oo meesha, **aad si ballaaran u seexatid, cadaadi meesha ka dibna wac 911.**

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

Heart Cath. Somali.

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