

PATIENT EDUCATION

Tilmaamaha U Diyaargaroowga Sawir Laga Qaado Qeybta Sare ee Caloosha (EUS)

Waa muhim in aad raacdo tilaamamaha u diyaargaroowga EUS Mindhicradaadu waa in ay marnaadaan, si dhakhtarku u arki karo xilliga baaritaanka EUS.

U diyaar garoowga EUS

- Maalinta ka horeysa EUS, waxaa lagaa doonayaa in aad biloowdo diyaarinta caloosha
- Fadlan raac tilmaamahan dhamaantood si taxadar leh. Haddii aadan si wanaagsan u raacin tilmaamaha, waxaa suurogal ah in balantaada dib loo dhigo.

Macluumaadka Daawada

Waxaa laga yaabaa in lagaa doonayo in aad joojiso qaar ka mid ah daawooyinka aad qaadato ama aad wax ka bedesho baaritaanka ka Eegitaanka Mindhicirka Yar.

- **Dhiig Khafiifiyayaasha**
 - Sida (warfarin), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Pletal (Cilostazol), Brillinta (Ticagrelor), Eliquis (Apixaban), Effient (Prasugrel), Plavix (Clopidogrel), Asbiriin and.
 - Waa in aad latashataa dhakhtarka daawada kuu qoray ama qof ku takhasusay ugu yaraan 2 todobaad ka hor xilliga balanta EUS. Ha joojin qaadashada daawada adiga oo aan ogolaasho ka helin dhakhtarkaaga.
- **Daawada Insuliinta iyo Macaanka (Sokoroowga)**
 - Fadlan la xiriir dhakhtarkaaga la socda heerka sokortaada. Waxaa laga yaabaa in loo baahdo in wax laga bedelo taasoo ku xiran cuntada aad cunto ee loo baahan yahay nadiifinta caloosha. Ha joojin qaadashada daawada adiga oo aan ogolaasho ka helin dhakhtarkaaga.

□ Imaatinka Isbitaalka ee Subaxa/Galabta

(6:30 aroornimo ilaa 3:45 galabnimo)

Maalinta EUS-kaaga

- Xusuusnoow, waa in calooshaadu marnaataa oo aadan cunin cunto adag si dhakhtarkaagu u arki karo goobta.
- Waxa aad cunto adag cuni kartaa ugu dambeyn sideed saacadood ka hor balantaada dhakhtarka.
- Waxa aad cabi kartaa biyo ugu dambeyn laba saacadood ka hor balantaada dhakhtarka.
- Biyaha cad waxaa ka mid ah:
 - Biyo, qaxwe madoow, ama shaah (aan caano ama boolbire laheyn), maraq cad ama baroodo cad, Gatorade, biyo ubriya kuwa aan ubrin (Coke, Sprite), cabitaan casiir aan miro laheyn (tufaax, cinabka cad, karambari cad), Jell-O, ama jalaato baraf. **Xusuusnoow: HA CABIN CABITAAN CASAAN AMA MIDABKA HURDIGA AH.**
- Ka fogoow cabitaanka casaanka ama hurdiga ah, caanaha, casiirka boritiinka ah, cabitaan ay alkolo ku jirto, iyo isticmaalka maandooriyayasha. Istimalka tani waxa ay keeni kartaa in laga noqdo baaritaanka.
- Waxaa laga yaabaa in aad qaadan karto Aasbiriinka sida dhakhtarku kuugu qoray adiga oo biyo ku kabanaya.

Fariin/Tilmaamo gaar ah: