



Calool-istaagga Kadib Qalliinka

Muxuu u dhacaa maxaanad samayn kartaa

Waraaqadan waxay sharxaysaa sababta uu caadi u yahay calool-istaaggu kadib qalliinka, waxaana ku qoran talooyin caawimo leh si loo yareeyo calool-istaagga.

Waa maxay calool-istaag?

Calool-istaaggu waa marka dhaqdhaqaaqa calooshu yaraado oo saxaradaaduna adkaato. Calaamadaha waxa kamid ah xanuun uur-kujirta, dibbiro, barar, iyo inay saxaradu ku dhibto marka aad saxaroonayso.

Waa caadi inaad qaaddo calool-istaag kadib qalliinka. Tani waxay keeni kartaa xanuun ilaa aad caadigaaga ku soo noqoto.

Maxaa keena calool-istaagga kadib qalliinka?

Dheefshiidkaaga ayey dhici kartaa inuu gaabiyo oo ay calooshu iskaa taagto marka:

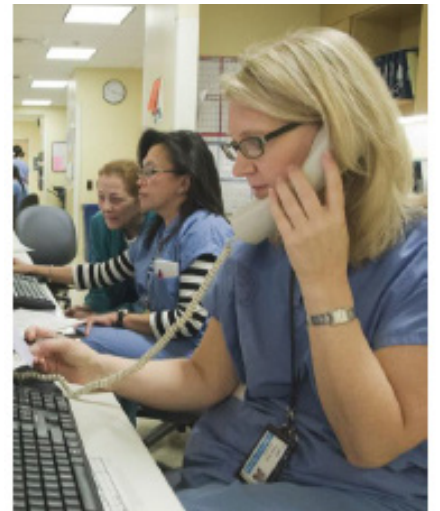
- Isbeddello ku dhacaan sidii aad wax u cuni jirtay
- Waxaad qaadataa daawooyinka xanuunka loo qoro
- Ma tihin qof u firfircoon sidii hore

Talooyinka lagu Yaraynayo Calool-istaagga

- **Qaado saxaro jilciyaha**
dhakhtarkaagu kuu qoray. Kani sida badan waa docusate (Colace).
- **Kordhi dareeraha aad cabto.**
Tani waxay kaa caawinaysa saxaradaadu inay jilicdo. Cab 6 ilaa 8 galaas (8 wiiqiyadood mid kasta yahaya) oo biyo ah maalintii. Kan waxa kuu dheer dareerayaasha kale ee aad ku cabto cuntada.

Waxaad sheegi kartaa inaanad cabbayn waxa kugu filan haddii:

- Xaddiga kaadidaadu ay ka yar tahay caadiga
- Kaadidaadu madow noqoto ur kululna yeelato
- Aad dareento dawakh marka aad istaagto



Fadlan wac si aad ula hadasho kalkaalisu haddii aad su'aalo ama tabashooyin ka qabto is-daryeelkaaga guriga.

- **Cun cuntooyinka ay ku badan tahay hushku/gasku.** Qaabka ugu fudud ee hush loo helo waa cunista siiriyaalka quraacda. Raadso cuntooyin uu ku jiro hush ah 5 garaam ama ka badan nafarkii. Inta hush kujirta waxay ku qoran tahay macluumaadka nafaqada ee dhinaca sanduuqa siiriyaalka. Qaar kamid ah siiriyaalada hushku ku badan yahay waxa kamid ah Spoon Size Shredded Wheat, All-Bran, and Oat Bran.

Cuntooyinka kale ee hushku ku badan yahya waxa kamid ah lawska qallalan ee bilaa milicda ah, rootiga badarka isku-dhan, waxyaalaha kale ee badarka isku-dhan ah, baarisnibis, cinabka cad ama cas, kaantaluub, faasuuliyaha kallida ama noocyada kale ee faasuuliyaha, digirta, iyo jajabka.

- **Isku day inaad wax cunto, gaar ahaan quraacda, wakhti isku mid ah maalin kasta.** Tani waxay caawinaysaa in saxaradaadu jadowalkii caadiga ku soo noqoto.
- **Haddii dhakhtarkaagu dhaho waa sax inaad cabto kafee, subixii woxogaa cab.** Kafeegu wuxuu caawiyaa dhaqaajinta calooshaada. Kafeega kafinta leh sidoo kale waa sidaa.
- **Cab juuska buruun** (qabow ama diirimaad) xilliga quraacda.
- **Lugee ama jimicsiyo kale same kadib quraacda** si aad u caawiso cuntadu inay dhex socoto mindhicirkaag yar.
- **Haddii aad dareento rabitaan, ka soco.** Dadka intooda badan waxay dareemaan rabitaanka inay saxaroodaan kadib ilaa 20 daqiiqo kadib quraacda.
- **Ha dul fadhiisan musqusha oo buug akhriyin.** Dul fadhiga musqusha mudda dheer waxay horseedi kartaa barar xanuun badan ama babaasiir. Sug ilaa aad dareemayso rabitaanka inaad saxarooto, kadib dul fadhiiso musqusha.

Su'aalo?

Su'aalahaagu waa muhiim. Wac dhakhtarkaaga ama daryeelaha caafimaadkaaga haddii aad qabto su'aalo ama danayn.

Maalmaha toddobaadka laga bilaabo 8 g.h. ilaa 5 g.d., wac Xarunta Takhasuska Qalliinka (Surgical Specialties Center):
206.598.4477.

Kadib saacadaha shaqada iyo maalmaha fasaxa ee toddobaadka iyo ciidaha, wac 206.598.6190 oo codso qofka heeganka kujira si Qalliin loo baadho.

Ama, ka codso dhakhtarka in la baadho:

Calool-jilciyayaasha

Mararka qaar kadib qalliinka, calool-jilciye ayaa kaa caawin kara inaad saxarooto. Waxaad kaga iibsan kartaa daawooyinka bilaa dhakhtar farmasiga:

- **Caanaha dareeraha Magnesia:** Ayaa ku anfacaysa habeenka oo dhan.
- **Biscodyl-ka dabada la iska galiyo:** Waxay shaqaysaa ilaa 20 daqiiqo.
- **Fleets enema:** Waxay shaqaysaa ilaa 15 daqiiqo.

Haddii aad isticmaashay saxaro jilciye kale kahor intaanu si ficcan u shaqayn, waydii kalkaalisadaada haddii ay fikrad ficcan tahay inaad isticmaasho markale.

Goorta la Waco

Ka wac Xeeldheerayaasha Qalliinka (Surgical Specialties) 206.598.4477 haddii:

- Aad leedahay saxarood aad u yar marka loo eego sidii kuu caadiga ahaan jirtay.
- Ay calooshu ku bugto oo aad matagayso.
- Aad dareemayso dawakh marka aad sara-joogsato.

Constipation After Your Operation

Why it happens and what you can do

This handout explains why it is common to become constipated after surgery, and offers helpful tips to decrease constipation.

What is constipation?

Constipation is when your bowels move less often and your stools are more firm. Symptoms include abdominal discomfort, bloating, swelling, and having to strain when having a bowel movement.

It is common to become constipated after having surgery. This can cause discomfort until you get back to your regular schedule.

What causes constipation after surgery?

Your digestion may work more slowly and you can get constipated when:

- There are changes in your usual eating habits
- You are taking prescription pain medicines
- You are not as active as usual

Tips to Decrease Constipation

- **Take the stool softener** that your doctor prescribed. This is usually docusate (Colace).
- **Increase how much liquid you drink.** This helps keep your stools soft. Drink 6 to 8 glasses (8 ounces each) of water every day. This is besides the other liquids you drink with your meals.

You can tell you are not drinking enough if:

- The amount that you urinate is less than normal
- Your urine is dark-colored and strong-smelling
- You feel dizzy when you stand up



Please call to talk with a nurse if you have any questions or concerns about your self-care at home.

- **Eat foods that are high in fiber.** The easiest way to get fiber is by eating breakfast cereal. Look for brands with a fiber content of 5 grams or more per serving. Fiber content is listed with the nutrition information on the side of the cereal box. Some high-fiber cereals include Spoon Size Shredded Wheat, All-Bran, and Oat Bran.

Other foods high in fiber include dry and unsalted peanuts, whole wheat bread, other whole-grain products, parsnips, white or red grapefruit, cantaloupe, cooked carrots, prunes, peas, baked beans, kidney and other beans, lentils, and split peas.

- **Try to have meals, especially breakfast, at the same time each day.** This helps get your bowels back on a regular schedule.
- **If your doctor says it is OK for you to drink coffee, have some at breakfast.** Coffee helps move your bowels. Decaf coffee works, too.
- **Drink prune juice** (cold or warm) at breakfast.
- **Walk or do other exercise after breakfast** to help food move through your intestines.
- **If you feel the urge, try to go.** Most people feel the urge to have a bowel movement about 20 minutes after a meal.
- **Do not just sit on the toilet and read a book.** Sitting on the toilet for a long time can cause painful swelling or hemorrhoids. Wait until you feel the urge to have a bowel movement, and then sit on the toilet.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Weekdays from 8 a.m. to 5 p.m., call Surgical Specialties Center: 206.598.4477.

After hours and on weekends and holidays, call 206.598.6190 and ask for the resident on call for Surgery to be paged.

Or, ask for your doctor to be paged:

Laxatives

Sometimes after an operation, a laxative can help your bowels start to move. You can buy these medicines without a prescription (“over the counter”) at any drugstore:

- **Milk of Magnesia liquid:** Works overnight.
- **Biscodyl rectal suppositories:** Work in about 20 minutes.
- **Fleets enema:** Works in about 15 minutes.

If you have used a different laxative before and it worked well, ask your nurse if it’s a good idea to use it again.

When to Call

Call Surgical Specialties at 206.598.4477 if you:

- Are having a lot fewer bowel movements than what is normal for you.
- Are sick to your stomach and throwing up.
- Feel dizzy or lightheaded when you stand up.