



ላፓራስኮፒክ መጥባሕቲ ናይ ፍሒኛ ሓምት

ብሽመይ ከም እትዳሎ ከምኡውን እንታይ ከም እትጽብ

እዚ መጽሓፍ ነቶም ፍሒኛ ሓምት ንምልጋስ ናይ ላፓራስኮፒክ መጥባሕቲ ዝገበሩ ሕሙማት እዩ። እንታይ ከም እትጽብ፣ ንመጥባሕቲ ብሽመይ ከም እትዳሎ፣ ከምኡውን ንምስታይ ክብሽመይ ከም እትምድብ ይገልጽ።

መጥባሕቲ ላፓራስኮፒክ እንታይ እዩ?

ኣብ መጥባሕቲ ላፓራስኮፒክ፣ ናብ ሰውነትካ 4 ወይ ካብኡ ንላዕሊ ጨዳታት ይግበሩ። እዚ ሜላ ካብ ክፋት መጥባሕቲ ንኣሽቲ በሰላ ይገድፍ። ብተወሳኺ እዚን ቐልጡፍ ምስታይ ክህልወካ እዩ።



መጥባሕትኻ ኣብቲ Surgery Pavilion ኣብ University of Washington Medical Center ክካየድ እዩ።

ኣብ ላፓራስኮፒክ መጥባሕቲ ናይ ፍሒኛ ሓምት (ኮሌሳይስተክቶሚ)፣ እቲ መጥባሕቲ ዝገብረልካ ሓኪም ፍሒኛ ሓምትካ ንምልጋስ ፍሉይት መሳሪሒታት ክጥቐም እዩ። እዞም መሳሪሒታት በቶም ኣብ ከሰዐኻ ዝርከቡ ንኣሽቲ ጭንድሓት ክኣትዉ እዮም።

ኣብ እዞን መጥባሕቲ፣ ከሰዐኻ ብጋዝ ካርቦን ዲኦክሳይድ (CO₂) ክመልእ እዩ። እዚ ሓኪምካ ነቲ ከባቢ ብዝሓሸ ንክርእዮ መታን ንቐርብትካ ካብ ካልኣት ኣካላት ሓፍ የብሎ።

ብሽመይ ከም እትዳሎ

- **መድሃኒታት፡-** ንገሰ ሰሙን ቐድሚ መጥባሕትኻ ኣስጥሪን ወይ ደም ምርጋኡ ዝጸልዉ ካልኣት ፍርያት ኣይትዉሰዱ። ክልተ ካብዚኦም ኣይብጥርፎን (ኣድቪል፣ ሞትሪን) ከምኡውን ናፕሮክሲን (ኣሌቭ፣ ናፕሮሲን) እዮም። ንዝያዳ ሓበሬታ ተታሒዞ ዘሎ ወረቐት ተመልከት።
- **ምልዳይ፡-** እቲ ከም ልሙድ ዘይተላጹዮ ዝኾነ ክፋላት ናይ ኣካላትካ ኣይትላጹ። ብልሙድ ኣብ ጥቓ ናይ መጥባሕትኻ ዝርከብ ቦታ ትላጹ ምስ ትኸዉን፣ ነቲ ከባቢ ቐድሚ መጥባሕትኻ ን2 መዓልታት (48 ሰዓታት) ኣይትላጹ።
- **ገዛኻ ምኻድ፡-** ሓላፍነታዊ እኹል ሰብ ካብ ሆስፒታል ናብ ገዛ ብመኪና ንክወስደካ ከምዉን ኣብ ቐዳመይቲ ለይቲ ምሳኻ ንክጸንጉ መድብ። ካብ ሆስፒታል ንገዛኻ ባዕልኻ ክትዝዉር ወይ ታክሲ ወይ ኣውቶቡስ ንባይንኻ ክትወስድ ኣይትክእልን ኢኻ።

መዓልቲ ቕድሚ መጥባሕቲ

- **እትመጸሉ ሰዓት:-** ናይ ክፍሊ መጥባሕቲ (OR) መደብ ዝሰርዕ ቕድሚ ናይ መጥባሕቲኻ ምሽት 5 ዱ. ቐ. ክድወለልካ እዩ ከምኡውን ናብቲ ሆስፒታል መዓስ ከም ትመጽእ ክነግረካ እዩ። መጥባሕቲኻ ሰኒ ምስ ዝኸወን፣ እቲ መደብ ዝሰርዕ እታ ቕድሚኡ ዘላ ዓርቢ ክድወለልካ እዩ።
እዚ ደወል ብ5 ዱ.ቐ. ምስ ዘይድወለልካ፣ ናብ 206.598.6541. ደወል።
- **ሻወር:-** ሻወር ቕድሚ መጥባሕቲኻ ዘሎ ምሽት ዉሰድ። እቲ ነርሰኻ ዝሃበትካ ፍሉይ ናይ ጸረ-ነፍሳት ሳምና ተጠቐም።
 - ነቲ ፍሉይ ሳምና ኣብ ገጽካ፣ ጸጉርኻ፣ ወይ ናይ ብሕቲ ክፋላትካ **ኣይትጠቐመሉ።** ኣብዘም ከባቢታት ናይ ገዛእ ርእሰኻ ሳምናን ሻንጉን ተጠቐም (ምስቲ ሳምና ዝመጹ መምርሒታት ተመልከት)።
 - ንምንቕጽ ጽሑፍ ሽንግናታት ተጠቐም፣ ከምኡውን ጽሑፍ ክዳን ተኸደን።

ናይ መጥባሕቲ መዓልቲ

- **ሻወር ኣብ ገዛ:-** ኣብ ናይ መጥባሕቲኻ መዓልቲ ንግሆ ሻወር ዉሰድ። ንሻወርካ ኣብታ ቕድሚኡ ዝነበረት ምሽት ዝተጠቐምካሉ ተመሳሳሊ ስጉምታት ስዓብ።
- **መምቕ ኮቦርታ:-** ኣብቲ ሆስፒታል፣ ናብ ክፍሊ መጥባሕቲ (OR) ንክትከይድ ኣብ እትጸብዩሉ ግዜ ብናይ መምቕ ኮቦርታ ክንሸፍነካ ኢና። እዚ ሰውነትካ የምወቐ ከምኡውን ረኽሲ ኣብ ምክልኻል ይሕግዝ።

ድሕሪ መጥባሕቲ

ድሕሪ መጥባሕቲኻ ዘሎ ምሽት ወይ ዝቕጽል ንግሆ ናብ ገዛኻ ክትከይድ ኢኻ። ካብ ሆስፒታል ናብ ገዛኻ ዝወስደካ ሓላፍነታዊ እኹል ሰብ መድብ። ኣብታ ናይ መጥባሕቲኻ መዓልቲ ናብ ገዛ ምስ እትኸይድ፣ ኣብታ ቐዳመይቲ ምሽት እኹል ሰብ ምሳኻ ክሓድር መድብ።

ንዉሕስነትካ

ኣብ እዋን ከምኡውን ድሕሪ መጥባሕቲኻ እትወስዶ መድሃኒታት ብንጹር ክትሓስበሉ እትኸእል ዓቕሚ ይጸልዉዎ እዮም። ን24 ሰዓታት ድሕሪ መጥባሕቲኻ፡- ነዘም ዝስዕቡ ኣይትግበር፡-

- ኣይትዘወር
- ባዕልኻ ኣይትገዓዝ
- መሳሪሒታት ኣይትጠቐም
- ኣልኮሆል ኣይትስተ
ሕጋዊ ወረቓቕቲ ኣይትፈርም ወይ ኣገደስቲ ዉሳኔታት ኣይትወስን
- ንቕልዑ፣ ናይ ገዛ እንስሳታት፣ ወይ ንሓድ እኹል ሰብ ክንክን ዘድልዩም ሓላፍነት ኣይትወሰድ

ክንክን ዝተጨነቁ

- ጭንዳሎኽ ብገደ ፕላስቲክ ባንዲጅ ክሸፈን እዩ። 48 ሰዓታት ድሕሪ መጥባሕቲ ነቲ ፕላስቲክ ባንዲጅ ከተወጸኦ ከምኡውን ሻወር ክትወስድ ትክእል ኢኻ።
- ነቲ ፕላስቲክ ባንዲጅ ድሕሪ ምወጻእ፣ መዓልታዊ ሻወር ዉሰድ። ነቲ ናይ ጭንዳሎ ከባቢ **ኢይትፋትፍሓዮ**።
- ኣብ ትሕቲ እቲ ባንዲጅ፣ ጭንዳሎኽ ብጸዕዳ ፕላስቲር Steri-Strips ዝበሃሉ ክሸፈኑ እዮም። ድሕሪ ሓያሎ መዓልታት እዞም ፕላስቲራት ባዕሎም ክወድቑ እዮም።
- ንጭንዳሎኽ ኣብ ትሕቲ “መዓስ ከም እትድዉል” ተዘርዚሩ ዘሎ መዓልታዊ ንምልክታት ናይ ረኽቢ ፈትሾም።

መድሃኒታት

- ክሳብ 2 መዓልቲ ድሕሪ መጥባሕትኻ ኣፕሪን ወይ ካልእ ፍርያት ደም ምርጋእ ክጸልዉ ዝክእሉ **ኢይትዉሰድ**።
- ከም ዝተኣዘዘ መሰረት መድሃኒታትኻ ዉሰድ።
- ከም ዝተኣዘዘልካ መሰረት ናይ ወትሩ መድሃኒታትኻ ምዉሳድ ጀምር።

ናብ ስራሕ ተመለስ

ናብ ስራሕ ክትምለስ ጽቡቕ ስሚዒት ምስ ተሰምዓካ ተመለስ። ዝበዝሑ ሰባት ኣብ ዉሽጢ 1 ሰሙን ናብ ስራሕ ክምለሱ ይክእሉ።

መዓስ ከም እትድዉል

ነዚ ዝስዕብ ምስ ዝህልዉካ ናብ Nurse Advice Line (ነርስ መስመር ምኽሪ) ብ206.598.4477 ወይ ዶክተርካ ደዉል፡-

- መሸፈኒ ቕስልኻ ዘጠልቑ መድመይቲ ወይ ፈሳሲ
- ረስኒ ካብ 100.5°F (38°C) ንላዕሊ
- ምንቕጥቻጥ ከምኡውን ቕሪቕሪ
- ኣብ ጭንዳሎኽ ዝኾነ ምልክታት ናይ ረኽቢ፡-
 - ምቕያሕ ወይ ሕበጥ
 - እንዳገደደ ዝኸይድ ቻንዛ
 - ሕማቕ ዝጨኑ ፈሳሲ፣ ወይ ለዉጢ ኣብ ዓይነት ወይ መጠን ናይ ፈሳሲ
- ዕግርግር
- ተምላስ
- ብጫ ቐርበት (ጃዉንዲስ)
- ዝኾነ ሻቕሎታት ክሳብ ናይ ምክትታል ምብጻሕካ ክጽባይ ዘይክእል

ሕቶታት?

ሕቶትካ ኣገደስቲ እዮም። ሕቶታት ወይ ሻቕሎታት ምስ ዝህልዉካ ናብ ሓኪምካ ወይ ኣቕራቢ ክንክን ጥዕናኻ ደዉል።

ቐዳመ-ሰናብቲ ካብ 8 a.m. ክሳብ 4 p.m.፣ ነቐም ነርሳት ክኢላታት ናይ መጥባሕቲ መስመር ናይ ምኽሪ ኣብ 206.598.4477 ደዉል።

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Laparoscopic Gallbladder Surgery

How to prepare and what to expect

This handout is for patients who are having laparoscopic surgery to remove their gallbladder. It explains what to expect, how to prepare for surgery, and how to plan for your recovery.

What is laparoscopic surgery?

In *laparoscopic surgery*, 4 or more small incisions are made in your body. This method leaves smaller scars than *open surgery*. You should also have a faster recovery.

In laparoscopic gallbladder surgery (*cholecystectomy*), your surgeon will use special tools to remove your gallbladder. These instruments will be inserted through small incisions in your abdomen.

During surgery, your abdomen will be filled with *carbon dioxide* (CO₂) gas. This lifts your skin away from your organs so that your doctor can see the area better.



Your surgery will be done in the Surgery Pavilion at University of Washington Medical Center.

How to Prepare

- **Medicines:** Do **not** take aspirin or other products that affect blood clotting for 1 week before your surgery. Two of these are ibuprofen (Advil, Motrin) and naproxen (Aleve, Naprosyn). See attached sheet for more information.
- **Shaving:** Do **not** shave any part of your body that you do not already shave every day. If you normally shave near your surgical site, do not shave that area for 2 days (48 hours) before your surgery.
- **Going home:** Plan for a responsible adult to drive you home from the hospital and stay with you the first night. You cannot drive yourself or take a taxi or bus home alone from the hospital.

Day Before Surgery

- **Arrival time:** An OR (operating room) scheduler will call you by 5 p.m. the night before your surgery and tell you when to come to the hospital. If your surgery is on a Monday, the scheduler will call you the Friday before.

If you do not receive this call by 5 p.m., call 206.598.6541.

- **Shower:** Take a shower the night before your surgery. Use the special antibacterial soap your nurse gave you.
 - Do **not** use the special soap on your face, hair, or private parts. Use your own soap and shampoo on those areas. (See the directions that came with the soap.)
 - Use clean towels to dry off, and put on clean clothing.

Surgery Day

- **Shower at home:** Take a shower in the morning of your surgery. Follow the same steps as you did for your shower the night before.
- **Heating blanket:** At the hospital, we will cover you with a heating blanket while you wait to go into the OR. This warms your body and helps prevent infection.

After Surgery

You will go home the night after your surgery or the next morning. Plan for a responsible adult to drive you home from the hospital. If you go home the same day as your surgery, plan for an adult to stay with you the first night.

For Your Safety

Medicines you receive during and after your surgery will affect your ability to think clearly. For 24 hours after your surgery, do **not**:

- Drive
- Travel by yourself
- Use machines
- Drink alcohol
- Sign legal papers or make important decisions
- Be responsible for children, pets, or an adult who needs care

Incision Care

- Your incisions will be covered by plastic bandages. You can remove the plastic bandages and shower 48 hours after surgery.
- After removing the plastic bandages, shower every day. Do **not** scrub the incision site.
- Under the bandages, your incisions will be covered by white tapes called Steri-Strips. These tapes will fall off by themselves after several days.
- Check your incisions every day for the signs of infection listed under “When to Call,” below.

Medicines

- Do **not** take aspirin or other products that affect blood clotting until 2 days after your surgery (see attached sheet).
- Take your pain medicines as prescribed.
- Start taking your regular medicines as prescribed.

Return to Work

Return to work when you feel OK doing so. Most people can go back to work within 1 week.

When to Call

Call the Nurse Advice Line at 206.598.4477 or your doctor if you have:

- Bleeding or drainage that soaks your dressing
- A fever higher than 100.5°F (38°C)
- Shaking and chills
- Any sign of infection in your incisions:
 - Redness or swelling
 - Pain that is getting worse
 - Drainage that smells bad, or a change in the type or amount of drainage
- Nausea
- Vomiting
- Yellow skin (*jaundice*)
- Any concerns that cannot wait until your follow-up visit

Questions?

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

Weekdays from 8 a.m. to 4 p.m., call the Surgical Specialties Nurse Advice Line at 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 surgeon to be paged:

Dr. _____