

# Sifaynta kalyaha

## Dialysis

Dialysis is a treatment used when your body's kidneys stop working well. Extra fluids and wastes are removed from your body with dialysis. There are 2 types of dialysis:

- Hemodialysis
- Peritoneal dialysis

### Hemodialysis

With hemodialysis, small amounts of blood are pumped out of the body and through a dialysis machine that has a filter called an artificial kidney. This machine filters extra fluid and wastes from the blood. The blood is then pumped back into your body. Treatment can be given at a dialysis center or at home. Talk with your doctor and health care team about your options.

- Treatments take about 4 hours and are done 3 times each week in a dialysis center.
- Treatment at home is done more days of the week for shorter periods of time. Home treatment requires you and your partner to attend 3 to 8 weeks of training to learn to run the machine and to track your treatments.

For this treatment, there needs to be a site where the blood is taken out of the body and then returned to the blood stream. This is

Sifaynta kalyaha waa daawayn la adeegsado marka kalyaha jirkaagu si fiican u shaqayn waayaan. Dheecaan iyo wasaq dheeraad ah ayaa laga saaraa jirkaaga ayadoo la adeegsanaayo sifaynta kalyaha. Waxaa jiro 2 nooc oo sifaynta kalyaha ah:

- Sifaynta dhiiga loo adeegsado
- Sifaynta loo adeegsado dheecaanka

### Sifaynta dhiiga loo adeegsado

Marka la adeegsado sifaynta dhiiga loo adeegsado, cadad yaryar oo dhiig ah ayaa lagasoo shubaa jirkaaga kadibna la marsiiyaa mashiinka sifaynta kaasoo leh miire loogu yeero kalida macmalka ah. Mashiinka ayaa miiiraaya dheecaanka dheeraadka ah iyo wasaqda ku jirta dhiiga. Dhiiga ayaa intaas kadib dib loogu shubaa jirkaaga. Daawaynta waxaa lagu samayn karaa xarunta kalyo sifaynta ama guriga. Kala hadal dhakhtarkaaga iyo kooxda daryeelka caafimaadka dookhyada kuu furan.

- Daawaynada ayaa qaata ku dhawaad 4 saacadood waxaana la sameeyaa 3 jeer asbuucii waxaana lagu sameeyo xarunta sifaynta kalyaha.
- Daawaynta guriga lagu sameeyo ayaa la sameeyaa maalmo badan oo asbuuca ka mid ah waxayna qaataan muddo ka yar tan xarunta. Daawaynta gurigu waxay u baahan tahay in adigga iyo lamaanahaaga aad ka qaybgashaan 3 ilaa 8 asbuuc oo tababar ah aad ku baranaysaan sida loogu shaqeeyo mashiinka loolana socdo daawayntaada.

Marka daawadaan la adeegsado, waxaa jiro baahi loo qabo inaad joogo meel dhiiga laga qaado jirka kadibna lagu cesho dhiga jirka. Tan waxaa loogu yeeraa **gelitaanka**. Kadib

called an **access**. After the access is made and healed, 2 needles are inserted into the access. One needle draws the blood out and the other needle returns the blood to the body.

## Access Sites

There are three main types of access sites.

- **AV Fistula** – With minor surgery, an artery is joined to a vein under the skin. This is most often done in an arm.
- **Graft** – With minor surgery, a soft plastic tube is used to join the artery and vein under the skin.
- **A central catheter** – For temporary dialysis, the doctor can put in a catheter in a large vein, most often in the neck.

## Peritoneal Dialysis (PD)

With peritoneal dialysis, a catheter is put into the abdomen in surgery. The lining of your abdomen acts as a natural filter for your treatment.

Special fluid, called **dialysate**, is put into the abdomen through the catheter. The fluid stays in the abdomen for several hours, called dwell time. During this time, the body's extra fluid and wastes move from the blood in the lining of the abdomen to the fluid. This fluid becomes much like urine and it is then drained from the body through the catheter into a bag.

marka gelitaanka la sameeyo meeshuna bogsooto, 2 cirbadood ayaa la gashaa godka gelitaanka. Hal cirbad waxay soo jiidaysaa dhiiga halka cirbada kale ay dhiiga dib ugu celinayso jirka.

## Baraha Gelitaanka

Waxaa jiro sadex nooc oo waawayn oo baraha gelitaanka ah.

- **AV Fistula** – Marka qaliin yar la sameeyo kadib, halbawle ayaa lagu xariirshaa xididka dhiiga qaada hoosta maqaarka. Shaqadaan waxaa badanaa lagu sameeyaa gacanta.
- **Tuubada** – Qaliin yar kadib, tuubo jilicsan oo caag ah ayaa loo adeegsadaa in halbawle lagu xiro xididka dhiiga qaada hoosta maqaarka.
- **Tuubada xidid waynaha** – Kalyo sifaynta ku meel gaarka ah, dhakhtarka ayaa tuubo ku xariirin kara xidid wayn, oo badanaa ku yaala qoorta.

## Sifaynta loo adeegsado dheecaanka (PD)

Marka la adeegsado sifaynta dheecaanka loo adeegsado, tuubo ayaa la gashaa qaybta hoose ee caloosha ayadoo qaliin la samaynaayo. Xididada calooshaada ayaa ah sifeeyaasha dabiiciga ah ee daawayntaada.

Dheecaan qaas ah, oo loo yaqanao **dialysate**, ayaa lagu shubaa caloosha ayadoo lasoo marinaayo tuubada. Dheecaanka ayaa caloosha ku jira dhawr saacadood, oo loogu yeero waqtiga dagida. Inta waqtigaan lagu jiro, dheecaanka dheeraadka ah ee jirka iyo wasaqda ayaa lagasoo qaadaa dhiiga ku jira xididada caloosha waxaana lagu daraa dheecaanka. Dheecaanka ayaa noqda sida kaadida oo kale kadibna waxaa lagasoo dhuuqaa jirka ayadoo la adeegsanaayo tuubada waxaana lagu shubaa bac.

Clean fluid is then put into the abdomen, and the steps are repeated. Each drain and fill cycle is called an exchange and takes about 30 to 40 minutes.

A dialysis nurse would train you and a family member or friend for a week or two to learn how to do the exchanges and prevent infections. After training, most people are able to do peritoneal dialysis on their own.

Dheecaanka oo nadiif ah ayaa intaas kadib lagu shubaa caloosha, isla talaabooyinkaas ayaana lagu celceliyaa. Dheecaan kasta oo la qaado iyo mareeg kasto oo buuxin ah waxaa loogu yeeraa isdhaafsi waxayna qaadanaasaa 30 ilaa 40 daqiiqo.

Kalkaalisada kalyo sifaynta ayaa kugu tababaraysa adigga iyo qoyskaaga ama saaxiibkaa muddo asbuuc ama laba asbuuc ah inaad barataan qaabka isdhaafsiyada loo sameeyo iyo sida looga hortago caabuqyada. Kadib tababarka, dadka intooda badan waxay awoodaan inay sameeyaan kalyo sifaynta loo adeegsado dheecaanka si iskood ah.

There are 2 main types:

- **Continuous Ambulatory Peritoneal Dialysis (CAPD)** is done 3 to 5 times each day and the fluid stays in the abdomen for 4 to 6 hours or more. This can be done anywhere there is a clean, private area and does not require a machine.
- **Automated Peritoneal Dialysis (APD), also called Continuous Cycling Peritoneal Dialysis (CCPD)**, is done using a special machine called a cycler. The fluid stays in the abdomen for a shorter time, about 1½ hours. The machine is set up and the person is connected for 8 to 10 hours during the night. The machines fills and empties the abdomen while the person sleeps. The person is unhooked from the machine during the day.

Waxaa jiro 2 nooc oo ugu waawayn:

- **Kalyo Sifaynta loo adeegsado dheecaanka ee Joogtada ah (CAPD)** waxaa la sameeyaa 3 ilaa 5 jeer maalintii dheecaankuna wuxuu caloosha ku jirayaa 4 ilaa 6 saacadood ama ka badan. Shaqadaan waxaa lagu samayn karaa meel kasta oo aad ka helayso aag nadiif ah, oo gaar ah umana baahna mashiin.
- **Kalyo sifaynta loo adeegsado dheecaanka ee ootomaatiga ah (APD) oo sidoo kale loogu yeero kalyo Sifaynta loo adeegsado dheecaanka ee Mareegta Joogtada ah ku socda (CCPD)**, ayaa la sameeyaa ayadoo la adeegsanaayo mashiin gaar ah oo loo yaqaano cycler. Dheecaanka ayaa caloosha ku jiraaya muddo kooban, ku dhawaad 1½ saacadood. Mashiinka ayaa la shidaa qofkana waxaa lagu xariiriyaa 8 ilaa 10 saacadood xiliga habaynkii. Mashiinka ayaa buuxinaaya haddana wasaqda ka saaraaya caloosha inta qofku hurdo. Qofka waa laga saaraa mashiinka inta lagu jiro maalintii.

It can take time to get used to the feeling of the fluid in your abdomen. Some people feel bloated or full, but you should not feel any pain. Many people feel the same as usual, even with the fluid.

**Talk to the staff if you have any questions or concerns.**

Waxay qaadan kartaa waqti inaad dareento dheeraanka lagu shubaayo calooshaada. Dadka qaar ayaa dareema dibiro ama dharag, laakiin ma dareemaysid wax xanuun ah. Dad badan ayaa dareema caadi, xataa marka dheecaanka lagu shubaayo.

**La hadal shaqaalaha haddii aad qabtid wax su'aalo ah ama walaacyo ah.**