

Preparing for Your Surgery

There are some things you will need to do to get ready for your surgery.

Before Surgery

- Before surgery, you may be scheduled for some tests such as:
 - ▶ Physical exam
 - ▶ Blood tests
 - ▶ Chest x-ray
 - ▶ Electrocardiogram (ECG or EKG)
- Tell your doctor what medicines you are taking including prescriptions, over the counter medicines, vitamins and herbs.
- Your doctor may tell you to stop taking some medicines before your surgery.
- Ask your doctor if you should take any of your medicines the morning of your surgery.
- Call your doctor before surgery if you have an infection or other illness.
- Plan to have an adult family member or friend take you home when your doctor discharges you. It is not safe for you to drive or leave alone.

The Day Before Surgery

- If you are a smoker, do not smoke for at least 24 hours before your surgery.

U Diyaar Garowga Qalliinkaaga

Waxaa jira waxyaabo aad u baahan doonto si aad isugu diyaariso qalliinkaaga.

Qalliinka ka Hor

- Qalliinka ka hor, waxaa laga yaabaa in lagu qorsheeyo baaritaanno dhowr ah sida:
 - ▶ Baaritaanka jidhka
 - ▶ Dhiigga oo lagaa baaro
 - ▶ Raajo laab/xabad
 - ▶ Sawirka Korontada Wadnaha (Electrocardiogram) (ECG ama EKG)
- Takhtarkaaga u sheeg waxa ay yihiin daawooyinka aad qaadato marka lagu daro kuwa lagu soo qoray, kuwa aad iska soo iibsato, fitammiinnada iyo daawo geedoodka.
- Takhtarkaagu waxaa laga yaabaa in uu kuu sheego in aad joojiso qaadashada daawooyinka qaarkood qalliinka ka hor.
- Takhtarkaaga weydii haddii ay tahay in aad qaadato wax ka mid ah daawooyinkaaga subaxda lagu qalayo.
- Wac dhakhtarkaaga qalliinka ka hor haddii aad jeermis/caabuuq ama cudur kale qabtid.
- Qorsheyso in aad qof weyn oo qoyska ka tirsan ama saaxiib uu guriga kuu kaxeeyo marka uu takhtarkaagu qalliinka kaa soo saaro. Ammaan kuuma ahan in aad baabuur waddo ama keligaa iska tagto.

Maalinta Qalliinka ka Horreysa

- Haddii aad sigaar cabto, sigaar ha cabin ugu yaraan 24 saacadood oo qalliinka ka horreysa.

- **Do not eat or drink anything after midnight before your surgery.**
This includes water, gum and candy.
- Your doctor may need you to clean out your bowel before your surgery. Follow these steps if checked (✓):
 - Take a laxative as ordered by your doctor the day before surgery.
 - For the evening meal the night before surgery, drink only clear liquids. These include:
 - Water
 - Clear broth or bouillon
 - Clear fruit juices without pulp such as apple, white grape and lemonade
 - Clear drinks such as lemon-lime soda, Kool-aid or sport drinks
 - Coffee or tea without milk or nondairy creamer
 - Jello or popsicles
- You may be told to take a shower with a special soap called chlorhexidine gluconate (CHG) before your surgery. This soap may be given to you, or you will need to buy a 4-ounce bottle or larger of 4% CHG soap at a drug store. A common brand name for this soap is Hibiclens. There may be a store brand that costs less. Ask the pharmacist where to find it in the drug store. It is often with first aid supplies. You need to shower with CHG soap:
 - The day before your surgery
 - The morning of your surgery

Follow the instructions from your doctor or nurse on how to use CHG soap or ask for the handout, “Getting Your Skin Ready for Surgery.”

- **Waxna ha cunin waxna ha cabbin wixii ka danbeeya saqda dhexe habeenkii qalliinkaaga ka hor.** Tan waxaa ku jira biyaha, xanjada iyo nacnaca.
- Waxaa laga yaabaa in takhtarkaagu kaaga baahdo in aad iska soo nadiifiso saxarada qalliinka ka hor. Tallaabooyinkan raac haddii la xarriiqay (✓):
 - Calool jilciye u qaado sida uu takhtarku ku faray maalinta qalliinka ka horreysa.
 - Cuntada cashada habeenka qalliinka ka horreeya, cabitaanno cad oo keliya cab. Kuwaan waxaa ka mid ah:
 - Biyo
 - Maraq cad ama fuud
 - Casiir furuto oo cad oo aan lahayn qashir sida tufaax, canabka cad iyo liin
 - Cabitaannada cad sida soodhada liinta, Kool-aid ama cabitaannada isboortiga
 - Qaxwo ama shah aan caano ama labeenta aan caanaha ahayn aan lahayn
 - Jello ama jalaato qori oo midabeysan
- Waxa laga yaabaa in lagu sheego inaad ku qubaysatid saabuun gaar ah oo la yidhaahdo chlorhexidine gluconate (CHG) ka hor qalitaanka. Waxa laga yaabaa in lagu siiyo saabuuntaas, ama waxa aad u baahan kartaa inaad farmasiga ka soo iibsatid dhalo ah 4 wiiqiyadood (ounce) ama ka weyn oo ka kooban 4% saabuunta CHG. Magac ganacsi guud oo loo yaqaano saabuuntaas waa Hibiclens. Waxa laga yaabaa inuu jiro namuun u gaar ah dukaanka oo ka kharash yar. Badanaa waxa ay la wehelisaa alaabta gargaarka koowaad. Waxa aad u baahan tahay inaad ku qubeysatid saabuunta CHG:
 - Maalinta ka horeysa qalitaankaaga
 - Subaxa qalitaankaaga

Raac fariimaha uu ku siiyo dhakhtarkaagu ama kalkaalisadu ee ku saabsan sida loo isticmaalo saabuunta CHG ama weydiiso qoraalka yar ee la yidhaahdo, “Sida Maqaarkaaga Loogu Diyaariyo Qalitaan.”

The Day of Surgery

- If you are to take any of your medicines this morning, take them with small sips of water only.
- Take a shower before coming to the hospital. Shower with CHG soap if you were told to do so by your doctor.
- Bring these with you:
 - ▶ A list of the medicines, vitamins and herbs you take
 - ▶ Health insurance card or financial assistance form
 - ▶ Identification card
- Please leave valuable belongings at home.
- If you have any allergies to medicines, foods or other things, tell the staff.

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

Maalinta Qalliinka

- Haddii ay tahay in aad qaadato wax daawooyin ah subaxdaan, ku qaado oo keliya kabbashooyin yar oo biyo ah.
- Soo maydho ka hor inta aadan isbitaalka imaannin. Ku qubeyso saabuunta CHG haddii uu sidaas kuu sheegay dhakhtarkaagu.
- Waxyaabaha soo socda la imow:
 - ▶ Taxanaha daawooyinka, fitammiinnada iyo daawo geedoodka aad qaadatid
 - ▶ Kaarka caymiska caafimaadka ama foomka kaalmada maaliyadeed
 - ▶ Kaar aqoonsi ah
- Fadlan alaabta qiimaha leh kaga soo tag guriga.
- Haddii aad wax xasaasiyad/alerji ama diidmo ah u leedahay dawooyin, cunto ama waxyaabo kale, u sheeg shaqaalaha.

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

2005 – 9/2011 Health Information Translations

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Preparing for Your Surgery. Somali.