

Xanuunada Uur-ku-jirta ee Carruurta

(Qabsin xanuunada Suuragalka ah)

Maanta, cunugaada waxaa lagu soo arkay xanuun xagga uur-ku-jirta (caloosha) Xanuunada caloosha waa mid ay ku badan yihiin carruurta. Badankoodu waxaa xanuunka sabab u ah fayruus caloosha gala ama qaras (saxarada oo adkaata, qalalan). **Ma u maleynayo inuu cunugaaga qabo qabsin xanuun. Cunugaaga guriga ayuu aadi karaa.**

Waa maxay qabsin xanuunku?

Qabsinku waa kiish yar oo kasoo laadlaada mindhicirka weyn. Hadduu qabsinku bararo ama hurgumo ay ku dhacdo waxaa la yiraahdaa qabsin xanuun. Inta badan tani waxaa ku dareemaysaa sidii calool xanuun oo kale, sidaa darteed way adag tahay in la garto cudurka.

Haddii aanla daaweyn, qabsinku wuu dilaaci karaa oo wuxuu faafinayaa hurgun. Waxaanu ka saarnaa qabsinka hurgumada qaba sida ugu dhaqsiiyaha badan.

Abdominal Pain in Children

Possible Appendicitis

Today your child was seen for abdominal (belly) pain. Belly pain is common in children. Most often the cause of pain is a stomach virus or constipation (hard, dry stools). **We do not think your child has appendicitis. Your child may go home.**

What is appendicitis?

The appendix is a small pouch that hangs off the large intestine. If the appendix becomes swollen and infected, it is called appendicitis. This often feels like a stomach ache, so it can be hard to diagnose.

If not treated, the appendix could burst open and spread infection. We remove an infected appendix as soon as possible.

Haddii aad tahay qof dhaga la' ama maqalka kugu adag yahay, fadlan noo sheeg. Waxaan bixinnaa adeegyo lacag la'aan ah kana mid yihiin Turjubaanno luuqadda dadka dhagaha la' (ASL iyo SEE), Turjubaanno luuqadda Ingiriiska oo akbriya bishimmaha, TTY, Sammeecado taleefoon, qalab wax lagu qorto, iyo qalab qoraal ah.



Waa maxay astaamaha lagu garto qabsin xanuunka?

Calaamada ugu horreysa wuxuu u janjeermay xanuun haleela salka hoose ee caloosha. Inka badan 1 ilaa 2 maalmood ee xigta, xanuunku wuu darsan karaa. Astaamaha cusubi way sii kordhaan sida:

- Calool xanuun dhinaca midgeed ee hoose
- Rabitaanka cunada ayaa kaa luma
- Lalabo (xanuun dareemid calooshaada ah) iyo hunqaac (matagid)
- Ash-ash badni
- Xumad, badanaa 1 ilaa 2 maamood kadib.

Sidee baad ku ogaataa hadduu cunugu qabo qabsin xanuun?

Dhakhaatiirteenu waa kuwo u xirfadeysan helida haddii cunugu qabsin xanuun qabo. Ugu horreyn waxaynu weydiinaa su'aalo oo waxaanu sameynaa baaris jirka ah. Waxaynu sameyn karnaa baaris dhiig iyo kaadi. Waxaa kale oo aan sameyn karnaa baaris Uultrasoon (isticmaalida dhawaqa mowjadaha) ama sawirada CT (isticmaalida Raajo) lagu arko gudaha caloosha.

Xaaladaha naadirka ah, way soo deg-degi kartaa in la sheego hadey dhibaataadu qabsin xanuun tahay. Haddii sidaa tahay, waxaan ku talo bixin karnaa in la sameeyo baaris kale 24 gudahood ah.

What are the symptoms of appendicitis?

The first sign tends to be pain around the belly button. Over the next 1 to 2 days, the pain may get worse. New symptoms may develop such as:

- Belly pain on the lower right side
- Loss of appetite
- Nausea (feeling sick to your stomach) or vomiting (throwing up)
- Fussiness
- Fever, usually after 1 to 2 days.

How do you know if a child has appendicitis?

Our doctors are skilled at finding out if a child has appendicitis. First we ask questions and do a physical exam. We may do blood and urine tests. We may also do an ultrasound (uses sound waves) or CT scans (use X-rays) to see inside the belly.

In rare cases, it may be too soon to tell if the problem is appendicitis. If so, we may suggest returning for another exam within 24 hours.

Ma qaadaan Sawirada CT?

Sawirada CT waxaa loo isticmaalaa Raajo inay ka qaadaan sawiro jirka gudihiiisa ah. Shucaaca kasoo baxaya sawirada CT waxay ku dari karaan oo halis ayey noqon karaan ilaa cimriga. Waxaa wanaagsan in laga fogaayo baaristan cunuga ilaa looga isticmaalo baahi cad mooye. Haddii aynu ubaahano in aan qaadno sawirka CT waxaan qaadi doonaa tallaabo qaas ah oo aynu xadeynayno shucaaca cunugaagu helayo.

Sidee baan guriga ugu daryeela cunugeyga?

Xanuunka cunugaagu waa inuu ku tagaa 24 saac ee xiga. Cunugaagu waa inuu nastaa kana fogaadaa hawlaha ad-adag ilaa uu ka ladnaanayo. Hubso in aad raacdo talooyinka dhakhtaarkaaga.

Daawooyinka

- Dhakhtarkaaga waxa uu kuu soo qori karaa daawada xanuunka, sida Tylenol (acetaminophen) ama Motrin (ibuprofen).
- Hasiin cunugaada daawada lalabada ama shubanka (jilicsan, saxaro biyo ah) ilaa uu dhakhtarkaagu kaaga qoro mooye.

Cuntada

- Sii cunugaada cunto oo u dabacsan caloosha. Tusaale: bariiska cad, rooti, maraq, caano fadhi, dheecaan khudaarta miroleyda ee aan buruqda laheyn iyo hilib jilcan.

Do you take CT scans?

A CT scan uses X-rays to take pictures of the inside of the body. The radiation from CT scans can add up and be harmful over a lifetime. It is best to avoid this test for a child unless it is clearly needed. If we need to do a CT scan, we will take special steps to limit the radiation your child receives.

How do I care for my child at home?

Your child's pain should go away over the next 24 hours. Your child should rest and avoid heavy activity until feeling better. Be sure to follow your doctor's advice.

Medicines

- Your doctor may prescribe pain medicine, such as Tylenol (acetaminophen) or Motrin (ibuprofen)
- Do not give your child medicines for nausea or diarrhea (loose, watery stools) unless prescribed by your doctor.

Food

- Give your child foods that are gentle on the stomach. Examples: white rice, bread, soup, yogurt, fruit juice without pulp, and tender meats.

- Ka fogow cuntooyinka adkeeya caloosha. Tusaale: dheecaanka liinta, lowska, iniinada, digirta, kalaankal iyo hilibka ladubay, cuntooyinka dufanta leh ama dhireysan.
- Inta uu xanuunka ka sii ladnaanayo, cunugaaga waxa uu ku laaban karaa cuntada gaarka loo diyaariyey ee caadiga ah (badanaa 1 ilaa 2 maalmood kadib).

Isla markiiba na soo wac haddii cunugaagu ku dhaco:

- Calool xanuun oo aan isbedel keeneyn ama ka sii daraya 24 ilaa 48 saac kadib
- Shuban, lalabo ama hunqaac bilowdo ama ka daro
- Heerkulka ay dhaafto 100.4°F (38°C) markii afka laga qaado.
- Calool barar
- Dhib ku qabid saxarada marka ay soo dhaafeyso (calool baxa) 3 ilaa 5 maamlmood kadib
- Itaaldari, wareer ama aad u hurdooda, daraandarid ama suuxid.

Wixii degdeg ah, wac 911.

Waxii macluumaad dheeraad ah:

Wac qadka la taliyaha kalkaalisada: 612-672-1065 ama Booqo www.pemguidelines.org

- Avoid foods that are hard on the stomach. Examples: orange juice, nuts, seeds, beans, processed tough meats or fried, fatty, spicy foods.
- As the pain gets better, your child may return to a normal diet (usually after 1 to 2 days).

Call right away if your child has:

- Belly pain that does not improve or gets worse over the next 24 to 48 hours
- Diarrhea, nausea or vomiting (throwing up) that starts or gets worse
- Temperature over 100.4°F (38°C) when taken by mouth
- Belly swelling
- Trouble passing stools (bowel movement) over the next 3 to 5 days
- Weakness, dizziness, or is very sleepy, confused or passes out.

In an emergency, call 911.

For more information:

Call nurse advisors' line: 612-672-1065 or

Visit www.pemguidelines.org