

Macluumaadka dhabar ka suuxinta (Epidural)

The Royal Women's Hospital Fact Sheet / www.thewomens.org.au



the women's
the royal women's hospital
victoria australia

Waa maxay dhabar ka suuxintu?

Dhabar ka suuxintu waxay ka dhigaysaa foosha mid xanuunkeedu sahlan yahay. Tuuba caag ah oo aad u yar, looguna yeero tuubada dhabar ka suuxinta, ayaa la geliyaa inta u dhexaysa lafta iyo xandulaha. Tuubadaas yar ayaa qofka laga siiyaa daawada suuxinta, iyada oo ka joojinaysa xanuunka neerfayaasha xandulaha. Taas ayaa qaboojisa xanuunka ilaa ilmuhu ka dhalanayo.

Waa maxay faaiidooyinka dhabar ka suuxintu?

- Waxaa laga yaabaa inaad dareento qaqabasho fooled oo aan xanuun lahayn.
- Haddii aad u baahan tahay in lagaa soo bixiyo ama la sameeyo qaliin degdeg ah si ilmaha lagaaga dhaliyo, dhabar ka suuxinta ayaa la isticmaalaa. Haddii dhabar ka suuxintu si fiican u shaqaynayso, wixii la qabanayo si degdeg ah ayaa loo bilaabi karaa.
- Haddii marka hore lagu geliyo tuubada dhabar ka suuxinta, badanaa macneheedu waa uma baahnid in lagu siiyo suuxin guud inta lagugu samaynayo qaliinka dhalinta waadna soo naaxaysaa marka ilmahaagu dhasho.

Cilmi baaristu waxay muujisaa:

- dhabar ka suuxintu wax ma yeesho ilmahaaga
- dhabar ka suuxintu ma siyaadiso fursadaada in lagugu sameeyo qaliin ilmaha lagu soo bixinayo oo degdeg ah
- dhabar ka suuxintu waxay sahashaa foosha iyo dhalida wayna dhaantaa irbada iyo kiniinga.

Qiyaas ahaan boqolkiiba 30 dumarka ku dhala Royal Womens Hospital, waxay doortaan in laga suuxiyo dhabarka.

Waa maxay dhibaatooyinka dhabar ka suuxintu?

- Waxaa laga yaabaa in cadaadiska dhiigaagu hoos u dego, taas oo kugu keeni karta wareer ama yaqyaqi. Waxaan eegi doonaa heerka dhiigkarkaaga marka dhabarka lagaa suuxiyo.
- Waxaad u baahan doontaa inaad sariirta sii oolaato sababtoo ah waxaa laga yaabaa in lugahaagu dareemaan culays iyo kabuubyo.
- Dhabar ka suuxintu waxay joojin kartaa dareenka ama rabitaanka. Waxaa laga yaabaa in tuba lagu geliyo, taas oo kaadi-haysta ka soo saaraysa kaadida.
- Waxaa laga yaabaa inaad dareento dhaxan, xumad ama iscuncun.
- Dhabar ka suuxintu waxa laga yaabaa in mararka qaarkood aanay ku siin xanuun la'aan guud. Haddii weli xanuun ku hayo xirfadlaha suuxinta ayaa laga yaabaa inuu siyaadiyo daawada suuxinta. Mararka qaarkood, aallada dhabar ka suuxinta ayaa u baahan karta in laga soo saaro oo hadana lagugu celiyo.
- In ka yar hal boqolkiiba dumarka ayaa yeesho madax xanuun siyaada ah maalmaha ku xiga dhabar ka suuxinta. Tan waa la dawayn karaa.

- Dhabar ka suuxintu mararka qaarkood waxay ka dhigi kartaa heerka labaad oo fuusha mid raagta waxayna siyaadin kartaa baahida loo qabo in ilmaha lagaa soo jiido si loo caawimo in ilmuhu dhasho.

Waa maxay khatarta dhabar ka suuxinta?

Khatarta	Ilaa intee dhacdaa?	
Cadaadiska dhiiga oo hoos u dhaca	badanaa	1 qof 20kii qofba
U baahasho suuxin siyaada ah	Badanaa	1 qof 8dii qofba
Madax xanuun	Ma dhacdo badanaa	1 qof 100kii qofba
Dhaawaca neerfaha	Aad u yar	In ka yar 1 qof 13,000kii qofba
Infakshan ku dhaca dhabarka/meningitis	Aad u yar	1 qof 50,000kii qofba
Xinjirawga dhiiga dhabarka	Aad u yar	1 qof 170,000kii qofba
Suuxinta oo u fida si aan la filayn	Aad u yar	1 qof 100,000kii qofba
Dhaawac aad u daran, sida qalal ama jirka oo dareen beella	Wax aad iyo aad u yar	1 qof 250,000kii qofba

Sidee lagu geliyaa dhabarka?

Xirfadlaha suuxdinta ayaa dhabarka geliya, waxayna qaadataa 20 daqiiqo.

Dabadeedna daawo ayaa laga siiyaa gacanta ama dhudhunka.

Waxaanu kaa caawimaynaa halka la gelinayo irbada suuxinta, adiga oo dhinac u jiifa ama fadhiya.

Daawo ka hortagta infakshanka ayaa la marinayaa qaybta hoose ee dhabarka si loo nadiifiyo maqaarka.

Daawada suuxinta ee goobta u gaarka ah ayaa lagu duraa dhabarka. Taasi waxay ku xanuunaysaa dhowr ilmiriqsi. Waxaad dareemaysaa sidii in wax ku mudaya marka la gelinayo aallada la geliyo dhabarka. Aad ayay muhiim u tahay inaad caadi tahay marka arrintaas la samaynayo si aad uga fogaato wax dhaawac ah oo ku dhaca neerfayaasha xandulaha.

Marka caaga dhabarka lagu suuxiyo lagu geliyo, waxaa laga yaabaa inaad ka dareento gariirka korontada dhabarkaaga iyo ilaa lugaha hoose. Tani waxay qaadanaysaa muddo yar ka dibna waa iska dhamaanaysaa. Waxba ku yeelli mayso.

Irbada waa laga soo bixin doona dhabarkaaga tuubada dhabarkana halkaas ayaa lagu dhejinayaa si aanay meesha uga soo bixin.

Marka daawada suuxinta tuubada lagu shubo, waxay qaadanaysaa qiyaas ahaan 20 daqiiqo inay shaqayso.

Su'aallaha iyo welwelka

La hadal dhakhtarkaaga uurka ama umulisada, kuwaas oo kuu qabanqaabin kara inaad la hadasho xirfadlaha suuxinta.

Women's Health Information Centre (WHIC) ayaa isaguna ku siin kara macluumaad kaalana hadli kara wixii welwel ah oo aad qabto. Telefoon u dir (03) 8345 3045 ama booqo WHIC dabaqa hoose oo ku dhow irida hore ee Royal Women's Hospital.



Interpreter

Waxaad xaq u leedahay mutarjum.


Weydii shaqaalaha daryeelka inay kuula hadlaan

Adeega Luqada una qabanqaabiyaan mutarjum ku caawima.

Dhamaan macluumaadka halkan ku yaalla waxay ahaayeen wax ku ool markii la qorayey.

Please direct correspondence to

Acute Pain Service
Anaesthetic Department
Royal Women's Hospital
Locked Bag 300
Parkville VIC 3052

 (03) 8345 2389

References

Pain relief during childbirth, The Royal Australian and New Zealand College of Obstetricians and Gynaecologists, Australian society of Anaesthetists, Edition 1, 14 Dec 2006.

Pain relief in Labour, Obstetric Anaesthetists' Association, 3rd Edition, January 2008.

Epidural Information Card, Obstetric Anaesthetists' Association, January 2008 Macintyre PE, et al, APM:SE Working Group of the Australian and New Zealand College of Anaesthetists and Faculty of Pain Medicine (2010), *Acute Pain Management: Scientific Evidence* (3rd edition), ANZCA & FPM, Melbourne.