

Before your operation

A guide for you and your family

English	ግብፅ
Why we do things this way Our hospital follows a recovery programme that helps you get better faster and go home sooner. It works best when you take part.	ለምን በዚህ መንገድ እንሰራለን ሆስፒታላችን በፍጥነት እንዲያገግሙ እና በቶሎ ወደ ቤትዎ እንዲመለሱ የሚረዳ የማገገሚያ ፕሮግራም ይከተላል። እርስዎ ሲሳተፉ በተሻለ ይሰራል።
Before you come in Walk for 30 minutes every day. Stand up from a chair 10 times, three times a day. Take 10 deep breaths every hour while you are awake. If you smoke, stop now.	ወደ ሆስፒታል ከመምጣትዎ በፊት በየቀኑ ለ ደቂቃ ይራመዱ። ከወንበር ላይ ጊዜ ይነሱ፣ በቀን ሶስት ጊዜ። ነቅተው እያሉ በየሰዓቱ ጊዜ በጥልቀት ይተንፍሱ። የሚያጨሱ ከሆነ አሁን ያቁሙ።
Eating and drinking You can eat until 6 hours before your operation. You can drink water, tea or coffee without milk, and juice without pulp, until 2 hours before. Do not starve yourself all night — it makes recovery harder.	ስለ መብላትና መጠጣት ከቀዶ ጥገናዎ ሰዓት በፊት ድረስ መብላት ይችላሉ። ውሃ፣ ያለ ወተት ሻይ ወይም ቡና እና ያለ ፍርፋሪ ጭማቂ ከ ሰዓት በፊት ድረስ መጠጣት ይችላሉ። ሌሊቱን ሙሉ አይራቡ ማገገምዎን ያስቸግራል።
The sweet drink We will give you a sweet drink the night before and again 2 hours before your operation. It reduces stress on your body and helps you recover. Please drink all of it.	ጣፋጩ መጠጥ ከቀዶ ጥገናው በፊት ባለው ምሽት እና ከ ሰዓት በፊት ጣፋጭ መጠጥ እንስጥዎታለን። በሰውነትዎ ላይ ያለውን ጫና ይቀንሳል እና እንዲያገግሙ ይረዳል። እባክዎ ሁሉንም ይጠጡ።
Pain We will give you several different pain medicines together, on a schedule, rather than only strong ones. Tell us your pain score honestly — being in pain stops you walking and eating, and that slows you down.	ስለ ሕመም ጠንካራ መድኃኒት ብቻ ከመስጠት ይልቅ የተለያዩ የሕመም ማስታገሻዎችን በመርሐ ግብር አንድ ላይ እንስጥዎታለን። የሕመምዎን ደረጃ በእውነት ይገሩን ሕመም መራመድና መብላት ያስቆምዎታል፣ ይህም ማገገምዎን ያዘገየዋል።
Your job after the operation Sit out of bed on the same evening. Eat and drink the next day. Walk a little, several times a day. Ask us to help you — that is what we are here for.	ከቀዶ ጥገና በኋላ ያለዎት ኃላፊነት በዚያው ምሽት ከአልጋ ወርደው ይቀመጡ። በማግስቱ ይብሉ እና ይጠጡ። በቀን ውስጥ ብዙ ጊዜ ትንሽ ትንሽ ይራመዱ። እንደንረዳዎት ይጠይቁን ለዚህ ነው እዚህ ያለው።
Bring with you All your medicines in their boxes. Loose comfortable clothes. Shoes you can walk in. This sheet.	ይዘው የሚመጡት ሁሉንም መድኃኒቶችዎን ከሳጥናቸው ጋር። ሰፊ ምቹ ልብስ። መራመድ የሚችሉበት ጫማ። ይህን ወረቀት።

Your operation	Date	Time to arrive	Stop eating at	Stop clear fluids at

Questions? Ask any member of the team. There is no such thing as a silly question about your own operation.
 Ward telephone: _____

Amharic text is a working draft — have it verified by a bilingual clinician before printing for patients.