

Daaweynta Cirrhosis

Iyada oo ku saleysan baahiyahaada

Adiga iyo bixiyaha xanaanada caafimaadkaaga waxaad ka hadli doontaan ikhtiyaarada daawayntaada. Kuwaas waxaa ka mid noqon kara:

- **Ku xaddid sodium in aan ka badnayn 2,000 mg maalin kasta, cun qaddarka saxda ah ee borotiinka adiga, oo cun cuntooyin yar oo badan.**
- **Endoscopy si loo helo loona daweeyo xididdada dhiigga ee bararsan (varices) ee caloosha ama hunguriga.** Tuubo dhuuban, dabacsan oo leh iftiin iyo kamarad ayaa afkaaga la gelinayaa, iyada oo la sii marinayo hungurigaaga (tuubada cuntada), iyo calooshaada habsocodkan. Xadhigyo yaryar ayaa laga yaabaa in lagu dhejiyo inta lagu jiro hawshan xididdada dhiigga ee barara si loo joojiyo socodka dhiigga loogana hortago dhiig-baxa. Tan waxaa loo yaqaan variceal banding.
- **Paracentesis si looga saaro dareeraha calooshaada haddii aad leedahay ascites.** Dhakhtarku wuxuu ku hagayaa irbad calooshaada gelisay si ay dareeraha uga soo nuuqdo, isagoo isticmaalaya mishiinka ultrasound si uu uga fogaado xubnahaaga. Dheecaannada waa laga saari karaa si ay u fududeeyaan raaxo-darrada oo ay u fududeeyaan neefsashada.
- **Beerka beddelka** ayaa loo baahan karaa haddii cirrhosis-ka aan lagu xakamayn daawaynta kale ama haddii beerku shaqada joojiyo.

Daawooyinka ugu badan

Bixiyahaagu waxa laga yaabaa inuu dalbo dawooyin, sida:

- **Diuretics**, oo sidoo kale loo yaqaan kaniiniyada biyaha, waxay ka shaqeeyaan inay yareeyaan dareeraha calooshaada iyo lugahaaga iyada oo loo marayo kaadida oo kordhaysa. Kooxdan daawooyinka waxaa ka mid ah:
 - bumetanide (Bumex)
 - eplerenone (Inspra)
 - furosemide (Lasix)
 - spironolactone (Aldactone)
 - torsemide (Demadex)

Diuretics-ku waxay yareeyaan dareeraha dheeraadka ah ee jidhkaaga waxayna wada shaqeeyaan si ay kaaga caawiyaan in heerka potassium-kaagu aad hoos ugu dhaco. -



- **Lactulose** Waxa loo isticmaalaa in lagu daweyyo waxyeellada dhinaca cirrhosis ee loo yaqaan hepatic encephalopathy (HE), xanuunkaas oo ay jirto luminta shaqada maskaxda marka beerka dhaawacan aanu ka saarin sunta, sida ammonia, dhiigga. Lactulose waa dareere macaan oo caloosha jilcisa (waxa ay jilcisaa saxarada waxayna keeni kartaa saxaro). Waxay u shaqeysaa iyadoo lagu xirayo ammonia ee mindhicirkaaga, taas oo markaa laga soo saarayo jidhka iyada oo la marayo saxaro. Tani waa sababta loogu taliyay in la sameeyo 3 ama 4 saxaro maalintii.

Talooyin ku saabsan qaadashada lactulose:

- “Hoos ka bilow oo tartiib u soco!” Ku bilaw qiyaas yar oo lactulose ah subaxdii, adigoo si tartiib ah u shaqeynaya ilaa qiyaasta guud ee aad u baahan tahay inaad sameyso 3 ama 4 saxaro maalintii. Tani waxay noqon kartaa 1 ilaa 3 qiyaasood oo lactulose ah maalintii. Haddii aad leedahay wax ka badan 5 saxaro maalintii, waxay u badan tahay inaad qaadaneyso lactulose badan.
- Dhibaatooyinka ay keento lactulose waxay noqon kartaa kuwo adag. Haddii ay dhibaato kaa haysato lallabbo, gaas, casiraad, xanuun, shuban, ama shilalka saxarada, fadlan wac rugtayada si aan kuu caawinno.
- Haddii aadan jeclayn dhadhanka lactulose, waxaad ku qasi kartaa dareerayaasha kale, sida Sprite, juice, iyo xataa caano.
- **Rifaximin** (Xifaxan) waxay la shaqeysaa lactulose si loo yareeyo isbeddellada fekerka ama jahawareerka.

Bixiyahaagu waxa laga yaabaa inuu ku dalbado dawooyin kale si:

- Loo yareeyo calaamadaha cirrhosis.
- Loo xadido dhaawaca beerka oo sii dheeraada.
- Loo yareeyo fayraska cagaarshowga ee jirka.

Qoraalkan waxa loogu talagalay ujeeddooyin macluumaad oo keliya. Kala hadal dhakhtarkaaga haddii aad wax su'aalo ah ka qabto daryeelkaaga.

Wixii macluumaad dheeraad ah oo caafimaad, tag wexnermedical.osu.edu/patiented ama la xidhiidh Maktabadda Macluumaadka Caafimaadka 614-293-3707 ama health-info@osu.edu. -

Treating Cirrhosis

Based on your needs

You and your healthcare provider will talk about your treatment options. These may include:

- **Limit sodium to no more than 2,000 mg each day, eat the right amount of protein for you, and eat smaller, more frequent meals.**
- **Endoscopy to find and treat swollen blood vessels (varices) in the stomach or esophagus.** A thin, flexible tube with a light and a camera is put into your mouth, through your esophagus (food tube), and into your stomach for this procedure. Small bands may be placed during this procedure on swollen blood vessels to stop blood flow and prevent bleeding. This is called variceal banding.
- **Paracentesis to remove fluid from your abdomen if you have ascites.** The doctor guides a needle into your abdomen to drain fluid, using an ultrasound machine to avoid your organs. The fluid can be removed to help ease discomfort and make breathing easier.
- **Liver transplant** may be needed if the cirrhosis is not controlled with other treatments or if the liver stops working.

Common medicines

Your provider may order medicines, such as:

- **Diuretics**, also known as water pills, work to reduce fluid in your abdomen and legs through increased urination. This group of medicines includes:
 - bumetanide (Bumex)
 - eplerenone (Inspra)
 - furosemide (Lasix)
 - spironolactone (Aldactone)
 - torsemide (Demadex)

Diuretics reduce extra fluid in your body and work together to help keep your potassium level from going too low.



- **Lactulose** is used to treat a side effect of cirrhosis called hepatic encephalopathy (HE), a disorder in which there is a loss of brain function when a damaged liver does not remove toxins, like ammonia, from the blood. Lactulose is a sweet liquid that is a laxative (softens stool and can cause bowel movements). It works by binding to ammonia in your gut, which is then expelled from the body through stool. This is why it is recommended to have 3 or 4 bowel movements a day.

Tips for taking lactulose:

- “Start low and go slow!” Start with a small dose of lactulose in the morning, working your way slowly up to the total dose you need to have 3 or 4 bowel movements a day. This may be 1 to 3 doses of lactulose a day. If you are having more than 5 bowel movements a day, you are likely taking too much lactulose.
 - Side effects of lactulose can be tough. If you are having trouble with nausea, gas, cramping, pain, diarrhea, or stool accidents, please call our clinic so that we can help you.
 - If you do not like the taste of lactulose, you can mix it with other liquids, like Sprite, juice, and even milk.
- **Rifaximin** (Xifaxan) works with lactulose to reduce changes in thinking or confusion.

Your provider may order other medicines to:

- Reduce symptoms of cirrhosis.
- Limit further liver injury.
- Reduce viral hepatitis in the body.

This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care. -

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.