

### **Vim li cas kuv tus me nyuam thiaj yuav tsum tau rau txoj kav raj pub khoom noj (gastrostomy)?**

Qhov kev txiav txim siab rau txoj kav raj pub khoom noj yog ib qho nyuab rau tsev neeg kawg nkaus. Niam txiv kuj txhawj xeeb tias tsam lawv tsis tuaj yeem ua tau raws li tus me nyuam qhov kev noj haus. Nws yog ib qho tseem ceeb uas tsev neeg yuav tsum paub txog tias qhov laj tawj dab tsi uas yuav tau siv txoj kav raj los pub khoom noj yog ntsig txog kev xiam oob qhab ntawm tus me nyuam, thiab tsis yog tias vim yog tsev neeg xav kom ua li no. Cov me nyuam uas tshwm sim muaj qhov xiam oob qhab, xws li **xiam oob qhab lub hlwb**, nws muaj qhov kev phom sij rau qhov teeb meem kev noj uas sib txawv. Peb lub hom phiaj loj ces yog pab tsev neeg nrhiav txoj hau kev los txiav txim qhov zoo tshaj plaws pab rau tus me nyuam. Cov laj thawj ua rau txoj kav raj pub khoom noj no yog muaj xws li:

- Loj qeeb (tab txawm yuav noj cov khoom noj tshwj xeeb). Cov me nyuam uas loj qeeb tej zaum yuav yog tsis tau noj txaus ua rau cob pob lawm. Qhov no yuav ua rau tus me nyuam muaj kev phom sij rau qhov muaj ntau yam teeb meem xws li: muaj feem kis tau kab mob zoo dua, tej qhov txhab yuav zoo qeeb dua tom qab phais mob tag, kho tej qhov nqaij to sab nraum daim tawv zoo nyuab thiab yuav tsis muaj zog uas muaj feem txhim kho lub neej tom ntej tau tsawg dua.
- Qhov tseem ceeb ntawm lub sij hawm thiab ua siab ntev koom tes nrog qhov pub khoom noj. Muaj coob leej lub paj hlwb muaj teeb meem kab mob txog qhov nqos khoom noj thiab

qhov no yog ib qho ua rau tsev neeg ntsib kev nyuab siab. Ua rau siv sij hawm ntev pub khoom noj yuav ua rau koj thiab koj tsev neeg tsis muaj sij hawm mus ua lwm yam hauj lwm.

- Kev Txham Khoom Noj. Kev txham khoom noj yog thaum cov khoom noj hauv lub qhov ncauj los sis lub plab nkag mus yuam kev rau txoj hlab pas los sis lub ntsws thaum tab tom noj khoom noj, ua rau muaj teeb meem rov txham khoom noj dua (kis kab mob, txham, lwm yam). Kev txham khoom noj yuav ua rau meem txom yuav ua rau koj tus me nyuam tsis kam noj khoom noj.

### **Txoj Kav Raj Gastrostomy Tubes (G-Tube) yog dab tsi?**

Gastrostomy Tubes yog ib txoj yas zooj, txoj kav raj quav tau mus los, uas yog muab ntxig mus rau hauv lub plab thiab siv ua qhov pub khoom noj rau cov neeg uas noj khoom noj nyuab.

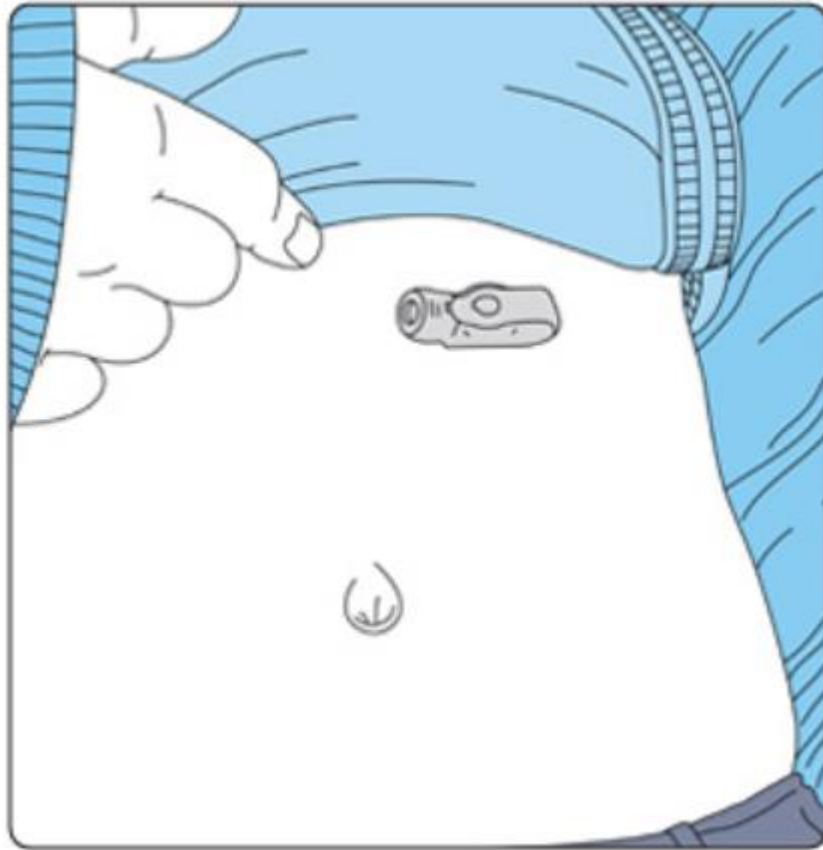
Txoj kav raj gastrostomy tubes yog lawv muab ntxig rau thaum phais mob. Ib qhov me me hu ua "stoma" los sis "gastrostomy" yog mus rau hauv plab. Txoj kav raj yuav muab zwm cia ntxig rau hauv lub qhov me me. Yog tias rho txoj kav raj, ces lub qhov yuav me zuj zus txog thaum rov xaws.

Txoj kav raj g-tube yuav muab ntxig rau tas li uas yog tsis noj mov pem qhov ncauj li lawm, los yog tsuas ntxig ib ntus txhawm rau pub khoom noj pab ua kua los sis thaum lub sij hawm muaj mob. Koj tus kws kho mob yuav qhia txog yam dab tsi uas tuaj yeem siv qhov ncauj noj thiab yam uas yuav tau muab ntim ntawm txoj kav raj mus.

Kev saib xyuas koj txoj kav raj ntim khoom noj yog ib qho yooj yim xwb. Koj tus neeg tu mob los sis koj tus kws kho moab yuav qhia koj txog kev hloov txoj kav raj hauv tsev. Nco qab ntsoov sau cia yog li koj thiaj tau coj los saib thaum yuav hloov.

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at 651-229-3890.



**Kuv tus me nyuam puas noj ntawm qhov ncauj tau yog tias rau txoj kav raj pub khoom noj rau lawm?**

Yog tias koj tus me nyuam noj es tsis txham ces yeej noj tau tas li ntawm qhov ncauj tom qab rau txoj kav raj rau lawm. Kev noj ntawm qhov ncauj yuav yog ib qho zoo dua vim nws yuav tsis muaj qhov nruj los yog tsam vim yog nws noj tau haum raws li tus me nyuam xav noj. Koj tus kws kho mob yuav qhia koj paub yog tias koj tus me nyuam tseem noj tau ntawm qhov ncauj los sis tseem nqos taus. (Muaj ib daim ntawv qhia txog tias yuav ua kom lub qhov ncauj ua hauj lwm li cas) Koj tus kws kho mob yuav qhia tias hom mis twg uas pub ntawm txoj kav raj.

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### **Txoj Kav Raj Puas Rau Mus Ib Sim?**

Muaj ib txia me nyuam nws yuav rov noj tau khoom noj ntawm qhov ncauj. Yog zoo li no, ces txoj kav raj tshem tau tawm thiab lub qhov cev yuav muab xaws rau.

### **Kuv tus me nyuam yuav nyob hauv tsev kho mob ntev npaum cas?**

Tom qab tso txoj kav raj rau koj tus me nyuam lawm, koj tus me nyuam yuav tau pw hauv tsev kho mob li 1-2 hnuv txhawm rau kom txawj pub thiab koj thiab koj tus me nyuam thiaj paub lub caij pub, thiab kom paub meej tias koj tus me nyuam lub cev lees txais qhov kev pub khoom noj ua ntej yuav tso tawm. Lawv yuav qhia koj txog kev siv thiab kev tu txoj kav raj ua ntej koj tus me nyuam yuav tawm hauv lub tsev kho nyob mus. Lawv yuav muab cov xov tooj chaw khuaj mob thiab cov kws kho mob rau koj tau hu yog koj muaj lus nug los sis muaj teeb meem tom qab koj rov mus tsev lawm.

Nws yuav muaj txiaj ntsim rau koj mus tham nrog cov yim neeg uas lawv muaj tus me nyuam rau txoj kav raj ib yam thiab kom lawv piav rau koj mloog. Thov qhia rau peb paub yog tias koj txiav txim siab rau li hais los no. Tsis tag li ntawd, peb tseem yuav teb koj txhua lo lus nug yog koj muaj dab tsi. Thov qhia peb paub seb koj xav kom peb pab koj txiav txim siab dab tsi.