

Cuntooyinka Hunguriga ama Tuubada afka Mindhicir yaraha (Esophageal or Duodenal Stent Diet)

Xogta Hunguriga ama Tuubada afka Mindhicir yaraha

- Cuntooyinka Hunguriga ama Tuubada afka Mindhicir yaraha waa tuubo bir ah oo dheer oo dabacsan oo la geliyo hunguriga ama qaybta yar ee hunguriga ama mindhicirada yaryar.
- Waxaa loo baahan karaa in qofka la geliyo tuubo si ay oga caawiso in cuntada ka gudubto hunguriga ayadoo la gelinaayo hunguriga ama mindhicirada yaryar.
- Dhowrka maalmood ee koowaad, tuubadu si aayar ah ayay u waynaanaysaa maadaama ay gudaha xogaa ku jirtay.
- Waxaa kugu kici doonaa gaas inta tuubadu kugu jirto. Waydii dhakhtarkaaga in PPI tahay daaweyn kugu habboon.

Tallaabooyin ku saabsan wax cunista ayadoo kugu jirto tuubo hunguriga ama mindhicirada yaryar

- Si aayar ah wax u cun
- Wax yar afka geli
- Si quman u fariiso marka aad cuntayneyso
- Si quman usii fariiso muddo 30-60 daqiiqo ah kadib marka aad cuntayso
- Cab cabitaan mar walba ood cunto laqdo
- Ku seexo sariir xoogaa qeybta madaxu soo kacsan yahay.

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Qaar kamid ah waxay dhumiyaan miisaan kadib marka tuubo la geliyo. Si aad usoo joogteyso miisaankaaga, waxaad u baahan kartaa inaad cabto kaalmaatyiyo nafaqo ah ama cabitaanka caanaha laga sameeyo oo guriga lagu sameeyay. Kaalmaatiyadaan waxaa kamid noqon kara:

- Waxyaabaha tamarta keena, Ensure, ama wax isla shirkad noocaas ah soo saarto
- Nutra-shakes
- Quraacda degdega ah ee Carnation ama quraac shirkad lamid ah
- Cabitaanada caanaha lagu shiido oo guriga lagu sameeyo
 - Iskuday inaad isku qasto mid kamid ah kaalmaatiyada kor lagu xusay oo ku qas baraf, ays kiriim, sherbet, ama sorbet.

Macluumaadka Cuntooyinka Hunguriga ama Tuubada afka Mindhicir yaraha

- Waxaad u baahan doontaa inaad ka taxadarto waxa aad cunayso iyo sida aad cuntada u cunto si tuubadu u xirmin.
- Waa muhiim in cuntada aad cuneyso ay tahay mid qoyan, jilicsan, oo si fudud loo laqi karo sida tuubadu aysan u xirmin.
- Waa inaad cunto shan ilaa lix cunto maalintii. Haddii aad dareento in cuntadu dhaafi la dahay dhuunta, kabo dhowr kabasho oo soodhada aashitada leh ah. Waxaa lagugula talinayaa inaad arrintaan sameeyso dhowr jeer maalin kasta, gaar ahaan ka hor iyo ka dib cuntada.
- Haddii aad wali dhibaato ku qabto wax laqista, haddii aad leedahay qufac aan baxayn ama neeftu ku dhibayso, wac dhakhtarkaaga Gaaska isla markiiba.
- Waa muhiim in cuntada aad cuneyso ay tahay mid qoyan, jilicsan, oo si fudud loo laqi karo sida tuubadu aysan u xirmin.
- Sidoo kale waa fikir wanaagsan in la cuno noocyo cuntooyin oo kaladuwan si aad u hubiso inaad helayso nafaqo kugu filan.
- Hoos waxaa ku qoran qaar kamid ah cuntooyinka lasoo jeediyay:
 - Maraqa leh kiriim ama caano koloriin dheeraad ah leh

- Ukumo (la kariyay, jilicsan, la shiilay, ama canjeelo camal laga dhigay)
- Juus, khudaar qasacadeysan, khudaarta shiidan ee ilmaha
- Khudaar si fiican loo kariyay oo jilicsan oo aan lahay diir.
- Boorash ama khudaarta shiidan ee ilmaha.
- Seeriyool la kariyay, bariis biyo yar leh, baankeeg, ama waffle.
- Baradho la burburiyay oo leh dufan ama jiis kiriim.
- Baradho macaan, baradhada macaan, baradho la dubay oo aan lahayn maqaar.
- Macmacaanka Sherbet, ays kiriim, yoqad la fariisiiyay, gelatiin, macmacaan, macmacaan yaryar, ama labo-niyad.
- Caano, yooqad, labo-niyad, ays kiriim, jiis.

Isticmaal shaxda si ay kaaga caawiso inaad doorato cuntooyin badqab leh:

Noocyada Cuntada	Lagugu taliyay	La iska ilaaliyo
Miraha	<ul style="list-style-type: none"> - Miro fireesh ah oo jilicsan (ka saar diirka iyo iniinta) - Khudrada qasacadaha ama la kariyay - Khudaar shiidan, maraqa tufaaxa - Juuska Khudrada - Cabitaanada khudaarta (miraha iyo maqaarka laga fiiqay) 	<ul style="list-style-type: none"> - Khudaar la qalajiyay - Khudaar fireesh ah oo leh diir - Miraha beeriga oo leh diirkooda, miro ama lafta - Miraha fiber-ka (tusaale ahaan, oranji, miraha canabka ama cananaaska) - Khudrada qalalan
Khudaarta	<ul style="list-style-type: none"> - Baradho la riiqay oo lagu daray dufan, magariin ama maraqa khudaarta - Baradho la dubay oo la fiiqay (aan lahayn diir) oo lagu daray dufan, magariin ama maraqa khudaarta - Khudaar jilicsan oo lagu daray maraq lana jarjaray ama la riiqay, dufan ama magariin - Juuska khudaarta 	<ul style="list-style-type: none"> - Khudaar si dhaadheer loo fiiqay (tusaale ahaan, cagaarka celery ama digirta cagaaran) - Salool - Digirta cagaaran - Diirta baradhada - Khudrada cagaaran ee caleemaha leh - Saladh cagaar ah - Khudaar cayriin ama culus sida salaad ama cagaarka celery
Badar	<ul style="list-style-type: none"> - Bariis, barleey, quinoa, couscous - Baasto jilicsan ama noodhulis lagu daray maraq - Seeriyool kulul (tusaale ahaan, boorash ama Qamadi la Tumay) - seeriyool qaboow, oo lagu jilciyay caano 5 ilaa 10 daqiiqo (tusaale ahaan, Bariis la qalajiyay, saloolka boorashka ah, buunshaha saloolka, quraacda la qalajiyay) 	<ul style="list-style-type: none"> - Rooti - Buskut qalalan - Bur la shiilay - Miraha granola laga sameeyay seeriyool ama seeriyool kale oo qalalan - Seeriyool leh khudaar qalalan ama miro iyo iniino - Baradho la jarjaray - Rooti la dubay - Salool

	<ul style="list-style-type: none"> - Burka muffin-ka oo cad ama buskut lagu jilciyay caano - Baankeeg ama waffle lagu jilciyay seraab - Buskut wata dareere si loogu jilciyo (tusaale ahaan, humuus afakaadho la burburiyay) 	
Waxyaabaha caanaha leh	<ul style="list-style-type: none"> - Caano - Yooqad - Jiiska adag - Jiiska Ricotta - Jiiska adag ama xumbada ah, jiis la jeexjeexay - Maraq jiis leh 	<ul style="list-style-type: none"> - Jiis adag
Hilib, digaag, kaluun, iyo badelka Hilibka	<ul style="list-style-type: none"> - Hilib la shiiday ama hilib digaag oo maraq lagu daray - Hilib la riiqay ama hilib digaag oo 1 cm cabirkiisa le'eg yahay ama kasii yar, oo lagu qooyay maraq - Kaluun qoyan, lakala jarjaray - Maraqa hilibka - Hilibka, digaag ama kaluun leh jiiska casserole - Ukun la shiilay, si jilicsan loo karkariyey, la kariyey ama la dubay - Quiche si fiican loo jilciyay - Digir la riiqay ama digirta cagaaran, humuus - Duban 	<ul style="list-style-type: none"> - Hilibka adag - Hilib, digaag iyo kaluun aan la jarjarin - Kaluun leh lafo - Ukun si adag loo kariyay - Laws la shiiday - Hilibka doofaarka
Macmacaanka	<ul style="list-style-type: none"> - Macmacaan, labo-niyad, macmacaanka, ama Jell-O - Ays kiriim Jilicsan 	<ul style="list-style-type: none"> - Buskut xumbo ah - Macmacaan leh buddo adag oo la riiqay - Macmacaan lagu daray miro, qumbe, khudrad - Buskut adag oo laga sameeyay miro ama khudrad