

## Cov Lus Qhia Txog Lub Raj los sis Qhov Tsis Pub Noj Ntawm Ncauj (Nothing by Mouth, NPO)

Rau koj tus me nyuam kev nyab xeeb, nws yog ib qho tseem ceeb uas yuav tau ua raws li cov lus qhia no **hmo ua ntej thiab hnuv uas yuav phais mob los sis kev phais kho mob.**

Qhov kev phais los sis kev phais kho mob yuav raug thim yog tias tsis ua raws li cov lus qhia.

Taum teem caij koj qhov kev phais mob rau \_\_\_\_\_ (hnuv tim) \_\_\_\_\_ (sij hawm)

**Cov lus qhia rau koj tus me nyuam txog kev haus dej ub no thiab khoom noj yog saib raws seb thaum lawv yuav mus tom lub tsev kho mob rau thaum twg** \_\_\_\_\_ (sij hawm)

Pluas mov zaum tag los, los sis puas noj li ib txwm noj \_\_\_\_\_ (sij hawm)

Tsis pub haus mis, mis hmoov los sis niam mis ntxiv tom qab ntawd \_\_\_\_\_ (sij hawm)

Tsis pub noj niam mis tom qab ..... \_\_\_\_\_ (sij hawm)

Tsis pub haus dej ntshiab tom qab ..... \_\_\_\_\_ (sij hawm)

**Tej zaum yuav tau hloov lub sij hawm yog tias lub sij hawm teem caij raug hloov.**

**\*\*Tom qab Tus Kws Tu Mob Npaj-Phais Mob (Pre-op Call Nurse) tau muab sij hawm rau koj thov sau cov kem ntawv seem tseg cia sau.**

### Hom dej haus thiab cov khoom noj uas pub noj tau      Ntsiab lus

Pluas mov / puas mov noj li ib txwm	Txhua cov khoom noj thiab txhua cov kua txiv hmab txiv ntoo yog haus tau.
Mis hmoov / mis	Mis nyuj, mis kua taum, cov mis hloov rau me nyuam yaus thiab neeg laus; mub haus niam mis ntxiv.
Niam mis	Niam mis, tsis pub rau lwm yam ntxiv
Dej ntshiab	Enfalyte® / Pedialyte®, kua txiv ev paum, kua txiv hmab dawb, kua txiv Jell-O®, cov dej khov popsicles, kua txiv ev paum nkaus xwb los sis kua txiv hmab dawb, dej. <b>Tsis pub haus kua dej liab los sis dej xiav</b>

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Cov lus qhia no yog saib raws li cov lus qhia NPO hauv qab no.

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Hom Khoom Pub	Cov sij hawm teev tso tseg tsis haus dab tsi thiab tsis noj khoom noj ua ntej yuav txog lub sij hawm mus rau ntawm lub tsev kho mob
Pluas mov, puas mov noj li ib txwm (los ntaw ncauj)	8 teev
Mis hmoov, Mis los sis niam mis uas muaj noj ntxiv (los ntawm ncauj los sis taub mis-NG/G)	6 teev
Niam Mis (noj los ntawm ncauj los sis NG/G-lub raj)	4 teev
Cov Ua Kua Ntsiab (noj ntawm ncauj los sis lub raj-NG/G)	2 teev
Lub Raj-J Pub Khoom Noj	2 teev

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## Ntaub Ntawv Tshwj Xeeb

- Yog koj tus me nyuam muaj ib tus yam ntxwv mob glycogen los sis cov mob ntshav qab zib, thiab tsis tuaj yeem caiv khoom noj los sis cov khoom haus nyob rau lub sij hawm ntev, koj tus kws kho mob yuav tham nrog koj tus me nyuam tus kws kho mob tshwj xeeb txog qhov kev npaj ua.
- Yog koj tus me nyuam nyob rau hauv lub tsev kho mob ntawm hnuv uas phais kho mob los sis phais mob, tej zaum lub sij hawm tso tseg cov khoom haus thiab cov khoom noj yuav raug pauv hloov pauv.
- Rau koj tus me nyuam qhov xis nyob thiab kev nyab xeeb, peb xav muab cov khoom haus rau koj tus me nyuam kom txog thaum lawv lub sij hawm NPO.
- Rau koj tus me nyuam kev xis nyob, tsis txhob noj los sis haus khoom haus nyob ntawm koj tus me nyuam xub ntiag los sis tom qab phais kho mob los sis phais mob.

**THAUM MUAJ YAM TSHWM SIM:** Hu rau koj tus me nyuam tus kws kho mob, tus kws tu mob, los sis lub tsev kuaj mob yog tias koj muaj yam hnyav siab los sis yog tias koj tus me nyuam muaj cov xav tau tshwj xeeb rau kev noj qab haus huv uas tsis pab them los ntawm cov ntaub ntawv no.

Daim ntawv qhia no muaj lub ntsiab lus tseem ceeb los pab qhia koj saib xyuas koj tus me nyuam. Nws tsis yog qhov siv los hloov pauv ntawm qhov kev saib xyuas mob nkeeg. Sib tham nrog koj tus kws pab saib xyuas kho mob txog kev tshuaj ntsuam xyuas mob, kev kho mob, thiab kev mus kuaj mob.