

# Gutanga ibigize amaraso

Gutanga ibigize amaraso, bita kandi gutanga amaraso, bishobora gutuma umurwayi arushaho kumererwa neza. Bishobora no kurokora ubuzima bw'umurwayi. Umubare w'abarwayi barushaho kuremba cyangwa bapfa bazize kubura ibigize amaraso ni muto cyane iyo uwugereranyije n'ibyo umuntu ashobora kungukira mu bigize amaraso.

Kuvugana na muganga wawe ku gikenewe cyihariye cyangwa gutekereza ku bigize amaraso wowe cyangwa umwana wawe mwenda guhabwa.

Ibigize amaraso akenshi bikoreshwa mu gusimbura uturemangingo tw'umutuku cyangwa ibindi bigize amaraso bibura cyangwa ari bike bitewe no gukomereka cyangwa uburwayi.

## Ese ibigize amaraso bituruka he?

Ibigize amaraso biva mu maraso y'abatanga amaraso b'abakoranabushake. Porogaramu zo gutanga amaraso zituma amaraso abasha gutangwa n':

- Umurwayi ayizigamiye
- Abatanga amaraso batazwi
- Rimwe na rimwe, agatangwa n'umuntu wavuzwe n'umurwayi

Amaraso ashobora gutunganywa agakurwamo kimwe muri ibi bigize amaraso:

### Amaraso atarakurwamo ikintu na kimwe

Amaraso atarakurwamo ikintu na kimwe akubiyemo uturemangingo tw'umutuku n'amatembabuzi yo mu maraso. Amaraso atarakurwamo ikintu na kimwe akoreshwa kenshi mu kubaga umutima. Ashobora kandi gukoreshwa mu guha amaraso (gusimbuza amaraso y'uruhinja yose ayandi) impinja zikivuka zirwaye indwara y'amaraso abuzemo uturemangingo tw'umutuku. Ntibikunze kubaho ko bene aya maraso akoreshwa kubera izindi mpamvu.

### Uturemangingo tw'umutuku twashyizwe mu mapaki

Uturemangingo tw'umutuku twohereza ogisijeni mu ngiramubiri. Uturemangingo twashyizwe mu mapaki tuba twakuwemo amatembabuzi yo mu maraso hafi ya yose ava mu maraso atarakurwamo ikintu na kimwe. Uturemangingo twashyizwe mu mapaki akenshi dukunze gutangwa ducishijwe mu mutsi hagati y'amasaha abiri (2) kugeza ku masaha ane (4). Iyo badutanze baba bagira ngo basimbuzwe uturemangingo tw'umutuku two mu maraso twatakaye mu kuva, bitewe n'indwara y'amaraso atagira uturemangingo tw'umutuku (gupfa k'uturemangingo tw'umutuku two mu maraso), cyangwa mu gihe umusokororo wo mu magufa ukora uturemangingo tw'umutuku two mu maraso duke. Igabanuka ry'uturemangingo dukorwa rishobora guterwa no: no kunanirwa gukora neza k'umusokororo wo mu magufa, indwara ya kanseri yafashe mu musokororo, ingaruka y'imiti y'ubutabire yakoreshejwe mu kuvura kanseri, cyangwa indwara yo kugira amaraso make bitewe no kuvuka k'umwana igihe kitaragera.

## **Amatembabuzi yo mu maraso akimeze neza yakonjeshejwe**

Arimo ibyatera amaraso kuvura. Amatembabuzi yo mu maraso akimeze neza yakonjeshejwe ni amatembabuzi yo mu maraso yakonjeshejwe akabikwa nta kanya karashira akimara kuvanwa mu maraso y'uyatanze. Amatembabuzi yo mu maraso akimeze neza yakonjeshejwe aba arimo byinshi bitera amaraso avura. Akenshi akoreshwa yonyine cyangwa hamwe n' Amatembabuzi yo mu maraso akimeze neza yakonjeshejwe nyuma agashyushywa kugira ngo asimbure urugero rw'ibituma amaraso avura bidahagije. Atangwa kenshi anyujijwe mu mutsi kuva hejuru y'isaha imwe (1) kugeza ku masaha (2).

## **Insoro zituma amaraso avura**

Uduce tw'uturemangingo tw'amaraso dufasha amaraso kuvura. Insoro zituma amaraso avura ni uduce tw'uturemangingo turinda cyangwa duhagarika kuva cyangwa gukomereka mu kuzibira umwenge wo mu mutsi w'amaraso. Insoro zituma amaraso avura zitangwa akenshi zinyujijwe mu mutsi nyuma y'iminota mike kugeza ku isaha. Niba umusokororo wo mu magufa y'umurwayi utabasha gukora insoro zituma amaraso avura, nibwo gutanga insoro zituma amaraso avura biba akenshi bikenewe inshuro (1) cyangwa ebyiri (2) mu cyumweru (cyangwa binarenze akenshi). Insoro zituma amaraso avura zishobora na none gutangwa igihe insoro zituma amaraso avura zidakora neza bitewe n'imiti, indwara, cyangwa kwangirika kw'ibyuma (nk'umuheha w'umukorano w'amaraso ujyana amaraso mu mutima).

## **Amatembabuzi yo mu maraso akimeze neza yakonjeshejwe nyuma agashyushywa**

Amatembabuzi yo mu maraso akimeze neza yakonjeshejwe nyuma agashyushywa ni igice cy'amaraso kirimo gusa ibituma amaraso avura urugero: fagiteri VIII (indwara ituma amaraso ava ari menshi agatinda guhagarara A), fagiteri ya von Willebrand, na fibirinojene. Amatembabuzi yo mu maraso akimeze neza yakonjeshejwe nyuma agashyushywa ubu itangwa akenshi nk'isoko ya fibirinojene (ikenewe kugira ngo ikore ibituma amaraso avura). Hari abarwayi bafite amoko atandukanye y' [indwara y'amaraso ava ari menshi agatinda guhagarara](#) cyangwa abarwayi babura fibirinojene bashobora guhabwa amatembabuzi yo mu maraso akimeze neza yakonjeshejwe nyuma agashyushywa kugira ngo bakemure ibibazo byo kuvura kw'amaraso. Kandi, abarwayi barembye cyane bashobora gufatwa n'uburwayi butuma amaraso avura mu buryo budakwiye nka DIC (gukwirakwiza imvuzo mu mitsi). Ibi bishobora gutera igabanuka ry'ibitera amaraso kuvura mu mubiri bikaviramo umuntu kuva bikabije. Amatembabuzi yo mu maraso akimeze neza yakonjeshejwe nyuma agashyushywa hamwe n'amatembabuzi yo mu maraso akimeze neza yakonjeshejwe (reba hejuru) bishobora gutangwa kugira ngo bifashe mu gusimbura ibituma amaraso avura bidahagije. Amatembabuzi yo mu maraso akimeze neza yakonjeshejwe nyuma agashyushywa ntanyuzwa mu mutsi akenshi nyuma y'iminota mike kugeza ku isaha.

## **Uturemangingo tw'umweru**

Uturemangingo dufasha kurwanya uburwayi. Uturemangingo tw'umweru batwita kandi neutrophils. Ni uturemangingo dufasha kurwanya uburwayi buterwa na bagiteri cyangwa n'uruhumbu. Uturemangingo tw'umweru dutangwa akenshi kugira ngo dufashe kurwanya uburwayi bukaze ku barwayi bafite umubare muto w' Uturemangingo tw'umweru mu maraso kandi imiti itagize icyo imarira. Akenshi uturemangingo tw'umweru dutangwa iminsi itanu (5) cyangwa kugeza

igihe umubare w'uturemangingo tw'umweru usubiye ku rugero rutuma umurwayi abasha ubwe kurwanya indwara. Uturemangingo tw'umweru tunyuzwa mu mutsi mu gihe kirenze isaha imwe kugera ku (1) masaha abiri (2).

## Ibibazo bishobora kuvuka

Rimwe na rimwe hari igihe umubiri utakira neza ibigize amaraso wahawe. Bene izi ngaruka ntizikunze kubaho kenshi kandi akenshi zishobora gucungwa ku buryo bworoshye. Iyo umubiri utabyakiriye neza, hifashishwa ubundi buryo mu gushakira umuti iki kibazo.

- Umubiri ushobora kutabyakira neza binyuze ku budahangarwa niba hari ingaruka ibaye kuri sisitemu y'ubudahangarwa bw'umurwayi itewe n'ibigize amaraso. Na none bishobora kubaho niba uturemangingo tw'ubudahangarwa mu bigize amaraso tugizweho ingaruka n'uturemangingo tw'umurwayi cyangwa n'igice cy'amaraso gisukika. Ibi bibazo by'uko umubiri utabyakira ntibikunze kubaho. Bishobora kuba birimo:
  - Kwivumbura k'umubiri
  - Gufata indi ntera
  - Kwiyongera k'uturemangingo tw'umutuku two mu maraso cyangwa ubwirinzi bw'urusoro rutuma amaraso avura bugabanya kuramba k'utu turemangingo mu maraso agenda mu mubiri
  - Kwangirika kw'ingiramubiri z'ibihaha gutewe n'ihabwa ry'amaraso (TRALI)
  - Gutinda gupfa k'uturemangingo tw'umutuku tw'amaraso
  - Indwara iterwa no kwanga kwakira urugingo rw'uruterano (GVHD)
- Hari hashobora kubaho kandi kutabyakira neza bidatewe n'ubudahangarwa bw'umubiri. Ubwinshi muri bwo ntibukunze kubaho. Muri ibyo harimo:
  - Ingorane zo kuva amaraso
  - Ibisukika bigize amaraso bikabije kuba byinshi
  - Ingaruka zitewe na potasiyumu nyinshi mu bigize amara
  - Kugira uburyaryate mu biganza no ku minwa bitewe no kugabanuka k'urugero rwa karisiyumu mu maraso
  - Umuringa ukabije kuba mwinshi mu ngiramubiri z'umubiri (bishobora kuba ku barwayi bahawe unite zirenze 100 z'uturmangingo tw'umutuku tw'amaraso atangwa)
- Uburwayi bwaza butewe n'ikoreshwa rw'ibigize amaraso birimwo bagiteri, virusi (nka [cytomegalovirus \(CMV\)](#), Hepatite B na C, cyangwa VIH) cyangwa udukoko dutera indwara. Indwara zitewe no guhabwa amaraso ntizikunze kubaho kubera ko gusuzuma abatanze amaraso, gupima amaraso no kuyayungurura mu itangwa ry'amaraso muri Amerika ubu bitekanye kurusha mbere. Ibyago byo kwandura indwara ya Hepatite B bishobora kugabanywa hakoreshejwe urukingo.

Menya ibindi byerekeye ibyago byo kwandura iyi ndwara uvugana n'ugize itsinda riguha serivisi z'ubuvuzi, unasoma ibisobanuro byerekeye uko umubiri witwara iyo utakiye neza ibyo watewemo ndetse wanasura imbuga watoranyirijwe.

## Ibimenyetso by'ibibazo bishobora kuvuka

Ibimenyetso byo kwitondera birimo:

- Umuriro uri hejuru 100.6°F (38°C) upimwe mu kanwa, umuvuduko w'amaraso urahinduka
- Gutengurwa, umutwe, kuribwa mu nda, kuruka, guhitwa cyangwa kuribwa umugongo
- Inkari zijimye, gusesa ibiheri, kuryaryatwa, gusemeka cyangwa kubura umwuka cyangwa kugira ibibazo by'ubuhumekero
- Kubyimba ibirenge cyangwa utugombambari, cyangwa gufatwa n'inkorora utari ufite mbere yo guterwa amaraso
- Ingaruka ziza zitinze. Ibdakunze kubaho, ingaruka ziza zitinze zishobora kuza hashize iminsi itatu (3) kugeza ku minsi icumi (10) nyuma yo guterwa amaraso cyangwa guhabwa uturemangingo tw'umutuku tw'amaraso. Hamagara muganga w'umwana wawe niba umwana wawe ahinze umuriro cyangwa yerurutse cyangwa [ahindutse umuhondo](#) (ibara ry'umuhondo ku mubiri n'amaso yera) nyuma y'iminsi itatu (3) kugeza ku minsi icumi (10) nyuma yo guhabwa amaraso.

Niba umwana wawe agaragaje ibimenyetso amaze guhabwa amaraso n'ibiva mu maraso, hita uhamagara umuforomo wawe cyangwa muganga wawe.

## Ibindi byakorwa

Rimwe na rimwe hari andi mahitamo. Abagize ikipe yita ku buzima bwawe bashobora kukubaza icyo bakoresha, bakurikije umwana wawe ameze. Muri ibi harimwo:

- Imiti ishobora gushikariza umusokororo w'amagufa ukora uturemangingo tw'umutuku tw'amaraso twinshi (erythropoietin), uturemangingo twera tw'amaraso (igituma uturemangingo twera tw'amaraso tuba twinshi), hamwe n'insoro zituma amaraso avura (interleukin-11). Hari imiti mishya iri gukorwa.
- Ibibazo byo kuva amaraso bishobora kuvurwa hifashishijwe: gutanga ibintu byihariye bituma amaraso avura (nka Fagiteri Ivuza amaraso VIII cyangwa IX ikoranyirijwemo byinshi), cyangwa gutanga imiti igabanya ibyago byo kuva mu kanwa no mu muhogo (Amicar) cyangwa kongera urugero rw'ibituma amaraso avura (DDAVP). Iyo kuva amaraso bitewe na heparine nyinshi bikabije mu mubiri, ibi bishobora kuvurwa n'umuti wa "protamine sulfate".
- Hari abarwayi babagwa amaraso yabo ashobora kubikwa mbere yo kubagwa. Bamaze kubagwa, bongera guhabwa amaraso yabo (kwiha amaraso). Abandi barwayi bashobora gusubizwa amaraso yabo baburiye mu kubagwa (igikorwa cyo gusubiza umurwayi amaraso yaburiye mu kubagwa).
- Unashobora gusaba utanga amaraso wihariye akaba ari we uguha amaraso, iyo utanga amaraso afite amaraso ahuye n'ayawe kandi amaraso adafite ubwandu. Ubunararibonye bwerekanye ko utanga amaraso watoranyijwe adafite amaraso atekanye kurusha utanga amaraso w'umukorana bushake. Hari abarwayi bashobora kwihanganira urugero ruto rwa hemoglobine mu minsi mike bamaze kubagwa ndetse bakongera kwigarurira amaraso babuze bafashe ibirimo ubutare bwa feri byinshi.
  - Nyamuneka umenye ko utanga amaraso watoranyijwe yifashishwa gake ku ruhinja ruri mu cyumba cy'indembe kubera igihe bifata cyo gusuzuma no gutunganya bene aya maraso.

- Abarwayi bamwe na bamwe, kubera impamvu z'imyemerere y'amadini, bageragaza kwirinda guterwa amaraso n'ibiyavamo. Ibindi byakorwa bimaze kuvugwa hari ibigenewe abo bahuye n'ibibazo bitandukanye. Mu minsi iri imbere, gusimbura amaraso bishobora kuba amahitamo kuri abo barwayi.

### Ibyifashishijwe mu kubona amakuru

Ku yandi makuru yerekeye ibigize amaraso, wavugana n'umuganga ukurikirana umwana wawe. Ushobora kandi kubona amakuru kuri izi mbuga za interineti:

- [Ibigega by'Amaraso by'Ishyirahamwe ryo muri Amerika](#) (American Association of Blood Banks - AABB)
- [Umuryango Utabara Imbabare wo muri Amerika](#) (The American Red Cross)
- [Ikigo Cyita ku Maraso cya Hoxworth](#) (Hoxworth Blood Center)

Biheruka kuvugurwa: 08/2021

