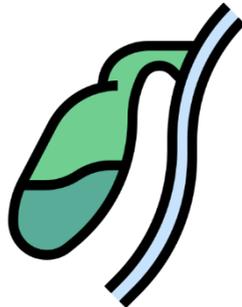




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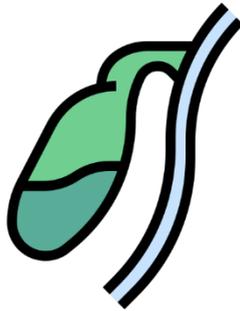
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Gallbladder and Its Diseases



What is gallbladder?

The gallbladder is a small pouch sits just under the liver and it is directly connected to it by the bile ducts.



What is the function of the gallbladder?

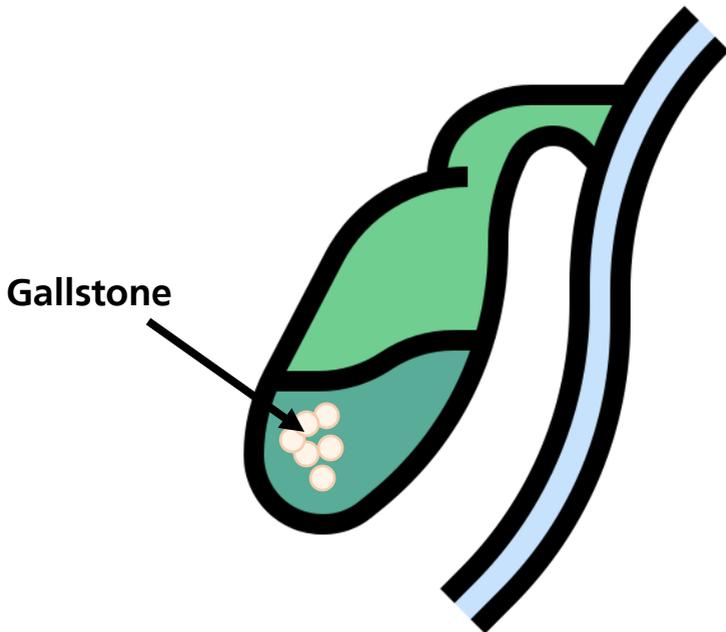
Its function is to:

1. concentrate and preserve the bile that is excreted from the liver.
2. During the contraction of the gallbladder, bile flows into the duodenum to aid in the digestion of fatty food.

What are the problems that might affect the gallbladder?

1. Gallstones:

It is most common when the normal ratio of bile components is disturbed, then lead to deposits and then stones.



What are the types of gallstones?

- Mixed stones (cholesterol stones):

where stones contain calcium salts in addition to bilirubin or cholesterol, and this type of gallstone is the most common and widespread.



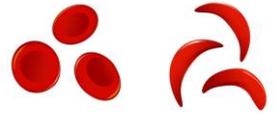
- Unmixed stones (pigment stones):

It consists one type of bile component, so it may be composed only of either cholesterol, bilirubin, or calcium.



What are the causes of stones:

- Hereditary blood diseases such as sickle cell anemia



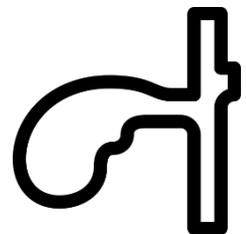
- Eating high-fat diet for long periods



- Lethargy of the gallbladder during pregnancy



- Congenital abnormalities in the gallbladder



What are the symptoms of stones?

After eating a heavy meal, the patient feels pain in the right side of the upper abdomen, and the patient may feel pain in the right shoulder at the same time.



Is there a method to avoid Gallstones?

There is no clear method, but it could be avoided by decreasing eating foods of fats and oils derived from animals.



What are gallstones complications?

1. Biliary colic.

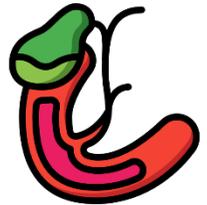
It occurs when the stone becomes stuck in the outer channel of the gallbladder. it is a severe pain in the upper right side of the abdomen and may sometimes extend between the shoulder blades and may be with severe vomiting, feeling of indigestion, and a feeling of swelling in the abdomen.



2. Acute and chronic gallbladder infections that lead to the occurrence of a purulent collection with blood poisoning.

What are gallstones complications?

3. The transfer of stones to the bile ducts: which leads to blockage, jaundice, infections of the bile ducts and liver, pancreatitis, and sometimes intestinal obstruction.
4. Gallbladder cancer: if the gallstone is left for many years.



What are gallbladder infections?

It often occurs when there is a gallstone, and in rare cases, infections occur without it.

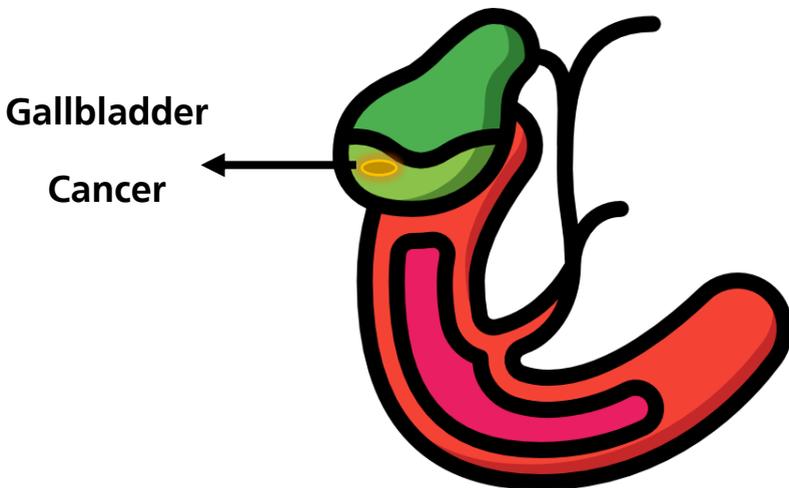
Its **symptoms** are like the symptoms of stones, but it is more severe with a rise in temperature with nausea and vomiting.



Advice: Consult a doctor directly when feeling pain to **avoid complications** such as acute pancreatitis and bile duct obstruction.

What is Gallbladder cancer?

Fortunately, gallbladder cancer is considered one of the rare cancers. It is slow growing and spreading and is often discovered after a cholecystectomy, and its symptoms are also not much different from the symptoms of gallstones.



How to Diagnose gallbladder diseases?

It has been scientifically proven that ultrasound imaging is the best and most accurate diagnosis of gallbladder diseases. In a few times the doctor resorts to conducting a CT scan or binoculars of the bile ducts.



What are treatment methods for gallbladder diseases?

It is always advised to remove the gallbladder when develop symptoms of gallstones. Nowadays, it is widely run laparoscopically because it reduces length of stay in the hospital and reduces postoperative pain. so, the patient could be discharged on the same day of the operation.



How to perform Cholecystectomy?

Laparoscopic cholecystectomy is done in 95% of cases and only 5% of patients need to open the abdomen in case of adhesions or to explore the bile ducts. In case of laparoscopic cholecystectomy, the patient can go home on the same day or the following day and can start his work within 3-5 days. While in case of laparotomy, he needs an admission for a no less than three days, and thus he needs two weeks to return to his normal work.



Could I live normally with a cholecystectomy?

Yes, you could live normally where the removal of the sick gallbladder helps the hepatic bile to flow directly into the duodenum to aid in the digestive process.



Is it recommended to remove the gallbladder in case of stones without symptoms?

We do not recommend cholecystectomy without symptoms except in the case of diabetics, patients with weak immunity, or for those who live away and cannot reach the hospitals if complications occur.



What are the instruction after discharge from the hospital?

- The patient may take a shower three days after the operation, but he must not immerse himself in water until the stitches are removed.



The occurrence of any symptoms such as:

- Yellowing
- Fever
- Shivering
- Redness of the wound or the occurrence of pain at the site of the wound or secretions coming out of the wound may indicate to infection in the wound.



If you are exposed to any of these symptoms, you should visit the physician or refer to the emergency.

What are the instruction after discharge from the hospital?

- Get enough rest daily until complete recovery



- Do not do any strenuous exercises
- Do not take any treatment other than the prescribed by the attending physician



- Eat balanced diets. Do not eat spicy food that is spiced or that contains high amounts of fat, and you can eat meat, chicken - fish - vegetables - rice – fruits



What are the instruction after discharge from the hospital?

- Do not drive for two weeks after a laparotomy



- It is necessary to visit the clinic at the spotted appointments, and visit the clinic at the appointed time to remove the stitches, so that the attending doctor could examine the wound and make sure that the wound healing is progressing well and you are recovering your normal health.



Sources and references

All pictures used are from the [flaticon.com](https://www.flaticon.com)

Review and audit:

The content of this booklet has been reviewed by consultants of the
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Health Awareness Unit

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