

# Sida Loo Isticmaalo Qalinka Insulinta

For an English version, see  
“How to Use an Insulin Pen,”  
dia-ah-24811



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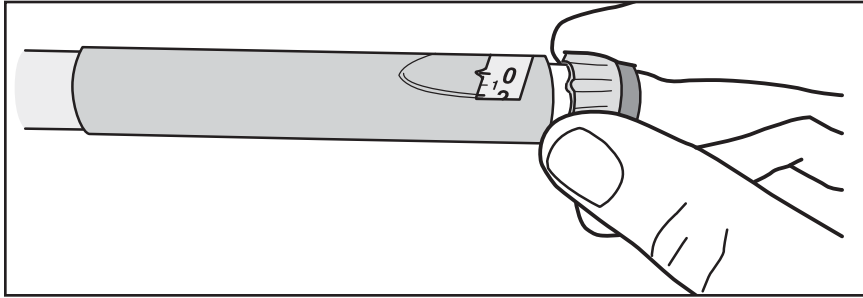
## Sida Loo Daryeelo Qalimadaada Insulinta

- Qalimada insulintu waxay yimaadeen iyaga oo shan ku jiraan hal sanduuq. Qalimada **aanad isticmaalayn** ku kaydi qaboojiyaha.
- Qalinka aad isticmaalaysid waxa aad ku hayn kartaa heerkulka qolka.
- Qalinka aad isticmaalayso waa in aanuu baraf kaa noqon ama ka kululaan 88 F.
- Qalinka aad isticmaalaysid ka ilaali in iftiinka qorraxdu toos ugu dhaco.
- Qalinkaaga insulinta ee \_\_\_\_\_ waxa la isticmaali karaa \_\_\_\_\_ maalmood ka dib marka aad ka soo saartid qaboojiyaha.
- Hubi taariikhda dhicitaanka ee ku taala sanduuqa insulinta ka hor inta aanad isticmaalin. Tuur wixii ah insulin ee ka da' weyn taariikhda dhicitaanka.
- Ha isticmaalin insulin leh kuuskuus, ku dhegaysa cidhifyada qalinka ama leh midab aan u eekayn sax.
- Tuur qalinka ka dib marka insulintu ka dhammaato.

## Goorta la Waco Bixiyahaaga Daryeelka Caafimaadka

Wac bixiyahaaga daryeelka caafimaadka haddii aad qabtid su'aalo ku saabsan sida loo isticmaalo qalinka insulinta. Waxa kale oo aad wici kartaa lambarka teleefonka ee wicistiisu bilaash tahay ee ku yaala sanduuqa qalinka insulinta.

12. Wareeji barta wareejinta illaa tirada qaybaha insulinta ee aad isku duri doontid.



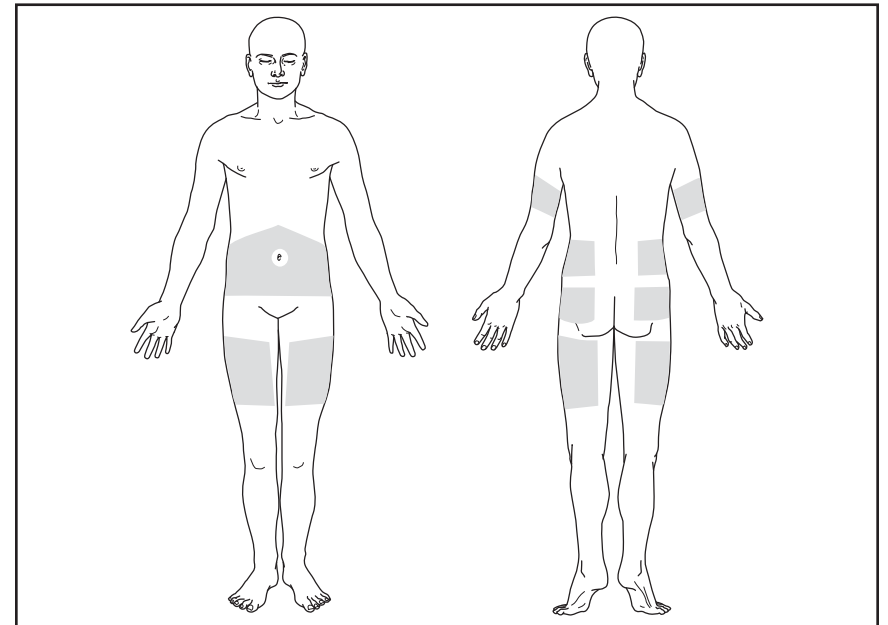
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**U wareeji barta wareejinta qaddarka illaa tirada qaybaha insulinta ee la qaadano.**

13. Si khafiif ah maqaarka goobta aad iska duri doontid laba farood ku soo jiid oo xeji. Toos ugu riix irbadda. Waa in irbadda si buuxda u gasho maqaarkaaga.
14. Adiga oo isticmaalaya suulkaaga, riix badhanka qaddarka illaa dhammaadka. **Tiri illaa 10.**
15. Sii daa maqaarka aad faraha ku soo jiiday.
16. Soo saar irbadda.
17. Irbadda ka fur qalinka. Irbadda ku tuur weelka irbadaha. U hubso inaad dabaalka saartid weelka.
18. Daboolka dib ugu celi qalinka.

## Meesha Laga Siiyo Duritaanada (Mudista)

- Dooro aag ah calooshaadaa, bawdada sare ama dibadda, xagge dambe ee cududahaaga sare, ama badhida.
- U jirso 2 inji goobta duritaankii insulinta ee hore.
- U jirso 2 inji xundhurtaada ama meel leh qolof nabar.
- **Ha isticmaalin** goob burbursan, danqasho leh ama bararsan.
- Ku dur insulinta aagag kala duwan si aad uga hortagtid nabaro. Waxa kale oo ay insulinta si sii fiican u gali doontaa dhiiggaaga.

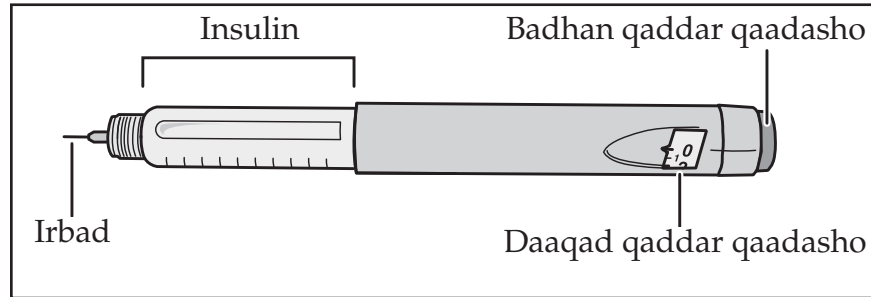


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**Aagaga hadhka leh waa goobaha laga qaato durista insulinta.**

## Qalinka Insulinta

Qalinkaaga insulintu wuxu leeyahay meel la wareejiyo taasoo aad ku toosinaysid qaddarka saxda ah ee insulinta. Waxa aad qaddarka sax ah ka arki kartaa daaqada qaddarka qaadashada.



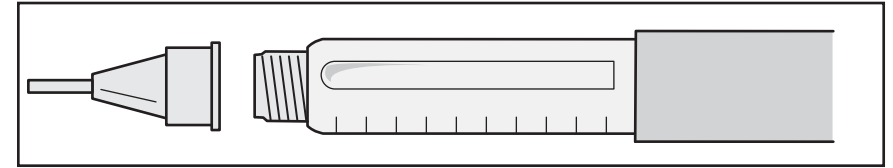
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Qaybaha magac leh ee qalinka insulinta.

## Sida la Isku Siiyo Duritaanada

1. Soo ururso dhammaan alaabtaada.
2. Dhaq gacmahaaga.
3. Maqaarkaaga ku dhaq suuf leh aalkolo. Daa aagga si hawadu u qalajiso.
4. Daboolka ka qaad qalinka. Insulintu waxay hore ugu sii jirtaa qalinka.
5. Haddii aad isticmaalaysid insulin ceeryaan ah, si tartiib ah ugu warwareeji qalinka gacmahaaga dhexdooda si insulintu isugu qasanto.
6. Xagga dambe ee qalinka ee irbaddu ku xidhmayso ku masax suuf aalkolo leh.

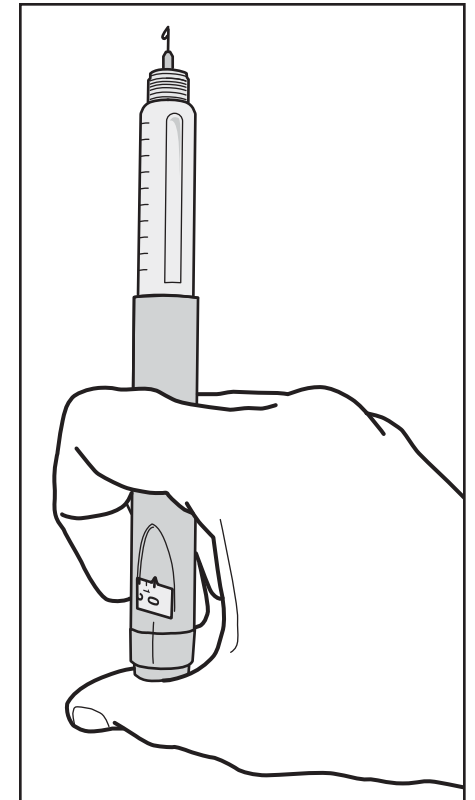
7. Ka qaad ama ka fiiq daboolka warqadda ah ee saaran irbadda qalinka. Irbadda ku xidh oo ku marooji qalinka.



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Waa in irbaddu wareejis ahaan ugu xidhmayso dhammaadka qalinka.

8. Labada dabool ka qaad irbadda.
9. Barta wareejinta qaddarka gee 2 (qaybood).
10. Xaji qalinka iyada oo irbaddu sare u jeedo.
11. Riix badhanka qaddarka ee ku yaala dhammaadka qalinka si hawadu uga baxdo qalinka. (Fiiri sawirka). Waa inaad dhibic insulin ah ku aragtid caarada irbadda. Waxa laga yaabaa inaad u baahatid inaad ku celisid talaabooyinka 9 illaa 11 illaa aad ka arkaysid dhibic insulin ah.



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U hubso inaad dhibic ah insulin ku aragtid caarada irbadda.