

How to Give an Insulin Injection (Shot)

General Information

- Use the following instructions when injecting insulin for diabetes.
- Do not mix your diabetes medicine with any other medicines.

Where to Give Shots

- Choose an injection area in your abdomen, upper or outer thigh, the back of your upper arms, or the buttocks.

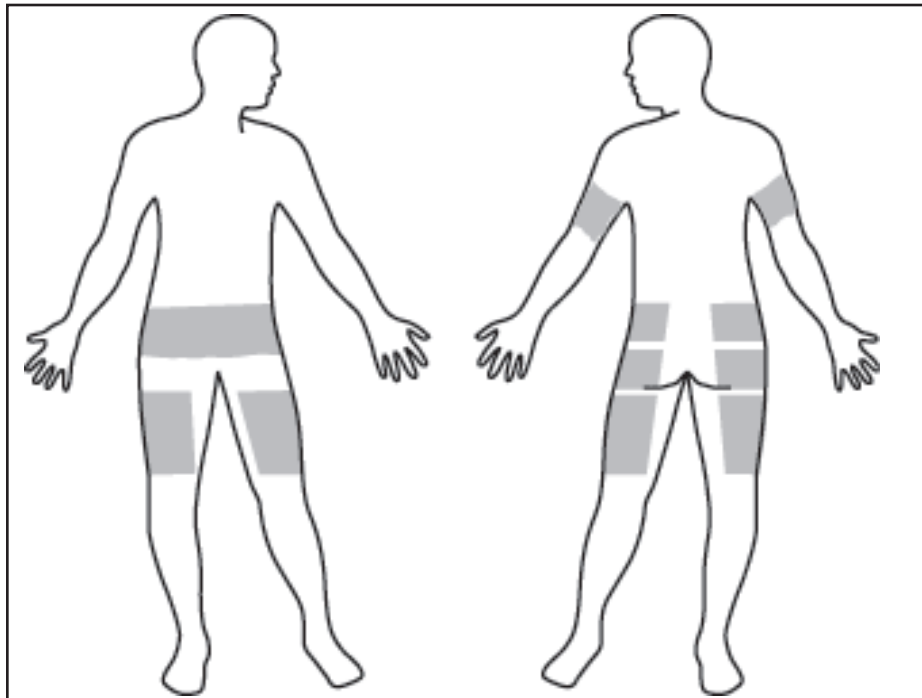
Sida Loo Siiyo Duris Insulin

Macluumaad Guud

- Isticmaal fariimaha soo socda marka aad ku duraysid insulinta loogu talagalay sonkorowga.
- Dawadaada sonkorowga ha ku darin wax ah dawooyin kale.

Meesha Laga Siiyo Durista

- Doorro goob duris oo ah calooshaada, bawdada sare ama xagga dibadda xigta, dhabarka cududahaaga sare, ama badhida.



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How to Give Shots

1. Collect all of your supplies and place them on a clean surface, like a clean cloth or paper towel.
2. Wash your hands before starting.
3. Remove the cap from the insulin bottle.
4. Using friction, wipe the top of the insulin bottle with an antiseptic like alcohol, Betadine® or Chloraprep®.
5. Use a new syringe. Pull the plunger to draw air into the syringe. The amount of air should equal the amount of insulin being drawn up. Take off the needle cover.

Sida Loo Siiyo Durista

1. Meel isugu keen dhammaan alaabtaada oo dul dhig meel isku siman, sida maro nadiif ah ama tuwaal/shukumaan waraaq ah.
2. Dhaq gacmahaaga ka hor inta aanad bilaabin.
3. Furka ka qaad dhalada insulinta.



4. Adiga oo isticmaalaya xoqid, dusha dhalada insulinta ku masax jeermi-dile sida aalkolo, Betadine® ama Chloraprep®.



5. Istickmaal siringe cusub. Soo jiid qaybta dambe si aad hawo u soo galisid siringaha. Qadarka hawadu waa inuu u dhigmaa qadarka insulinta ee la soo jiidayo. Irbadda ka qaad daboolka.



6. Gently push the needle through the rubber on the cleaned insulin bottle. Push the plunger of air into the bottle.

6. Si tartiib ah irbadda ugu riix rabadhka ama caagga ku yaala dhalada insulinta ee aad nadiifisay. Qaybta dambe ee hawadu ku jirto ku riix gudaha dhalada.



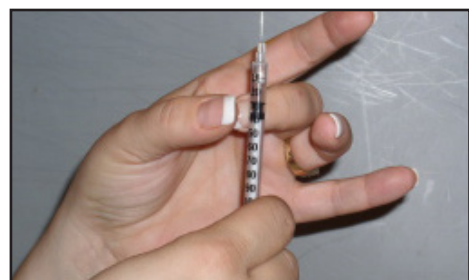
7. Hold the bottle and syringe in one hand. Keep the top of the needle in the bottle. Turn it upside down. You may need to adjust your needle to keep it in the solution. Use your other hand to move the plunger back to draw the dose into the syringe.

7. Dhalada iyo siringaha ku hay hal gacan. Xagga sare ee irbadda ku hay gudaha dhalada. U jeedi dhalada hoos. Waxa laga yaabaa inaad u baahatid inaad dhaqaajisid irbadda si ay ugu dhex jirto milanka ama dareeraha. Isticmaal gacantaada kale oo qaybta dambe ee siringaha dib u jiid si aad qaddarka dawada u soo galisid siringaha.



8. Check the syringe for air bubbles. Too much air means your dose is not right. Push the plunger up so the insulin goes back into the bottle. Redraw the dose. Tapping the syringe with your finger may help the air bubbles go to the top of the syringe. If bubbles remain at the top, push the plunger to remove bubbles.

8. Siringaha ka fiiri hunbooyin hawo. Hawo aad u badan macnaheedu waxa weeyaan qaddarka dawadu sax ma ah. Sare u riix qaybta dambe si insulintu dib ugu noqoto dhalada. Markale ku soo jiid qaddar dawo. Siringaha oo aad ku gargaraacdid fartaada ayaa laga yaabaa inay xunbooyinka hawada ah geyso xagga sare ee siringaha. Haddii xunbooyinku joogaan dusha, riix qaybta dambe si aad u saartid xunbooyinka.



9. Pull the bottle off the needle and check your dose. Cover the needle tip with the needle guard or put the syringe down on a sterile surface, like on a sterile gauze. Make sure the needle does not touch anything.

10. Choose an injection area in your abdomen, upper or outer thigh, the back of your upper arms, or the buttocks. Inject the insulin in that area for two weeks, choosing a different spot each time. After two weeks, move to another injection area.

11. Slowly press down on the plunger. Make sure you inject all of the insulin. Pull the needle straight out and put light pressure on the injection site. Do not rub or put lotions, creams, or ointments or powder on the area.

12. Throw away the needle in a container that has been approved by your doctor. Do not wrap the needle and throw it away in the regular garbage.

9. Dhalada ka jiid irbadda oo hubi qaddarkaaga dawada. Caarada irbadda ku dabool ilaaliyaha irbadda ama siringaha dhig meel jeermi-dilan, sida faashad jeermi-dilan. U hubso in irbaddu aanay waxba taaban.



10. Dooro aag duris oo ah calooshaada, bawdada sare ama xagga dibadda xigta, dhabarka cududahaaga sare, ama badhida. Ku dur insulinta aaggaas mudo ah laba todobaad, oo dooro bar cusub wakhti kasta. Ka dib laba todobaad, u wareeg aag duris oo kale.

11. Si tartiib ah hoos u riix qaybta dambe ee siringaha. U hubso inaad isku durtid dhammaan insulinta. Irbadda si toosan u soo saar oo cadaadis khafiif ah ku samee goobta durista. Ha xoqin ama ha marin looshano, labeen, ama saliid ama budo aagga.

12. Irbadda ku tuur weel uu aqbalay dhakhtarkaagu. Wax ha ku duubin irbadda oo ha ku tuurin qashinka caadiga ah.