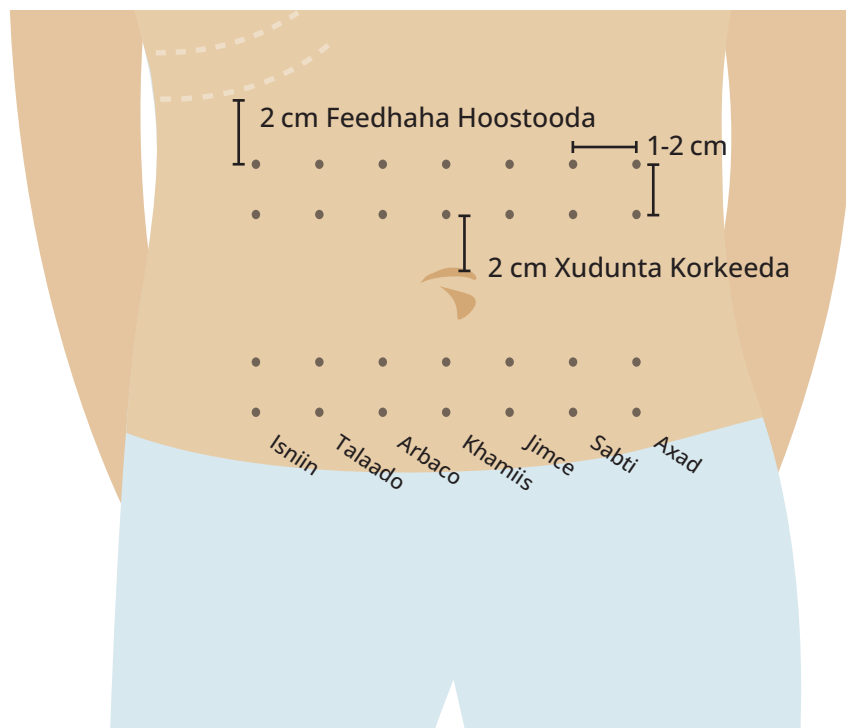


Sidan ugu kala qaybi jirka insuliinta iyo GLP-1*

Somali

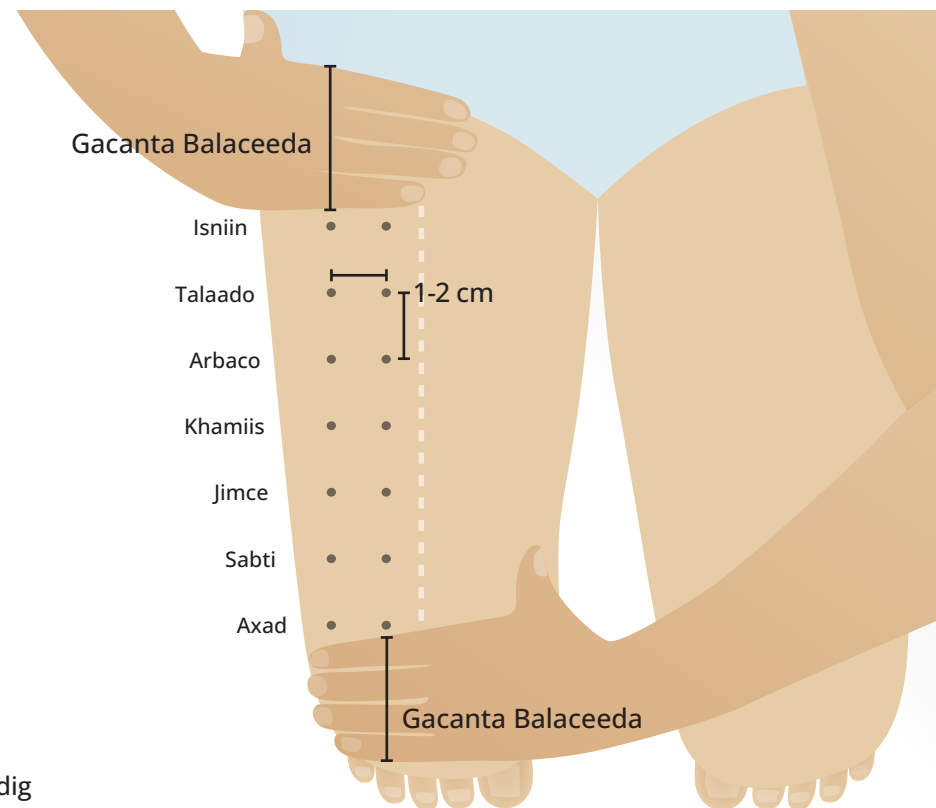
Caloosha



U qaybi insulinta ama GLP-1 si xagal toosan ah caloosha. Ka bilow dhanka midig Isniinta. Maalintii dhexe ee usbuuca (Khamiista) waxaad gaadhay xudunta. Hadday tahay inaad qaadatoo cirbadaha dhowr jeer maalinkii, waxaad u kala qaybin kartaa sida ku cad sawirka korel.

Haddii aad u baahan tahay oo kaliya inaad qaadato cirbada hal mar maalintii, waxaad u qaybin kartaa sida soo socota: Toddobaadka ugu horreeya safka sare, toddobaadka labaad safka ka sareeya xudunta, iwm.

Bowdada



Gacmahaaga saar sida sawirka ka muuqata. Waa inaad u qaadataa insulintaada ama GLP-1 sida sawirka ku xusan.

Ka bilow meesha sare ee bowdada Isniinta oo hoos u sii wad inta lagu jiro toddobaadka. Isticmaal tusaale ahaan bowdada midig todobaadyo dhabanka ah, kadib u bedel bowdada bidix todobaadyada kisiga ah.

*GLP-1 receptor agonists

Source: Houe SM, Jansen SM, Rasmussen LH, Barfoed CE, Schiøtz C, Tønder AV, Nørgaard MW, Laugesen B. Klinisk retningslinje for injektion af insulin til voksne med diabetes [Clinical guideline for insulin injection in adults with diabetes]. Aalborg: Center for Clinical Guidelines; 2024. Danish.

Sidan ugu kala qaybi jirka insuliinta iyo GLP-1*

Somali

Baruurta

Meelaha loo qaybinayo Insuliinta iyo GLP-1

Tusaale ahaan, isticmaal baruurta midigta todobaadyada dhanka midig ah iyo kan bidix todobaadyada dhanka bidix.



Qaybinta insuliinta iyo GLP-1 waxay raad wayn ku leedahay, sida daawada Uu jirku u qaadanayo, iyo dheeli tirka sokorta dhiiga.

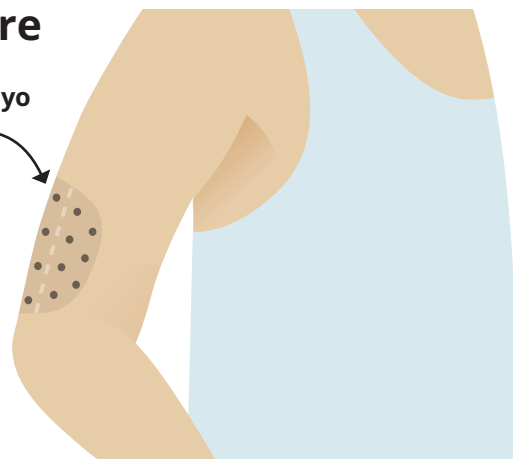
10 waano wanaagsan

1. U qaybi insuliinta iyo GPL-1, si nidaamsan, sida lagugu tusay sawirada.
2. Si looga hortago sonkorta hooseysa habeenkii, insulin-ka oo u baahan in la rogo qalinka ka hor inta aan la isticmaalin, waa in laga qaataa bowdada ama barida fiidkii.
3. U dhaxaysii 1-2 cm bartii aad iska muday ee ugu dambaysay, iyo mudniinka cusub.
4. Ha iska mudin meel u dhow 2 sentimitir xuddunta, feeraha iyo lafta gumaarka.
5. Ha ka mudin meel isku mid ah muddo afar toddobaad gudahood ah. haddii ay suurtoagal tahay.
6. Iska mud xagal 90 darajo ah, ama sida uu ku farayo dhakhtarkaagu.
7. Waligaa ha iska mudin meelaha nabarrada, (kuuskuus maqaarka hoostiisa ah), tattoos ama adoo dharka qaba.
8. Isticmaal cirbadaha dhererkoodu yahay 4 mm.
9. Isticmaal cirbada hal mar oo kaliya.
10. Had iyo jeer ka saar cirbada qalinka, ka dib markaad isticmaasho.

Gacmaha sare

Meelaha loo qaybinayo Insuliinta iyo GLP-1

Isticmaal tusaale ahaan Garabka midig todobaadyada dhaabanka ah, kan Bidixna todobaadyada kisiga ah.



*GLP-1 receptor agonists

Source: Houe SM, Jansen SM, Rasmussen LH, Barfoed CE, Schiøtz C, Tønder AV, Nørgaard MW, Laugesen B. Klinisk retningslinje for injektion af insulin til voksne med diabetes [Clinical guideline for insulin injection in adults with diabetes]. Aalborg: Center for Clinical Guidelines; 2024. Danish.



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