

Sideen iskugu duraa insulinata?

Halkeen iskaga duraa insulinata?

Insulinata waa in toos loogu mudaa baruurta ka hooseysa maqaarka ama baruur ka hoosaadka (subcutaneous fat) sida badiyaa loogu yaqaan.

Sabata maxay tahay loogu durayo baruur ka hoosaadka (subcutaneous fat)?

Baruur ka hoosaadka ayay dareenka xanuunku kaga yartay meelaha kale, waxay u samaaxdaa nuugitanta insulinata oo si siman ah.

Sirinjideen (syringe) isticmaala?

Sirinj ah 4–6 mm ayay dhererkeedu badiyaa ku filan tahay dadka inta ugu badan. Haddii aad aad gudaha aad ugu durto, waxa ka iman karta halista inaad muruq ku durt, markaana insulinata ayaa si degdeg ah u nuugsameysa.

Diyaarinta qalinka durista kahor:

Udiyaari qalinka sida uu ku farayo sameeyuhu. Xusuusnow in si fiican aad isugu qasto insuliinta NPH iyo Mixinsulin si milanku u noqdo sidii caanaha/daruuraha. Sidan waxa loo samayn karaa iyada oo aad ku rogrogayso qalinka sacabkaaga illaa 10 jeer oo aad mana kor u rogayso marna hoos illaa 10 jeer.

Maxaan sameeyaa markaan isku durayo insulinata?

- Kor ugu qaad suulka iyo farta hore laab maqaar. Uga xaglee sirinjida 45° maqaar sinnaanta iyo 90° markay tahay dusha laabka maqaarka.
- Tartiib iskugu dur insulinata.
- Marka qiyaasta giddigeed aad isku durto, ku sii hay qalinka insulinata maqaarka illaa 5–10 sekandi. Taasi waxay ka joojineysaa inuu insulinata ay dib u maaxato mar kale.



Waa muhiim inaad isticmaasho sirinj cusub iyo bar duritaan cusub oo loogu talagay duritaanka!

Baruur cufan

Insulinu waa hoormoon ururitaan leh. Haddii marka kasta durto meel isku mid ah, tani waxay abuuri doontaa "baruur cufan" ama lipohyperthrophy sida loogu yaqaan.

Markaa waa inaad u ka fogaaysaa barta duritaanka 1-2 cm barta kale ee duritaan sidii aad u naaqusi halista baruur cufanta. Walibana waa inaad barta duritaanka u kala beddesha dhinaca midigta iyo bidixda. Haddii aad yeelatay baruur cufan, iska ilaali inad ku durto dushooda, maadaama ya naaqusaan nuugga insulinata. Baruur cufanku badiyaa wey baabi'i doonaan woxoogaa ka danbow haddii aad iska ilaaliso inaad barta ku durin markale.

Noocaca kala duwan ee insulinata iyo xulasha barta duritaanka

Noocaca kala duwan ee insulinata ayaa u naaqusa heerka sonkorta dhiigga xawaarayaal kala duwan, xulashada barta duritaanka ayaa waliba saamayn ku yeelan doonta sida degdegga ah ee jidhku u nuugo insulinata.

Insulinata dhakhsaha -u-shaqeeya ee wakhtiga cuntada ayaa waliba lagu duraa caloosha, halka insulinata inay shaqeyso muddada dheer badiyaa la iskaga duro bowdada/badhida.

Kal hadal dhakhtarkaaga ama kalkaalayaha sonkorowga halkii aad iskaga duri lahayd insulinata.

Halkeen iskaga duraa insulinata?

Insulinata waa in lagu duraa baruurta ka hooseysa maqaarka caloosha, bowdada ma badhida, iyada oo ku xiran nooca insulinata.

Sirinjideen (syringe) isticmaala?

Sirinj 4–6 mm ah ayay dhererkeedu badiyaa ku filan tahay dadka inta ugu badan. U isticmaal sirinj cusub duritaan kasta.

Sababta aan u kala duwayo barta duritaanka maxay tahay?

Si la iskaga ilaaliyo abuuranka baruur cufan, barta duritaanka waaxa in la kala beddelaa.

Haddii aad yeelatay baruur cufan, iska ilaali inad ku durto dushooda, markaan wey baabi'i doonaan woxoogaa ka danbow.

Haddii aad rabto macluumaad u dheeraad inta halkn ku jirta, fadlan weydii dhakhtarkaaga ama kalkaalayaha. Waxa kale oo aad la xiriiri kartaa Macluumaadka Caafimaadka Lilly.

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