

Sawirida Hal Insuliin

Drawing Up One Insulin

To control your diabetes you need to take insulin. Insulin can only be given by injections, also called shots. Your doctor will tell you how much insulin to take and how often to take it.

Si aad u xakameysid sonkortaada waxaad u baahantahay inaad qaadatid insuliinta. Insuliin waxaa lagu siin karaa kaliya duritaano, sidoo kale loo yaqaan cirbado. Dhakhtarkaaga ayaa kuu sheegayo inta insuliin ah ee aad qaadaneysid iyo inta jeer la qaadano.

Getting Ready

1. Gather the needed supplies
 - Insulin
 - Insulin syringe
 - Alcohol pad
2. Wash your hands with warm water and soap. Dry your hands.

Diyaar Garowga

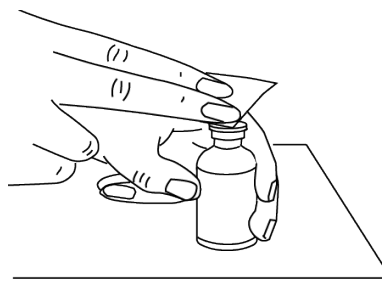
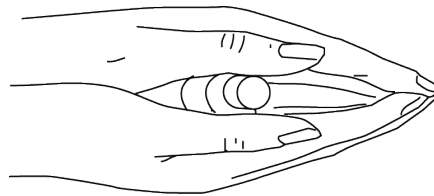
1. Isu keen sahayda loo baahanyahay
 - Insuliinka
 - Saliingada insuliinta
 - Suufka aalkulada
2. Gacmahaaga ku dhaq biyo diiran iyo saabun. Qalaji gacmahaaga.

What to Do

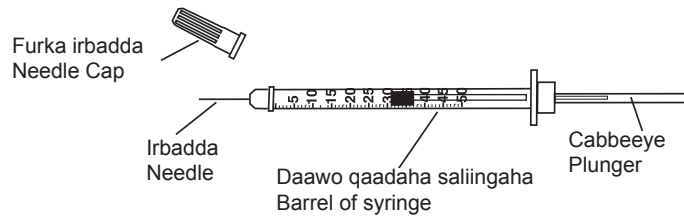
1. Check the label on the insulin bottle to make sure you are using the correct insulin.
2. Check the expiration date on your insulin bottle. **Do not** use expired insulin. Throw away any insulin left in the bottle 30 days after you first open the bottle.
3. Gently roll the bottle of insulin between your hands until it is mixed. Do not shake the insulin bottle because this can cause air bubbles.
4. Wipe off the top of the insulin bottle with an alcohol pad, and then do not touch the top of the bottle.

Waxa la Sameeyo

1. Hubi qoraalka dhalada insuliinka si aad u hubisid inaad isticmaaleysid insuliinta saxda ah.
2. Hubi taariikhda dhacitaanka ku qoran dhalooyinkaaga insuliinta. **Ha** isticmaalin insuliin dhacsan. Iska tuur insuliin walba ee ku hartay dhalada 30 maalmood kadib markaad kowdii furtid dhalada.
3. Si tartiib ah u duub dhalada insuliinta inta u dhaxeeyso gacmahaaga illaa la isku qaso. Ha lulin dhalada insulinka sababtoo ah tani waxay sababi kartaa naqaska aariyada.
4. Ku tirtir fiida dhalada insuliinka faasho aalkulo leh, hana taaban fiida dhalada.

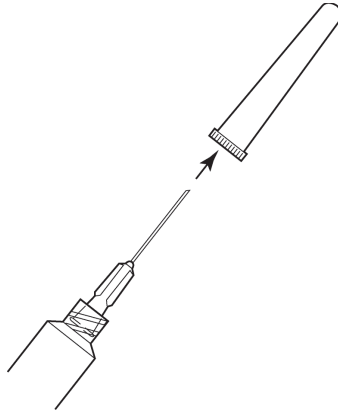


5. Take the syringe out of its package or remove the plastic cap.



5. Ka saar saliingada baakadeeda ama ka qaad daboolka bacda.

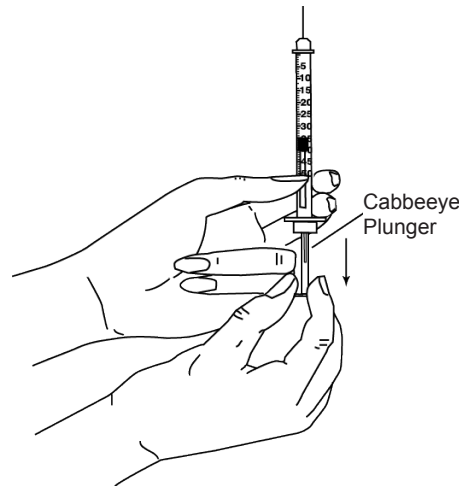
6. Take off the needle cap and place it on the table.



6. Ka qaad cirbada daboolka oo miiska dushiisa saar.

7. Pull the plunger of the syringe down to the number of units of insulin you need. The syringe will fill with air.

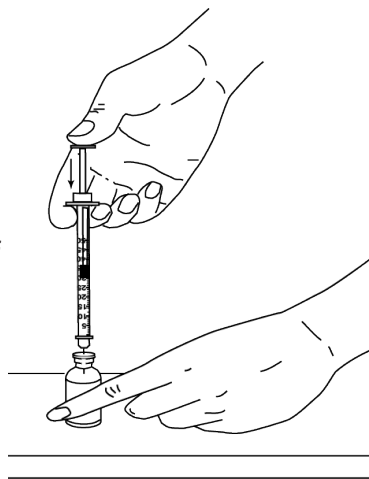
The syringe has small lines and numbers. The space between each line on the syringe is one unit. If you are using a 100-unit syringe, the space between each line is 2 units. Move the plunger so the dark end closest to the needle matches the number of units you need.



7. Hoos u jiid cabeeyaha saliingada dhoor jeer ee insuliinta ee aad u baahantahay.

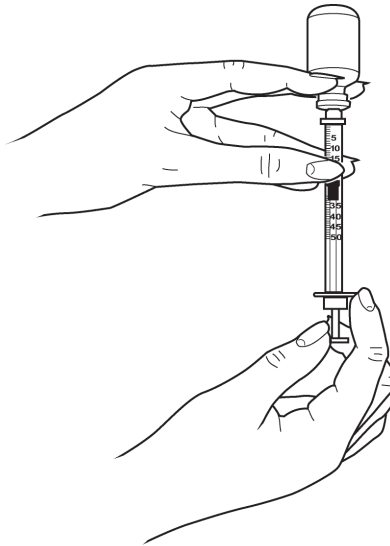
Saliingada waxaa ka buuxsamayo aariyo. Saliingada waxay leedahay diilmaaha yar iyo nambaro. Booska u dhaxeeyo diilin kasta ee saliingada waa hal qeyb. Haddii aad isticmaaleysid saliingada 100-qeybood, booska u dhaxeeyo diilin kasta waa 2 qeybood. Dhaqaaji cabeeyayaasha si markaas dhammaadka madow ee u dhow cirbada u dhigmo inta qeybood ee aad u baahantahay.

8. Carefully put the needle through the rubber stopper of the insulin bottle. Push the air into the bottle by pushing the plunger all the way down. Putting air in the bottle makes it easier to get the insulin out of the bottle.



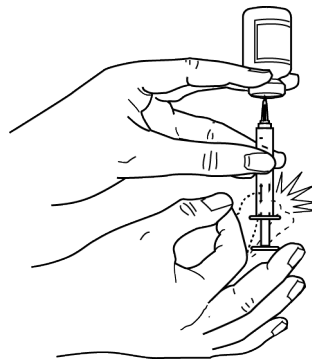
8. Si taxadar ah uga geli cirbada dhinaca joojiyaha goomaha ee dhalada insuliinta. Ku riix aariyada dhalada adiga oo riixayo cabeeyaha illaa wadada hoose. Aariyo gelinta dhalada waxay sahlisaa in insuliinta ay ka baxdo dhalada.

9. Turn the insulin bottle upside down with the syringe still in place. Support the needle in the bottle so it does not bend. Pull the plunger down to the number of units of insulin you need.



9. U wareeji dhalada insuliinka kor iyo hoos oo weli saliingada ku jirto. Ku taageer cirbada dhalada si markaas aysan u qaloocan. Hoos u jiid goomaha dhoor jeer ee insuliinta ee aad u baahantahay.

10. Check for air bubbles in the syringe. Air bubbles will not hurt you, but will take the place of insulin. This could cause you to get less insulin than you need because there is no insulin in the air bubble. If you see air bubbles:



- Tap the syringe firmly with your fingertip to move the bubbles to the top of the syringe.
- Push the plunger up a few units until the air bubbles go back into the insulin bottle.
- Pull down on the plunger and fill the syringe with the correct amount of insulin.
- Check again for air bubbles.

10. Ka hubi naqaska aariyada saliingada. Naqaska aariyada kuma xanuunjineyso, laakin waxay qaadaneysaa booska insuliinka. Tani waxay kugu sababi kartaa inaad heshid insuliin yar badelkii inta aad u baahantahay sababtoo ah ma jiraan insuliin hawada ku jirto. Haddii aad aragtid naqaska aariyada:

- Si adag fartada ugu gargaraac fiida saliingada si aad ugu dhaqaajisid naqaska dusha saliingada.
- Kor u riix cabeeyaha dhoor qeybood illaa naqaska aariyada dib ugu laabto dhalada insuliinta.
- Hoos u jiid cabeeyaha oo ku buuxi saliingada tirada saxda ah ee insuliinta.
- Hubi markale naqaska aariyada.

11. Take the needle out of the insulin bottle.

11. Ka qaad cirbada dhalada insuliinta.

Giving the Insulin

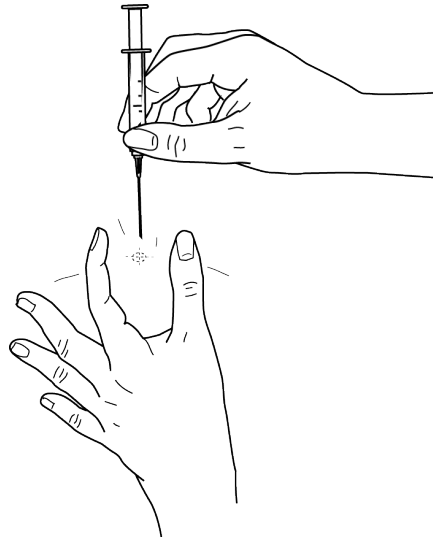
1. Clean the site with an alcohol pad. Let the alcohol dry. If you have just showered or bathed, you do not need to clean the site again.



Siinta insuliinta

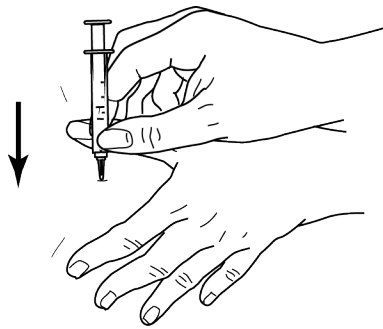
1. Ku nadiifi aaga faasho aalkulo leh. Aalkulada haqalasho. Haddii aad markaas qubeysatay ama shaawar sameysay, uma baahnid inaad nadiifisid aaga markale.

- Pinch up and hold the skin of the site with one hand. Hold the syringe like a dart or pencil as shown in the picture.



- Kor u qanjaruufo oo ku qabo maqaarka aaga hal gacan. U qabo saliingada sida ul ama qalin geed sida aad ku aragtid sawirka.

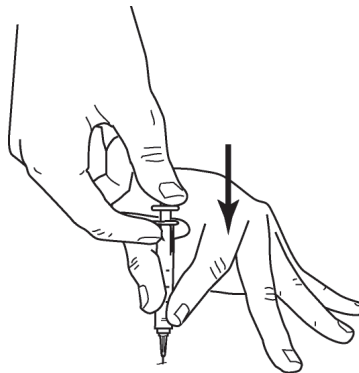
- Put the needle straight into the skin at a 90 degree angle. Use a quick motion. The quicker you put the needle in, the less it hurts. Push the needle all the way into the skin.



- Si toos ah u geli cirbada maqaarka heerka xagalka 90. Dhaqaaq dhaqso ah samay. Xanuunka waxay ku kala wayn tahay sida sida ugu dhaqsiha badan ee aad gelisid cirbada gudaha. U riix cirbada illaa gudaha maqaarka.

- Let go of the pinch of skin unless you are told not to.

- Push the plunger all the way down until all the insulin is in. Wait 5 seconds.



- Ha siideynin qanjaruufada maqaarka illaa sidaas lagugu sheego.

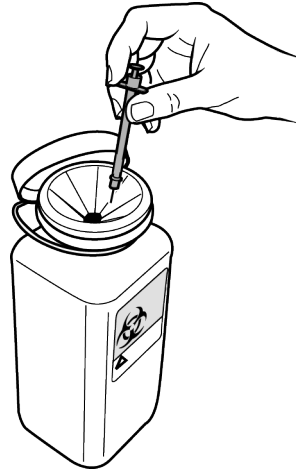
- Ku riix cabeeyaha hoos illaa insuliinta ay gudaha gasho. Sug 5 ilbiriqsi.

- Remove the needle. Put your finger on the site and apply pressure for 30 to 60 seconds.
- Check the site for any redness, bleeding or bruising. Put a band-aid on the site if there is bleeding.

- Ka saar cirbada. Geli fartaada dhinaca oo mari aariyada oo 30 illaa 60 daqiiqo.
- Ka fiiri aaga wax gaduudasho ah, dhiig bax ama maruubid. Saar faashada gargaarka aaga haddii ay jiraan dhiig bax.

Clean Up the Supplies

- Put the used syringe and needle into a needle disposal box. You can use a heavy puncture-resistant plastic container with a lid. **Do not** recap the needle.



- Be sure to store new and used syringes and needles out of the reach of children and pets.
- Wash your hands again.

Talk to your doctor or nurse if you have any questions or concerns.

Nadiifi Qalabyada

- Geli saliingada la isticmaalay iyo cirbada sanduuqa tuurida cirbada. Waxaad isticmaali kartaa weelka bacda aanan dilaacin ee daboolka leh. Dib **ha** u daboolin cirbada.

- Iska hubi inaad ku keydisid saliingada cusub ama la isticmaalay meel aysan carruurta gaarin.
- Dhaq gacmahaaga markale

La hadal dhaqtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ah ama walaacyo.