

Maqaarka ka hoosee (Xuubka kore) Meesha Cirbada lagu Duray

Under the Skin (Subcutaneous) Injection Sites

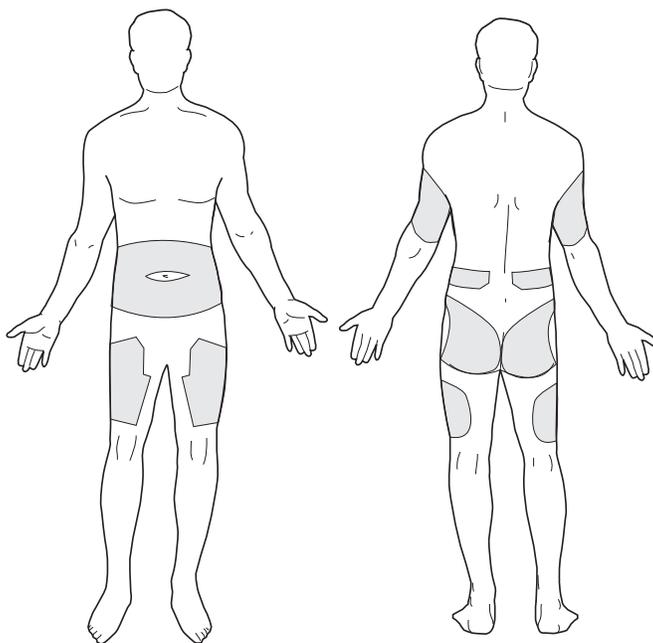
The medicine you are taking is to be given into the fatty tissue under the skin, also called subcutaneous. You will be taught how to do the injection or shot. Use this sheet to know which sites to use for your injections.

- ▶ The stomach, arms, legs and buttocks can be used for injections as shown in the picture. Injections are absorbed best from the stomach, next from the arms and least well from the legs and buttocks.
- ▶ Rub the site with alcohol. Let the alcohol air dry.
- ▶ Give your shot in a different spot each time.

Talk to your doctor or nurse if you have any questions or concerns about where to give your injection

Daawada aad qaadanayso waa in lagaa siiyaa nudaha baruurta leh ee ka hooseysa maqaarka, oo loo yaqaan subcutaneous (xuubka maqaarka). Waxaa lagu bari doonaa sida la isku duro cirbad ama cirbadaha. Isticmaal xaashidaan si aad u oggaato meesha aad iskaga durayso cirbadaha.

- ▶ Caloosha, gacmaha, lugaha iyo barida ayaa loo isticmaali karaa cirbadaha sida ka muuqata sawirka. Cirbada waxay si fiican waxtar ugu yeelataa caloosha, waxaana ku xiga gacmaha dhanka kalena waxaa ugu waxtar yar lugaha iyo badhida.
- ▶ Meesha ku tirtir aalkolada. U oggolow aalkolada inay qallalsho.
- ▶ Cirbada iskaga dur meel meeshii hore ka duwan.



La hadal dhaqtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ah ama ka walaacyo ah oo ku saabsan meesha aad iskaga durayso cirbada

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