

Taking Medicines Safely

Medicines are often part of treatment for illness or injury. Taking medicine is not without some risk for side effects. Follow these tips for taking medicines safely:

- Keep a list of your medicines with you. Include prescription and over the counter medicines, herbs, vitamins and any home remedies you use.
- Show this list to all doctors, pharmacists and dentists who are treating you.
- Take your medicine as ordered by your doctor. Do not change or stop taking any medicine until you talk to your doctor.
- Take your medicines at the same time each day.
- Tell your doctor if you are pregnant, breastfeeding or on a special diet.
- Get a refill at least one week before your medicine is gone.
- Throw away unused or expired medicines.
- Do not take any new herbal products or over the counter medicines without first checking with your doctor or pharmacist. These products may change the way your other medicines work.
- Do not give your medicines to anyone else.

Si Ammaan ah Daawooyinka u Qaadashada

Daawooyinku badanaa waxay qayb ka yihiin daaweynta ama dhaawac. Daawo qaadashadu halis saameyn liddi ah kama madhna. Raac talaabooyinakan hoose raac si aad daawooyinka si ammaan leh ugu qaadatid:

- Xafido taxanaha daawooyinka. Ku soo dar kuwo lagu qoray iyo kuwa aad iska soo iibsaday, daawo geedeedka, fitammiinnada iyo wixii kale oo aad guriga ku qaadatay oo aad isku daaweysay.
- Taxanahaan tusi dhammaan takhaatiirta, farmashiisteyaasha iyo takhaatiirta ilkaha ee ku daaweynaya.
- Daawooyinkaaga u qaado sida uu takhtarku ku faray. Ha beddelin ama joojin wax daawo ah ilaa aad takhtarkaaga kala hadashid.
- Daawooyinka isku waqti qaado maalin kasta.
- Takhtarkaaga u sheeg haddii aad uur leedahay, naas nuujiso ama cunto gaar ah aad qaadato.
- Dib u soo buuxso daawada ugu yaraan hal toddobaad ka hor inta aysan daawadu kaa dhammaannin.
- Iska tuur daawooyinka aan la isticmaalin ama dhacay.
- Ha qaadannin wax daawo geedeed ah ama la iska soo iibsado adigoo aan marka hore takhtarka ama farmashiistaha ka soo hubin. Alaabooyinka waxaa laga yaabaa in ay beddelaan waxtarka daawooyinka kale.
- Ha siinin daawooyinka dadka kale.

New Medicine

- Check if the medicine is covered by your insurance or if a generic medicine can be used.
- Use only one pharmacy so that there is a record of all of your medicines.
- Ask your doctor or pharmacist these questions:
 - ▶ How do I take this medicine?
 - ▶ How long do I take this medicine? Do I take it until I am better? Is this a medicine I need to take always to keep my problem under control?
 - ▶ What are the side effects and what do I do if they occur?
 - ▶ What do I do when I forget to take my medicine?
 - ▶ What do I do if I take too much medicine?
 - ▶ Can I take this medicine with the other medicines I am taking?

Storing Medicine

- Keep all medicines in their containers unless you are using a pillbox.
- Store medicines in a cool, dry place.
- Keep bottles tightly capped and out of the reach of children.

Write down this information:

- What is the name of the medicine?
- Why do I take it?
- How much do I take?
- What times should I take it?

Daawooyinka Cusub

- Hubi haddii daawada uu kaa bixinayo caymiskaagu ama daawo nooc gaar ah la isticmaali karo.
- Istimaal hal farmashiye oo keliya sidaas daraadeed waxa jira diiwaanka dhammaan daawooyinkaaga.
- Takhtarkaaga ama farmashiistaha weydii su'aalahan:
 - ▶ Daawadaan sidee ayaan u qaataa?
 - ▶ Ilaa iyo intee ayey ii soconeysaa? Miyaan qaataa ilaa aan ka bogsado? Miyey daawadaani tahay mid aan u baahanahay in aan mar walba qaato si aan dhibaataadayda u xakameeyo?
 - ▶ Waa maxay saameynta liddiga ah ee ay leedahay maxaanse sameeyaa haddii ay dhacdo?
 - ▶ Maxaan sameeyaa markaan hilmaamo in aan daawada qaato?
 - ▶ Maxaan sameeyaa haddii aan qaato daawo aad u badan?

Kaydinta Daawooyinka

- Daawooyinka oo dhan weelkooda ku xafid in aad kaniiniga sijilan isticmaaleyso mooyaane.
- Daawooyinka dhig meel qabow, oo engegan.
- Dhalooyinka si adag furka ugu xir si aanay u gaadhin carruurta.

Qor macluumaadkan:

- Waa maxay magaca daawadu?
- Maxay tahay sababta aan u qaadanayo?
- Intee ayaan ka qaadanayaa?
- Waqtiyadee ayaan qaataa?

Use the form on the next page to write your medicines down and carry it in your wallet so you have it when you need it.

Talk to your doctor, nurse or pharmacist if you have:

- Any questions about your medicines or how to take them
- Any side effects
- Other concerns

Isticmaal foomka bogga ku xiga si aad u qorto daawooyinkaaga kuna qaado boorsadaada lacagta ee yar si aad u haysatid markaad u baahatid.

La hadala takhtarkaaga, kalkaalisada ama farmashiistaha haddii aad wax su'aalo ah ka qabtid

- Daawooyinkaaga ama sida aad u qaadanayso.
- Wixii waxyeelo dheerad ah
- Walaac kale

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Taking Medicines Safely. Somali.

Medicine List

Name of Medicine	Reason I take it	How much I take	Times I take it

My allergies: _____

Key phone numbers:

Pharmacy _____

Doctor _____

Poison Control 1-800-222-1222

Taxanaha Daawada

Magaca Daawada	Sababta aan u qaadanayo	Inta aan ka qaadanayo	Waqtiyada aan qaadanayo

Xajiinta: _____

Lambarrada Telefoonka Muhiimka ah:

Farmashiyaha _____

Takhtarka _____

Koontaroolidda Sunta 1-800-222-1222