

WARBIXINTA BUKAANKA
Kugu socota qofka helay
Insulin lispro Sanofi



Buugyarahan waxaa loo qoray kuwiina qaba sonkorta oo uu dhaqtarkoodu u soo qoray Insulin lispro Sanofi. Ula jeedka ugu wayn ee dhammaan daaweynta xanuunka sonkorta waa in uu qofku dareemo caafimaad, laakiin sidoo kalena lagu guulaysto in la helo habka suurtagal ahaan ugu caadiga ah ee heerka sonkorta dhiigga.

Haddii aad qabto wax su'aala ah oo ku saabsan daaweynta sonkortaada waa inaadan ka caga jiidin inaad su'aasho dhaqtarkaaga ama kalkaaliyahaaga.

Waa maxay sababta aan ugu baahanahay insuliinta wakhtiga cuntada?

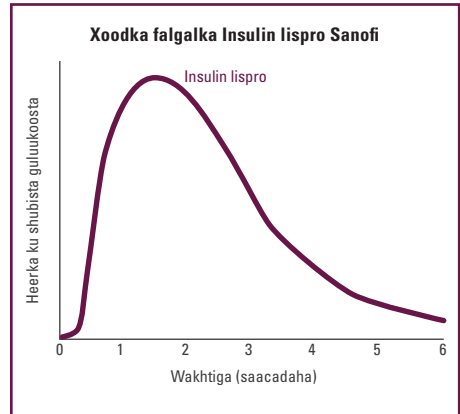
Insuliintu waa hoormoon ka caawinaaya jirka nidaaminta heerka sonkorta ee dhiigga. Marka insuliinta lagugu mudo, qofka sonkorta qabow waxay ka caawin doontaa jirkaaga inuu hoos u dhigo heerarka sonkorta ee dhiiggaaga markii insuliinta jirku soosaaro ayna ku fillayn.

Insulin lispro Sanofi waa insuliin si toos ah u hawlgasha wakhtiga cuntada taasi oo matasha saamaynta insuliinta dabiiciga ah ee jirka wakhtiyada cuntada. Insulin lispro Sanofi si dhakhso ah ayaa looga nuugaa barta lagu mudo sidaa darteedna dhakhso ayey u falgashaa.

Bilaabashada saamaynta dhakhsaha ah ee Insulin lispro Sanofi waxay kuu saamaxaysaa inaad toos u qaadata insuliinta cuntada kahor ama isla marka cuntada aad dhammaysato. Ma aha inaad wakhti u dhaxaysiiso mudiyada (durisyada) iyo cuntooyinka.

Insulin lispro Sanofi waxay maaraysaa sare u kaca sonkorta dhiigga kaasi oo dhaca marka qofku cunteeyo waxayna ka baxdaa dhiigga dhawr saacadood kadib.

Marka lala qaato insuliinta aan hore dhiigga u galin, Insulin lispro Sanofi waxay ku siisaa fursad aad ugula noolaato si badbaado leh oo raaxo leh xanuunkaaga sonkorta.



Xoodku wuxuu muujinayaa in Insulin lispro Sanofi ay si dhakhso ah u bilaabanto.

Waxyeelooyinka ka iman kara

Waa maxay waxyeelooyinka iga soo gaari kara daawaynta insuliinta?

Iyadoo ku xiran sababo kala duwan, waxa dhici karta in insuliintu kugu badan tahay marka loo eego xaddiga sonkorta ee dhiiggaaga ku jirta. Waxa markaa kugu iman doonta sonkorta oo intii caadiga ahayd ka yaraata (<3.5 mmol/l). Tan waxa loo yaqaan u nuglaanta insuliinta.

Astaamaha guud:

- Gariir
- Gaajo dareemid
- Dhidid
- Wadne garaac aan caadi ahayn
- Diirad saaridda oo liidata
- Khalkhal aragga ah
- Kacsanaan/daandaansi badni
- Tamar darri

Waxyaalaha keena u nuglaanta insuliintu waxay noqon karaan:

- Cuntada oo daahda
- Cunto aad u yar

- Insuliin iyo/ama kiniinka sonkorta dhiigga yareeya oo badan
- Jimicsi xagga jirka ah (oo ka badan ama ka dheer intii la rabay)
- Khamro

Si aad sare ugu qaaddo sonkorta dhiiggaaga meeshana uga saarto u nuglaanta waa inaad had iyo jeer wax cunto. Waxa sida ugu dhakhsaha badan u kordhiya sonkorta dhiiggu waa dextrose, koob juus oo saafi ah ama wax kale oo macaan. Sonkorta dhiigga 3.0-4.0 mmo/1 oo leh astaamo cadcad waxa lagu daaweeyaa dextrose, 1/2-1 kiniinka dextrose ah 10-kii kg ee culayska jirka ahba. Biyo cab si dhakhso loogu nuugo.

Haddii wakhti badan ka harsan yahay xilligii cuntada, waxaad u baahan kartaa cunto fudud oo dheeri ah. U nuglaantu dhakhso kuma dhamaato inaad cunto cunno aad u badan. Xeer muhiim ah markii aad qaadanayso daawaynta insuliinta waa inaad had iyo jeer dextrose sidato.

Kahor ku durista Insulin lispro Sanofi

Meel u dhig Insulin lispro Sanofi si habboon

Dhalooyinka ama qalimada hore loo sii buuxshay ee ku jira bushqadaha aan jabin waa in lagu rido tallaagad, 2-8°C ah. Insulin lispro Sanofi waa inaan la barafayn. ka fogee inuu taabto qaybaha qaboojiyaha ama sanduuqyada barafka. Insulin lispro Sanofi la isticmaalayo waa in lagu hayo ugu badanaan 30°C oo laga ilaaliyo qabowga iyo iftiinka. Haddii ay jirto insuliin hartay afar toddobaad oo isticmaal ah kadib, waa in aad iska tuurtaa dhalada ama qalinka hore loo sii buuxshay. Fadlan qor taariikhda aad galisay dhalo cusub ama bilawday isticmaalidda qalinka hore loo sii buuxshay.

Kahor isticmaalka ugu horreeya

Marka aad bilaabayso dhalada ama qalinka hore loo sii buuxshay, ka soo saar tallaagadda hala ilaa laba saac kahor. Iska hubi in insuliinta ku jirta dhalada ama qalinka hore loo sii buuxshay ay saafi tahay (aysan midab lahayn, saafi aan lahayn wax adag oo muuqan kara). Haddii insuliinta ay tahay mid daruur daruur ah waa in aad

ka daadisaa dhalada ama qalinka hore loo sii buuxshay aadna qaadataa mid cusub.

Raac tilmaamaha soosaaraha qalinka marka aad ka buuxinayso Insulin lispro Sanofi qalinkaaga dib loo isticmaali karo. Had iyo jeer isticmaal irbad cusub markii aad isku durayso Insulin lispro Sanofi.

Hubi sonkorta dhiiggaaga marka aadan muddo waxba cunin

Waxa muhiim ah inaad aqoon fiican u leedahay sonkorta dhiiggaaga marka aadan waxba cunin iyo heerka sonkorta dhiiggaaga qiyaastii laba saac kadib cuntada. Qiimayaashani waxay ku siinayaan macluumaad aad u baahan tahay si aad u kordhiso/yarayso qiyaasta aad qaadnayso ee Insulin lispro Sanofi adigoo la kaashanaya dhakhtarkaaga ama kalkaaliyaha xanuunka sonkorta.

Fadlan isticmaal buugga Xusuusqorka Sonkortaada si aad ula socoto heerarka sonkorta dhiiggaaga iyo qiyaasta aad qaadnayso ee insuliinta.

Sida loo qaato Insulin lispro Sanofi

Dhaqtarkaaga ama kalkaaliyahaaga xanuunka sonkorta ayaa ku siinaaya xogta qusaysa qiyaasta aad qaadanayso iyo halka jirka ah ee aad isaga duri Insulin lispro Sanofi.

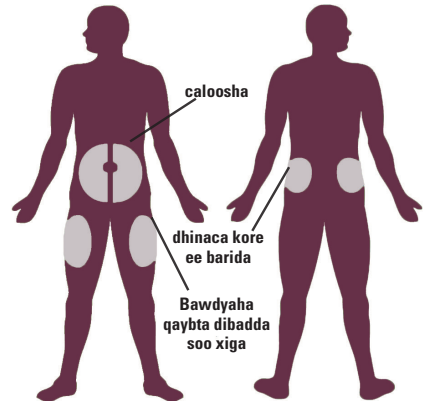
Insulin lispro Sanofi waa insuliin xilliga cuntada ah oo maqaarka hoostiisa lagu duro in yar (0-15 daqiiqo) kahor ama muddo yar kadib cuntada ama iyadoo la adeegsanayo bamka ku shubista maqaarka hoostiisa oo joogta ah.

Waa maxay qiyaasta aan qaadanayo xilliga cuntada? ?

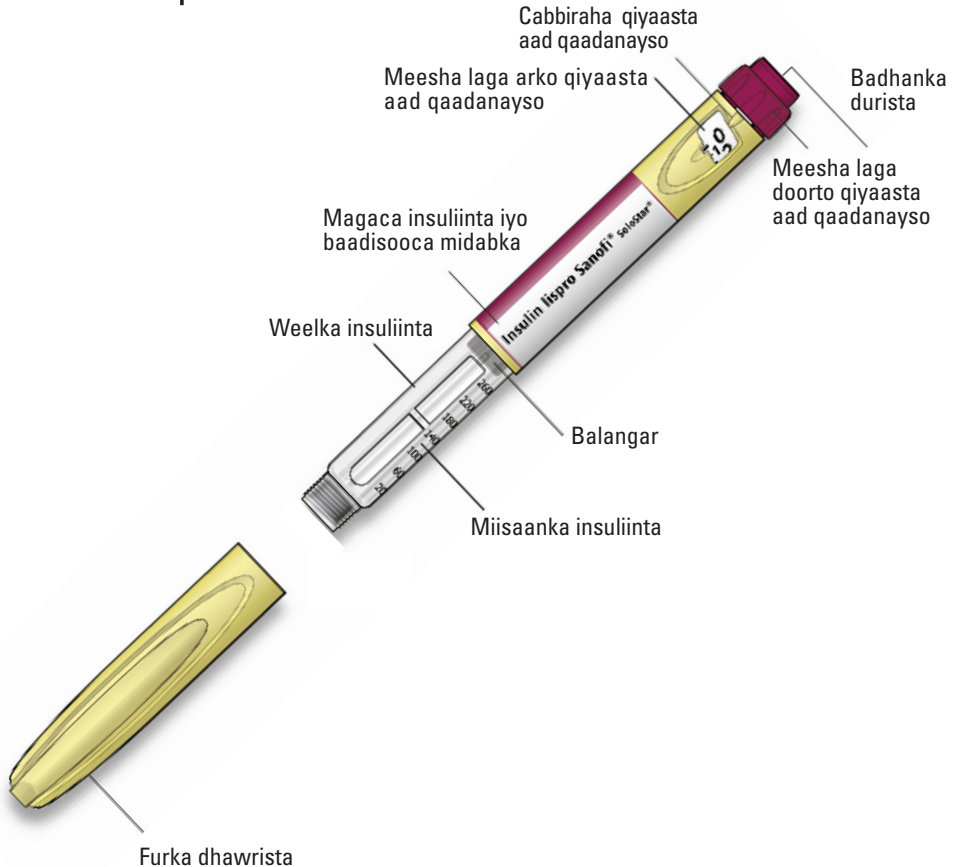
Tan waxa xakameeya:

- Waxa aad cuni doonto.
- Waxa sonkorta dhiiggaagu ahayd kahor cuntada.
- Waxa aad samayn doonto.

Iyadoo la raacayo talobixino cusub marka la eego isku durista insuliinta, waxa muhiim ah inaad kala duwdo meelaha ku durista iyo sidoo kale Insulin lispro Sanofi marka la eego aagagga aad ku durayso. Kala dooro meelaha soo socda:



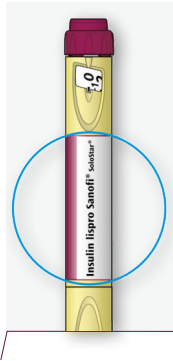
Insulin lispro Sanofi SoloSTAR



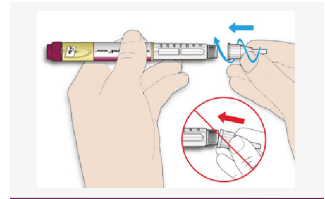
Diyaarinta waxa lagu sameeya hal halbeeg markiiba.

Sida loo bilaabo Insulin lispro Sanofi

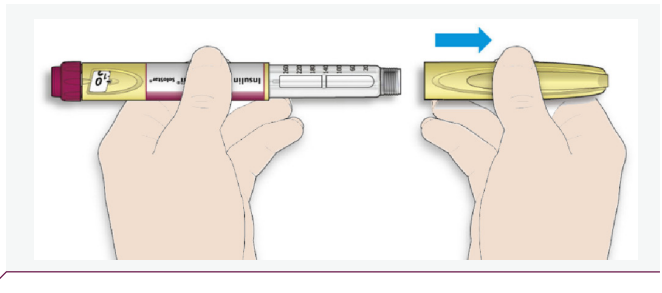
- 1** Hubi inaad haysato **daawada saxda ah.**
Insulin lispro Sanofi Solostar waa qalin jaalle ah oo leh badhanka durista oo caano-fiimto ah.



- 3** **Ku xir irbad cusub.**
Wareeji ama taabo irbadda iyadoo ku xiran irbadda aad isticmaalayso.



- 2** Ka saar furka dhawrista oo hubi in insuliintu tahay mid xareedi ah.

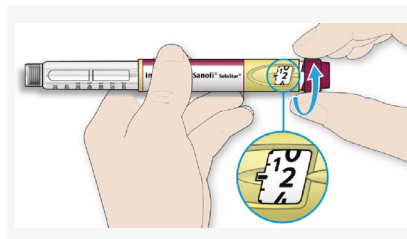


OGOW!

- Ha diyaarin qiyaasta aad qaadanayso ama cadaadin badhanka durista iyadoo ayna irbaddu ku xirnayn.

Samee tijaabinta badbaadada kahor durniin walba

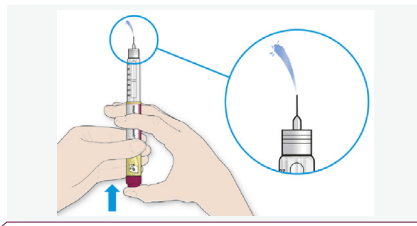
4 Diyaari laba halbeeg adigoo u wareejinaya meesha qiyaasta aad qaadnayso laga doorto dhinaca bidix. Ka fuji dahaarada irbadda ee dibadda iyo gudaha.



5 Qalinka hay iyadoo irbadda sare u taagan tahay.

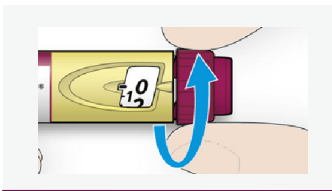
Ka saar wixii hawo ah oo ku jirta adigoo farta ku cadaadinaya weelka insuliintu ku jirto.

6 U riix badhanka durniinka ilaa meesha ugu hoosaysa. Hubi in insuliintu ay ka soo baxdo irbadda caaradeeda iyo in daaqadda qiyaasta aad qaadnayso muujinayso '0'.

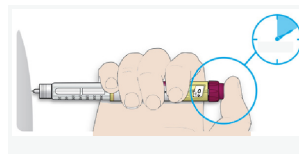


Diyaari qiyaasta oo isku dur

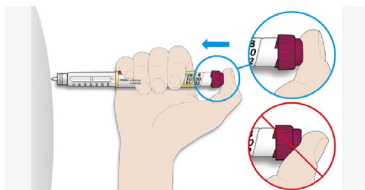
7 Diyaari qiyaasta aad qaadnayso ee aad dooratay. Haddii aad dhaafisay halbeegga ay tahay inaad isku durto, dib ugu soo celi halbeegga saxda ah.



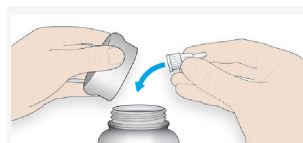
9 Ku hay badhanka durista cadaadis isagoo taagan xaaladdiisa cadaadiska ah inta aad 10 ka tirinayso. Kadibna irbadda ka siib.



8 Soo qabo maqaarka oo xaji ilaa inta durista aad waddo. Gali irbadda maqaarka aad soo qabatay oo ku dur.



10 Ku xir furka irbadda ee dibadda oo ka fur irbadda. Tuur kaanoolaha laguu qoray. Ku xir furka dhawrista qalinkaaga SoloSTAR oo meel ammaan ah dhig.



OGOW!

Had iyo jeer ka saar irbadda kadib durista oo meel dhig qalinka SoloSTAR bilaa irbad.
Tani waxay caawinaysaa kahortagga wasakhawga, hawo gelista iyo daadashada insuliinta.

Maskaxda ku hay



Si habboon meel u dhig

Kahor isticmaalka ugu horreeya

- Ku kaydi qalimada SoloSTAR tallaagad, meel madow oona qabow (**2°C ilaa 8°C**) iyagoo ku jira bushqad.
- **Ha** barafayn.

Kadib isticmaalka koowaad

- Dhig qalinka SoloSTAR meel heerkulkeedu kan qolka, **ugu badnaan 30 °C**.
- Had iyo jeer ka **saar** irbadda kadib durista.
- **Meel dhig** qalinka SoloSTAR bilaa irbad. Tani waxay caawinaysaa kahortagga wasakhawga, hawo gelista iyo daadashada insuliinta.
- **Ka ilaali** qalinka SoloSTAR ilayska qorraxda iyo kulaylka.

- **Meel dhig** qalinka SoloSTAR iyadoo furka dhawristu ku xiran yahay.
- **Isticmaal** qalinka SoloSTAR ugu badnaan **4 toddobaad** kadib isticmaalka koowaad.

Si taxaddar leh u qaad qalinka

- Haddii aad u malayso in qalinkaaga ay waxyeelo soo gaartay, ha **isku dayin** inaad hagaajiso. Isticmaal qalin SoloSTAR ah oo cusub.

Qashink ku darista qalinka.

- **Ka saar** irbadda kahor inta aadan qashinka raacin qalinka SoloSTAR.
- **Qashinka raaci** qalinka SoloSTAR adoo raacaya habraacyada wakhtigan jira.

.....
: **Haddii aad su'aalo ka qabto** SoloSTAR-kaaga, fadlan naga soo wac 020-52 68 87. :
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Insulin lispro Sanofi® (insulin lispro), injektionsvätska, lösning 100 enheter/ml. Receptbelagt läkemedel. **Indikation:** Insulin lispro Sanofi används för behandling av diabetes och kan ges både till vuxna och barn. Det verkar mycket snabbt och under en kortare tid än lösligt insulin (2-5 timmar). Du ska normalt ta Insulin lispro Sanofi inom 15 minuter före eller efter en måltid. För ytterligare information, se www.fass.se. **Kontaktuppgifter:** Insulin lispro Sanofi tillhandahålls av Sanofi AB, Box 30052, 104 25 Stockholm, tel: +46 8 634 50 00, www.sanofi.se. Vid frågor om våra läkemedel kontakta: infoavd@sanofi.com
Läs bipacksedeln noga före användning.

▼ **Detta läkemedel är föremål för utökad övervakning. För ytterligare information se www.fass.se**



Su'aalaha ku saabsan badeecadaha xanuunka sonkorta:

020-52 68 87

insulin.se

Waxaad ka heli kartaa macluumaad dheeri ah oo quseeya xanuunka sonkorowga www.insulin.se
Sidoo kale waxaad ka akhriyi kartaa badeecooyin kala duwan oo kuwa xanuunka sonkorta ah fass.se.
Filimo tilmaamaya sida loo isticmaalo qalinka ayaa laga heli karaa medicininstruktioner.se

Fadlan u aqri xogta buugyaraha si taxaddar leh.



sanofi.se