

WARBIXINTA BUKAANKA
Kugu socota adiga helay Toujeo



Toujeo[®]
insulin glargin 300E/ml

Buugyarahan waxaa loo qoray kuwiina qaba sonkorta oo uu dhaqtarkoodu u soo qoray Toujeo (insulin glargine 300 units/ml). Ula jeedka ugu wayn ee dhammaan daaweynta sonkorta waa in lagu guulaysto in la helo habka suurtagal ahaan ugu caadiga ah ee heerka sonkorta dhiigga lana dareemo caafimaad isla waqtigaas.

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

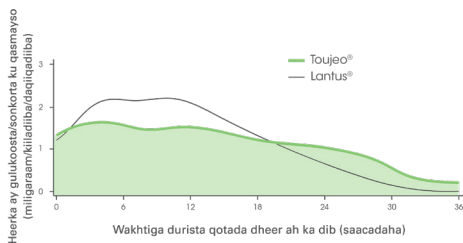
Maxay tahay sababta aan ugu baahanahay insuliinta aan hore dhiigga u galin?

Insuliintu waa hoormoon ka caawisa jirka inuu maamulo heerka sonkorta ee dhiigga kujirta. Insuliinta aan hore dhiigga u galin waxay ka caawinaysaa jirka in uu sii wado heer joogto ah oo insulin ah 24 saac maalintii.

Toujeo waa insuliinta aan hore dhiigga u galin taasi oo si gaabis ah looga sii daayo barta qofka lagaga duray laguna sii daayo dhiigga waxaana laga helaa joogtaynta hoos u dhiga sonkorta dhiigga

muddo ka badan 24 saac, taasi oo yaraysa halista u nuglaanta insuliinta.

Qiyaasta daawada aad qaadanayso waxay ku xiran tahay qaabka nololshaada, natiijoyinka tijaabooyinka sonkorta dhiigga iyo wixii ah isticmaal hore ee daawada insuliinta. Haddaad ooga wareegto Toujeo daawo kale oo insuliin ah, qiyaasta daawada aad qaadanayso ayaa u baahan karta dib u habayn.



Tixraaca: Laga soo baddashay Becker et.al. Diabetes Care 2015; 38 (4):637-643

Sawirka waxa uu natusayaa in Toujeo leedahay ½ hab daganaasho 24 saac kasta taasi oo soconayso in kabadan 24 saac.

Waxyeelooyinka ka iman kara

Waa maxay waxyeelooyinka igaga iman 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 mmol/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 inta aadan isku durin Toujeo

U kaydi Toujeo si sax ah

Qalimada Toujeo waa in lagu kaydiyo iyagoo bushqaddooda kujira tallaagadda, meel madow oona qabow (2°C ilaa 8°C).

Ha barafayn Toujeo.

Haddaba, ha ku xarayn Toujeo meel ku xigta weelal barafayn ama qaybaha qaboojinta.

Kahor isticmaalka ugu horreeya

Marka aad bilaabayso qalinka Toujeo ee horay loo buuxshay, ka soo saar qaboojiyaha hal ama laba saac kahor. Iska hubi in insuliinta ku jirta qalinka hore loo sii buuxiyay ay saafi tahay (aysan midab lahayn, saafi aan lahayn wax adag oo muuqan kara). Haddii daawada sonkorta ay tahay mid daruur daruur ah waa in aad iska tuurtaa

Qalinka Toujeo oo hore loo sii buuxshay ood isticmaasho mid cusub. Had iyo jeer isticmaal irbad cusub markaad isku

durayso Toujeo. Haddii ay jirto insuliin soo harta **6 toddobaad** oo isticmaal ah kadib, waa in aad iska tuurtaa qalinka hore loo sii buuxshay. Fadlan xasuusnow taariiqda markaad bilawday isticmaalka mid cusub oo ah qalinka Toujeo ee hore loo sii buuxshay.

Hubi sonkorta dhiiggaaga marka aadan muddo waxba cunin

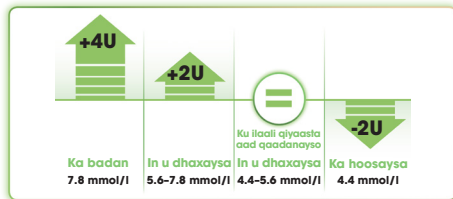
Waa muhiim in aad u leedahay aqoon fiican sonkorta dhiiggaaga marka aadan muddo waxba cunin. Heerarkan waxay ku siinayaan xogta aad u baahan tahay si aad u kordhiso/yarayso qiyaasta aad qaadanayso ee Toujeo, adigoo la kaashanaaya dhaqtarkaada ama kalkaaliyahaaga xanuunka sonkorta. Fadlan isticmaal buugga Xusuusqorka Sonkortaada si aad ula socoto heerarka sonkorta dhiiggaaga iyo qiyaasta aad qaadanayso ee insuliinta.

Sida loo qaato Toujeo

Dhaqtarkaada ama kalkaaliyahaaga xanuunka sonkorta ayaa ku siinaaya xogta qusaysa jadwalka qiyaasta aad qaadanyso iyo halka jirka aad isaga duri Toujeo.

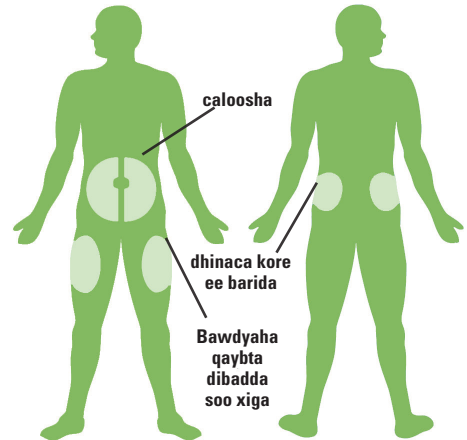
Toujeo waa insuliinta aan hore dhiigga u galin taasi oo la qaato halmar maalintii waxaana qofku qaadan karaa markii uu doono maalinta oo dhan, waliba waxa fican wakhti isku mid ah maalin kasta. Haddii loo baahdo, Toujeo waxa la qaadan karaa ilaa 3 saac kahor ama kadib wakhtiga caadiga ah ee la qaadanyey.

- Kordhi/yaree qiyaasta aad qaadanyso iyadoo ku xiran sonkorta dhiiggaaga ku jirta marka aadan waxba cunin
- Waa inaad cabbirto maalin kasta sonkorta dhiiggaaga ku jirta marka aadan waxba cunin

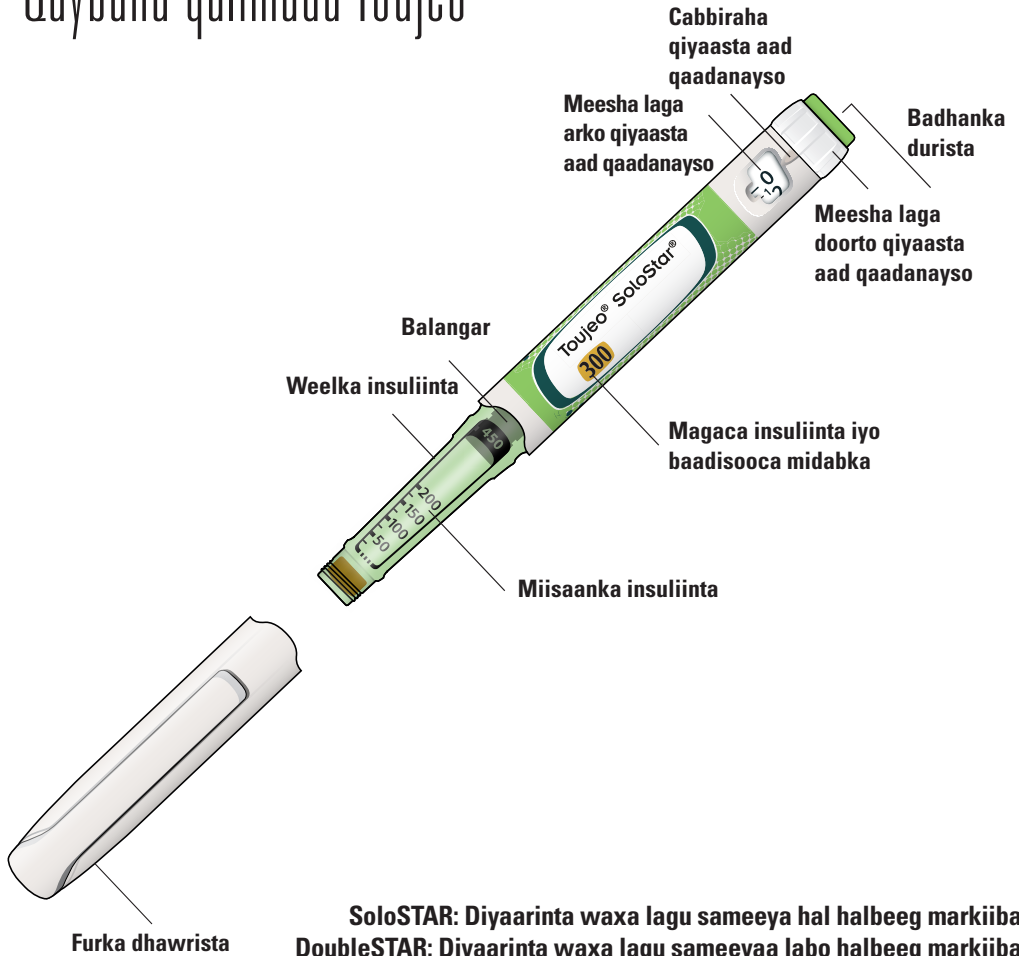


- Dib u habayn ha ku samayn qiyaasta aad qaadanyso in ka badan 3-4 maalmood kasta

Marka la eego talobixino cusub oo ku saabsan isku durista insuliinta, waxa muhiim ah in la kala duwo meelaha iyo sidoo kale aagagga durista ee Toujeo. Kala dooro meelaha soo socda:



Qaybaha qalimada Toujeo



Sida loo bilaabo Toujeo

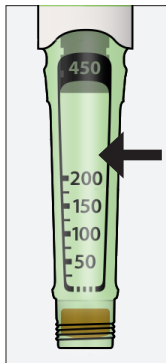
1 Hubi inaad haysato **insuliinta saxda ah.**

Qalimada Toujeo waa dameeri ifaya oo leh badhanka durista oo cagaar ah.

Toujeo SoloStar waxay leedahay summad cagaar ah Toujeo DoubleStar-na wuxuu leeyahay summad boordoo ah.

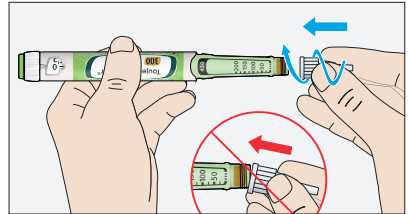


2 Ka fur furka dhawrista oo xaqiiji in insuliintu tahay mid saafi/xareedi ah.



Ku xir irbadda

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



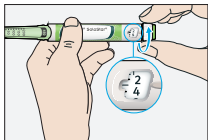
OGOW!

Ha bilaabin siinta qiyaasta aad qaadanayso ama ha riixin badhanka durista iyada oo ayna irbaddu ku xirnayn.

Samee tijaabinta badbaadada kahor durniin walba

4

Ka dhig 4 halbeeg adigoo u wareejinaya meesha laga doorto qiyaasta aad qaadnayso dhinaca bidix.



6

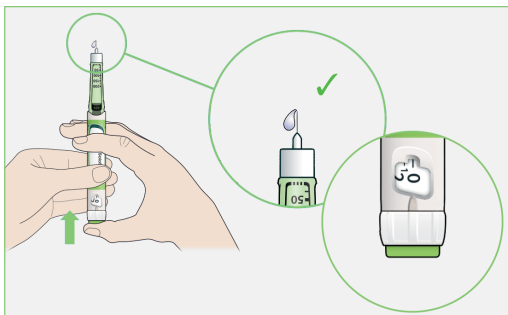
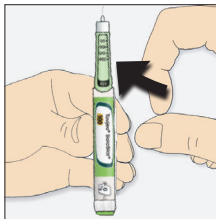
U riix badhanka durniinka ilaa meesha ugu hoosaaysa. Hubi insuliintu inay ka soo baxayso caarada irbadda oo daaqadda qiyaasta aad qaadnaysana muujinayso "0".

Ka fuji dahaarada irbadda ee dibadda iyo gudaha.

5

Qaab taagan u qabo qalinka Toujeo oo irbadda qaba.

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



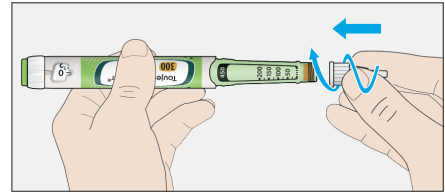
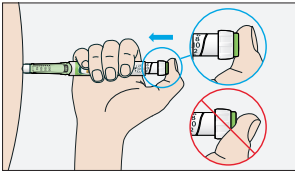
Diyaari qiyaasta oo isku dur Kadib durniinka

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

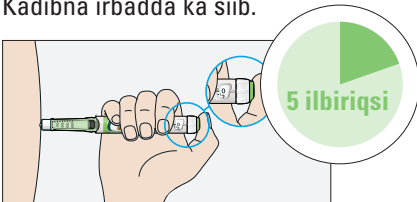


10 Ku xir furka irbadda ee dibadda oo ka fur irbadda. Tuur kaanoolaha laguu qoray. Saar dahaarka dhawrista qalinkaaga Toujeo oo u kaydi si ammaan ah.

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



9 Ku hay badhanka durista cadaadis isagoo ku taagan xaaladiisa cadaadiska inta aad 5 ka tirinayso. Kadibna irbadda ka siib.



OGOW!

Had iyo jeer irbadda siib kadib durista oo meel dhig qalinka Toujeo 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 hay qalimada Toujeo ee cusub tallaaqadda, meel madow oona qabow (**2°C ilaa 8°C**) iyagoo ku jira bushqadda.
- **Ha** barafayn.

Kadib isticmaalka koowaad

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

- **Kaydi** qalinka Toujeo isagoo leh daboolka dhawrista
- **Isticmaal** qalinka Toujeo ugu badnaan **6 toddobaad** kadib isticmaalka koowaad.

Si taxaddar leh u qaad qalinka

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

Qashink ku darista qalinka.

- **Ka siib** irbadda kahor inta aadan qashinka raacin qalinka Toujeo.
- **Qashinka raaci** qalinka Toujeo adigoo raacaya habraacyada istaandarka (caadiga) ah.

Haddii aad wax su'aalo ah ka qabto qalinkaaga Toujeo, fadlan naga soo wac 020-52 68 87.



Toujeo® (insulin glargin), 300 enheter/ml injektionsvätska, lösning. Receptbelagt läkemedel. **Indikation:** Toujeo används för att behandla diabetes mellitus hos vuxna. Toujeo sänker ditt blodsocker stadigt under en längre tidsperiod. Det ges en gång dagligen. **Varningar och försiktighet:** Var noga med att följa doseringsinstruktionerna och instruktionerna för kontroll (av blod och urin), diet, fysiska aktiviteter (fysiskt arbete och träning) och injektionsteknik enligt samtal med din läkare. För ytterligare information, se www.fass.se. **Kontaktuppgifter:** Toujeo 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.

Su'aalaha ku saabsan badeecadaha xanuunka sonkorta:

020-526887

insulin.se

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

Fadlan u aqri xogta buugyaraha si taxaddar leh.

Xogsidaha waxa la soosaaray iyadoo la khaashanayo Eva Salomonson iyo Rebecca Odhagen, Örebro University Hospital.



sanofi.se