

WARBIXINTA BUKAANKA

Kugu socota qofka
loo qoray Lantus



Xogsidahan waxaa loo qoray kuwiina qaba xanuunka sonkorta oo uu dhaqtarkoodu u soo qoray Lantus (insulin glargine 100 U/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 wax su'aalo ah ka qabto daawaynta xanuunkaaga sonkorta, fadlan ha ka caga jiidin inaad su'aasho kalkaaliyahaaga ama dhakhtarkaaga xanuunka sonkorta.

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

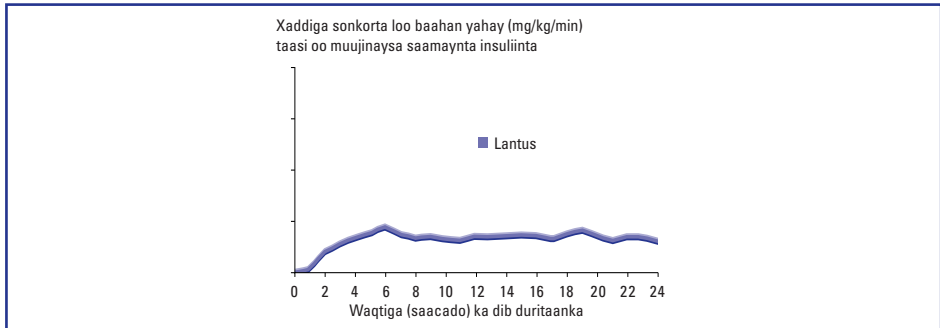
Insuliintu waa hoormoon ka caawinaaya jirka nidaaminta heerka sonkorta ee dhiigga. Insuliinta aan hore dhiigga u galin waxay ka caawinaysaa jirka in uu sii wado heer joogto ah oo insulin ah 24 saac maalintii.

Lantus waa insuliin aan hore u galin dhiigga taas oo si tartiib ah looga sii daynaayo meesha lagu duray laguna sii daynaayo dhiigga waxayna bixisaa hoos u dhigid joogto ah oo sonkorta dhiigga ah in ka badan 24 saac.

Sii daynta gaabiska ah ee Lantus waxay bixisaa heer insuliin oo aan isbaddal lahayn oo aan sare u kacayn, kaasi oo yareeya halista u nuglaanta insuliinta.

Waxaad kaliya u baahan tahay in aad qaadato Lantus mar 24 saac kasta. Waad qaadan kartaa wakhti kasta oo maalinta kamid ah laakiin waxa muhiim ah inaad wakhti isku mid ah qaadato maalin kasta.

Haddii loo baahdo, waxaad isku duri kartaa Lantus hal saac kahor ama hal saac kadib xilligii caadiga ahaa.



Xoodku wuxuu muujinayaa in Lantus ayna isbaddalin muddo 24 saac ah iyada oo aan sare u kicin marka la barbardhigo insuliinta NPH*.

*Tixraaca: Lepore et al, Diabetes 2000;49:2142-2148

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 (ooka badan ama ka dheer inta la qiyaasay)
- 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 mmo1/1 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 qaadnayso daawaynta insuliinta waa inaad had iyo jeer dextrose sidato.

Kahor isku durista Lantus

Si sax ah u kaydinta Lantus

Dhalooyinka ama qalimada SoloSTAR ee hore loo sii buuxshay waa in lagu rido tallaagad, meel madow oona qabow (2°C ilaa 8°C). Lantus waa inaan la barafayn. Haddaba, ha dhigin Lantus meesha ku xigta qaybaha qaboojiyaha ama qaybaha qaboojinta. Lantus-ta la isticmaalay waxa la kaydin karaa ugu badnaan **4 toddobaad** iyadoo heerkululku yahay ugu badnaan **25°C** waxaana laga ilaaliyaa kulaylka tooska ah (tus., meel ku xigta kulbixiye), iftiinka tooska ah (tus., iftiinka qorraxda ama meel ku xigta laambad) iyo waxa laga ilaaliyaa qabowga. 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 aad bilawday isticmaalidda qalin SoloSTAR ah oo hore loo sii buuxshay.

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

Hubi sonkorta dhiiggaaga Waa muhiim in aad aqoon fiican u leedahay sonkorta dhiiggaaga marka aadan waxba cunin. Heerarkan waxay ku siinayaan xogta aad u baahan tahay in aad qiimayso Lantus, adigoo la kaashanaaya dhaqtarkaaga ama kalkaalayahaaga xanuunka sonkorta. Fadlan isticmaal buugga Xusuusqorka Sonkortaada si aad ula socoto heerarka sonkorta dhiiggaaga iyo qiyaasta aad qaadanayso ee insuliinta.

Sida loo qaato Lantus

Dhaqtarkaaga ama kalkaaliyahaaga xanuunka sonkorta ayaa ku siin doona xogta ku qusaysa qiyaasta aad qaadanayso iyo halka jirka aad isaga duri Lantus.

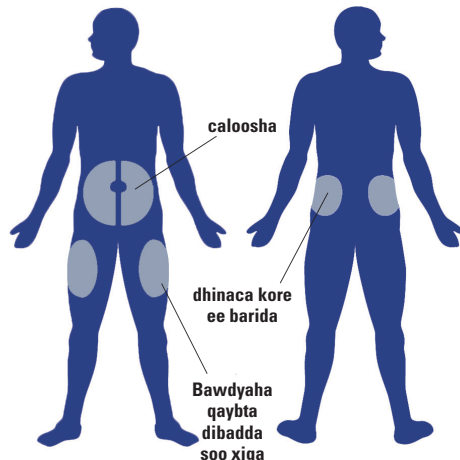
Lantus waa insuliinta aan dhiigga hore u galin taasi oo maalintii halmar la qaato lana qaadan karo xilli kasta maalinta, waxaana ugu fiican in wakhti isku mid ah la qaato maalin kasta. Haddii loo baahdo, Lantus waxa la qaadan karaa ilaa saddex saacadood ka hor ama kadib wakhtiga caadiga ah ee la qaato.

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

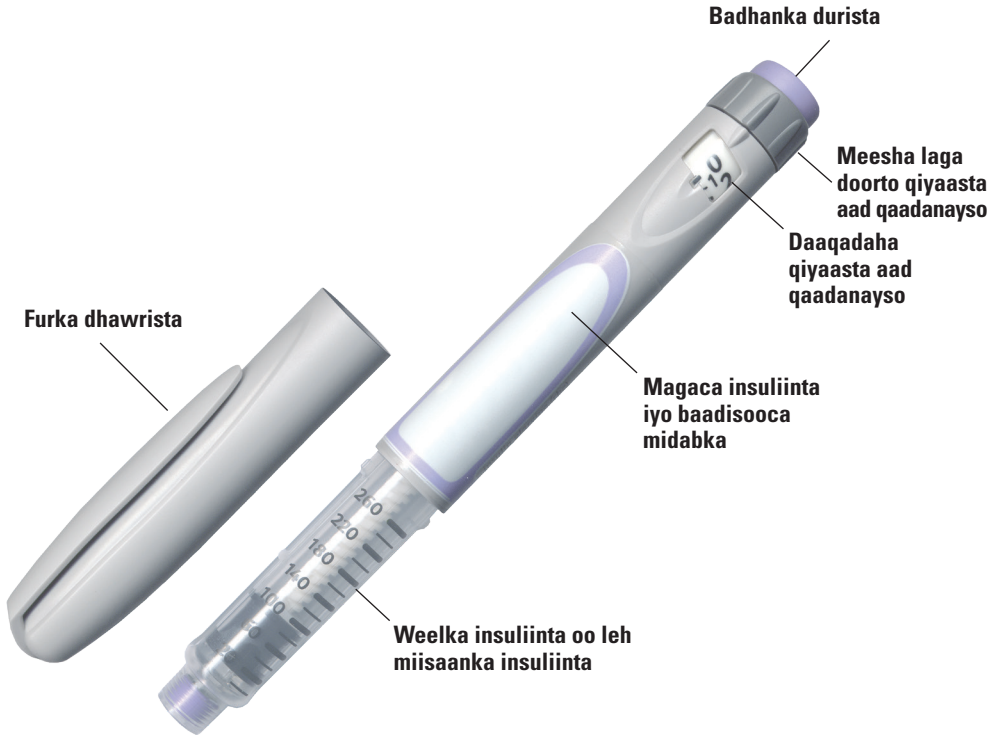
- Dib u habayn ha ku samayn qiyaasta aad qaadanayso in ka badan 3-4 maalmood kasta

Marka la eego talobixino loogu talagalay isku durista insuliinta, waxa muhiim ah in la kala duwo meelaha lagu duro iyo sidoo kale aagagga durista ee Lantus.

Kala dooro meelaha soo socda:



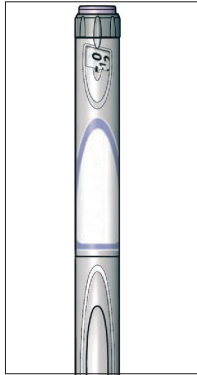
Lantus SoloSTAR



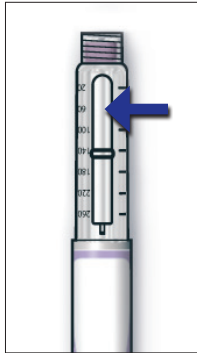
Diyaarinta waxa lagu sameeya hal halbeeg markiiba.

Sida loo bilaabo Lantus

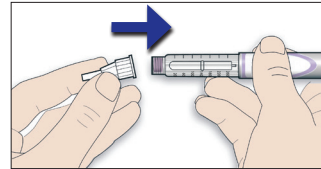
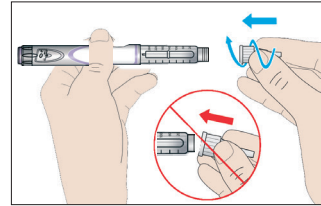
- 1** Hubi inaad haysato **insuliinta saxda ah.**
Lantus SoloSTAR waa dameeri leh badhan duris oo boordoo ah.



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



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

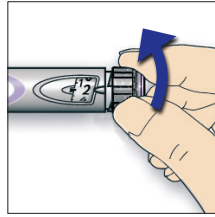


- **OGOW!**
- Ha diyaarin qiyaasta aad qaadnayso ama cadaadin badhanka durista iyadoo ayna irbaddu ku xirnayn.

Samee tijaabinta badbaadada kahor durniin walba

4

Ka dhig 2 halbeeg adigoo u wareejinaya meesha qiyaasta aad qaadnayso laga doorto dhinaca bidix.

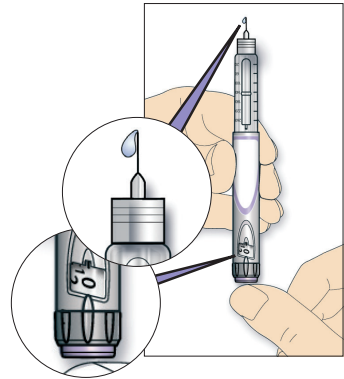
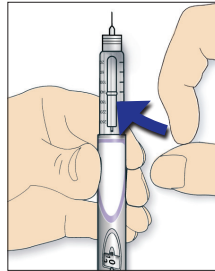


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U riix badhanka durniinka ilaa meesha ugu hoosaysa. Hubi insuliintu inay ka soo baxdo caarada irbadda iyo in daaqadda qiyaasta aad qaadnayso tilmaamayso "0".

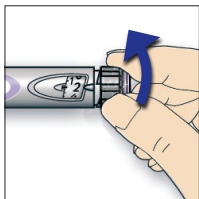
5

U qabo qalinka SoloSTAR qaab irbaddu cirka u jeedo. Ka saar wixii hawo ah oo ku jirta adigoo farta ku cadaadinaya weelka insuliintu ku jirto.



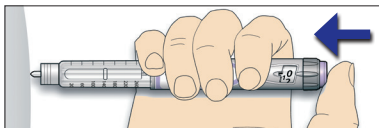
Diyaari qiyaasta oo isku dur

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

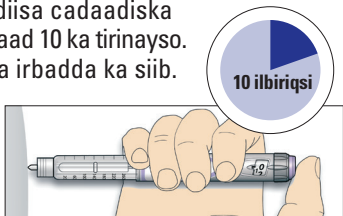


8 Soo qabo maqaarka oo xaji ilaa inta durista aad waddo.

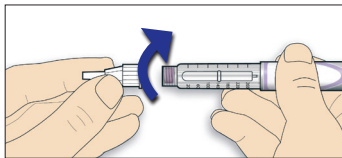
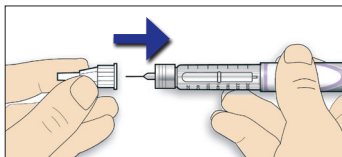
Gali irbadda maqaarka aad soo qabatay oo ku dur.



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



10 Ku xir dahaarka dibadda oo ka fur irbadda. Tuur kaanoolaha lagu qoray. Ku xir furka dhawrista qalinkaaga SoloSTAR.



- • • • • • • • • •
- **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 yahay, **ugu badnaan 25°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 gaad qalinka

- Haddii aad u malayso qalinkaaga inay 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.



Lantus® (insulin glargin), 100 enheter/ml injektionsvätska, lösning. Receptbelagt läkemedel. **Indikation:** Lantus används för att behandla diabetes mellitus hos vuxna, ungdomar och barn från 2 års ålder. Det har en lång och jämn blodsockersänkande verkan. **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. Följ upplysningarna om behandling av hypoglykemi (se rutan i slutet av bipacksedeln) om ditt blodsocker är för lågt (hypoglykemi). För ytterligare information, se www.fass.se. **Kontaktuppgifter:** Lantus 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:

020-52 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.
Waxaad ka heli kartaa filim tilmaamaya sida loo isticmaalo qalinka halkan medicininstruktioner.se.

Fadlan u aqri xogta buugyaraha si taxaddar leh.



sanofi.se