

Kahortagga Caabuqa inta lagu jiro La socodka Gulukooska Dhiiga iyo Maamulida Insulinta

Caabuqyada la xidhiidha la socodka gulukoosta dhiigga ayaa lagu ogaaday inay si joogto ah u sii kordhayaan, gaar ahaan goobaha lagu bixiyo daryeelka muddada-dheer, sida guryaha dadka waayeeelka lagu xanaaneeyo, guryaha lagu caawiyo dadka iney noolaadan iyo tas-hiilaadka daryeelka aasaasiga ah, halkaas oo deganayaasha inta badan u baahan yihiin in laga caawiyo la socodka heerarka gulukooska dhiigga iyo/ama maamulida insulinta. Bixiyeyaasha daryeelka caafimaadka ee ka caawinaya noocyada hawlahaan waa inay had iyo jeer raacaan hababka ugu fiican.



Qalabyada Farta Lagu Dhajiyo

- Ku xaddid isticmaalka qalabyada faraha lagu dhajiyo shakhsiyaadka. Waa inaan **waligeedba** loo isticmaalin wax ka badan hal qof. Dooro aalada afka fiiqan leh loo adeegsado in gacanta la isaga duro si dhiig la isaga keeno oo si abid ahna dib uga soo saar marka daloolintu ay dhacdo. Tani waxay ku daraysaa lakabka badbaado dheeraad ah bukaanka iyo bixiyaha.
- Ku tuur aaladaha afka fiiqan ee la isticmaalay meesha lagu isticmaalay weelka lagu qubo walxaha afka leh ee la ansixiyay. **Waligaa** dib ha u isticmaalin qalabka afka fiiqan leh ee gacanta la isaga duro.

Qalabka Lagu Cabbiro Gulukooska dhiigga

- Whenever possible, blood glucose meters should be assigned to an individual person and **not** shared.
- Mar kasta oo ay suurtagal tahay, qalabka lagu cabbiro gulukoosta dhiigga waa in lagu qoondeeyaa qof gaar ah oo **aan** lala wadaagin.
 - Haddii qalabka cabbirka ee gulukooska dhiigga la wadaago, aaladda **waa in la nadiifiyaa oo la jeermis dilaa isticmaal kasta**, sida ku cad tilmaamaha soo saaraha, si looga hortago qaadista dhiigga iyo walxaha faafa. Haddii soo-saaraha uusan qeexin sida aaladda loo nadiifiyo oo loo jeermiyo, markaa waa inaan la wadaagin.

Guud ahaan

- Agabyada iyo daawooyinka aan la isticmaalin waa in lagu hayaa meelo nadiif ah oo ka duwan agabyada iyo qalabka la isticmaalay (tusaale, qalabka cabbirada gulukooska).
- **Ha ku** qaadan agabyada iyo daawooyinka jeebabka.

Maamulida Insulinta

- Qalimaanta insulinta waa in lagu qoondeeyaa dad gaar ah oo si habboon loogu calaamadiyaa. Waa inaan **waligeedba** loo isticmaalin wax ka badan hal qof.

Nadaafada Gacanta

- Samee nadiifinta gacmaha ka hor intaadan taaban deganaha iyo ka hor inta aanad gashan galoofyada.
- Xidho galoofyada inta lagu jiro la socodka gulukoosta dhiigga iyo inta lagu jiro habraac kasta oo kale oo ku lug leh u beylah noqoshada suurtagalka ah ee dhiiga ama dareeraha jidhka.
- Beddel galoofyada inta u dhaxaysa la xiriirida deganaha. Beddel gacan-gashiyada taabtay shay-yada dhiigu wasakheeyay ama nabarrada faraha ka hor inta aanad taaban meelo nadiif ah. Ku tuur gacmo-gashiyada weel ku habboon.
- Samee nadiifinta gacmaha isla markiiba ka dib marka aad iska saarto galoofyada iyo ka hor inta aanad taaban agabyada kale ee caafimaadka ee loogu talagalay in loo isticmaalo dadka kale.

Macluumaad dheeraad ah oo ku saabsan Ka-hortagga Caabuqa inta lagu jiro La socodka Gulukooska Dhiiga iyo Maamulida Insulinta, aad <https://www.cdc.gov/injectionsafety/blood-glucose-monitoring.html>