

MACLUUMAADKA BUKAANKA

Ku socota kuwa qaatay Insuman Basal





Buugyarahan waxaanu u qoray kuwa qaba sonkorta oo uu dhaqtarkoodu u soo qoray Insuman Basal. 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.

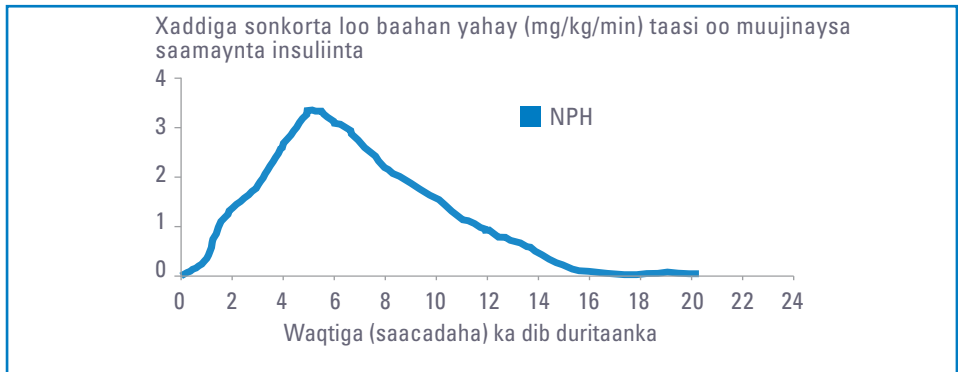
Haddii aad qabto wax su'aalo ah oo ku saabsan daaweynta sonkortaada, waa inaadan ka caga jiidin inaad su'aasho dhaqtarkaaga ama kalkaaliyahaaga.

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

Insuliintu waa hoormoon ka 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.

**Insuman Basal** waa insuliin si heer dhexe ah oo si tartiib ah u falgasha.

Qiyaasta daawada aad qaadanayso waxay ku xiran tahay qaabka noloshada, natiijooyinka baaritaanada sonkorta dhiigga iyo wixii ah isticmaal hore ee daawada insuliinta. Haddaad insuliin kale isticmaali jirtay oo hadda aad isticmaasho Insuman Basal, qiyaasta daawada aad qaadanayso ayaa u baahan karta dib u habayn.



# Waxyeelooyinka ka iman kara

## **Waa maxay waxyeelooyinka igaga iman kara daawaynta insuliinta?**

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

## **Astaamaha guud:**

- Kacsanaan
- Gaajo
- Dhidid
- Wadne garaac aan caadi ahayn
- Shiish saaridda oo liidata
- Aragga oo khalkhala
- Habdhaqan Ciil-qabid/Daandaansi
- Tamar la'aan

## **Sababaha nuglaanta insuliin waxa kamid noqon kara:**

- Xilliga cunto cunista oo daaha
- Cunto yar cunid
- Insuliin iyo/ama kiniinada sonkorta dhiigga yareeya oo aad u badan

- Jimicsi (ka badan ama ka dheer intii la qiyaasay)
- Khamri

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

Haddii uu wali ka harsan yahay wakhti wakhtiga cuntada ee xiga, waxaad u baahan kartaa cuwaaf dheeraad ah. Cunida cunto aad u badan micnaheedu ma aha in nuglaantu dhakhso dhammaanayso. Xeer muhiim ah markii aad qaadanayso daawaynta insuliinta waa inaad had iyo jeer dextrose sidato.

# Kahor isku durista Insuman Basal

## Si sax ah u kaydi Insuman Basal

Dhalooyinka ama qalimada SoloSTAR ee hore loo buuxiyey waa in lagu rido tallaagadda iyagoo kujira bushqaddooda, maadaama lagu kaydiinayo meel qabow oo mugdi ah (2°C ilaa 8°C).

Ha barafayn Insuman Basal. Sidaa darteed, ha dhigin Insuman Basal aggagaarka khanka barafeeyaha ama kiish baraf ah.

Kaydi qalinka hore loo buuxiyey ama dhalada oo kujirta bushqaddeeda

## Kahor isticmaalka hore

Marka aad bilaabayso dhalo cusub ama qalinka SoloSTAR ee hore loo buuxshay oo cusub, ka soo saar tallaagadda 1–2 saacadood kahor isticmaalka.

Rux **Insuman Basal** kahor duris kasta. Isku-jirka sida ugu fiican ee loo diyaarin karaa waa in si qunyar ah qalinka hore iyo gadaal loo gundhiyo ugu yaraan 10 jeer. Dhalo kasta waxa kujira saddex kubadood oo bir ah oo yaryar oo fududaynaya in daawadu si dhakhso ah oo dhammaystiran u qasmato. Insuliinta waxa waajib ah in la ruxo kahor isticmaal kasta. Kadib ruxista, dareeruhu waa inuu yeesho muuqaal daxiin ah oo caano oo kale ah.

Insuman Basal waa inaan la isticmaalin haddii, tusaale ahaan, dareeruhu wali yahay mid biyo oo kale ah ama haddii fudad, qurubyo ama kuuskuusyo ay ka muuqdaan insuliinta.



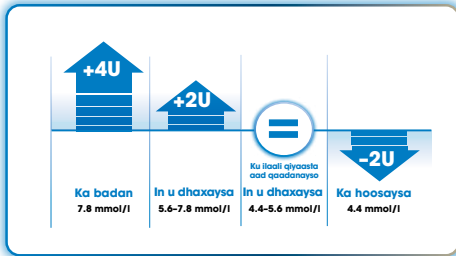
Xaaladaha noocan ah, qalin/dhalo cusub ayaa waajib ah in la isticmaalo. Had iyo jeer isticmaal irbad cusub markii aad isku durayso Insuman Basal.

Marka la isticmaalayo ama kayd ahaan loo sito, Insuman Basal waxa la kayd in karaa ugu badnaan **4 toddobaad** iyadoo heerkulku yahay ugu badnaan **25°C** waxaana waajib ah in laga ilaaliyo kulaylka tooska ah (tus., aggagaarka kulbixiye), iftiinka tooska ah (tus., iftiinka qorraxda ama aggagaarka laambad) iyo qabowga. Haddii ay jirto insulin soo hartay ka dib markii 4 toddobaad la isticmaalo, waa in aad iska tuurtaa dhalada ama qalinka SoloSTAR ee la sii buuxshay.

# Sida loo qaato Insuman Basal

Dhakhtarkaaga ama kaaliyaha caafimaadka ayaa ku siin doona macluumaad kusaabsan xaddiga iyo meesha jirka ah ee ay tahay inaad iskaga durto Insuman Basal.

- Kordhi/yaree xaddiga aad qaadanayso iyadoo ku xiran inta aad qatan tahay
- Waa inaad cabbirto inta aad qatan tahay maalin kasta
- Dib ha u habayn xaddiga aad qaadato wax ka badan 3–4 maalmood kasta

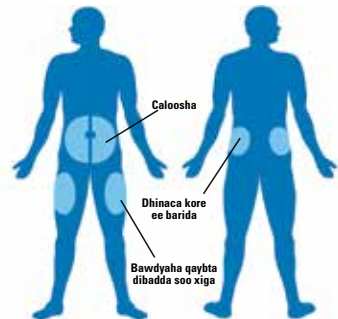


Marka la eego talobixinaha cusub ee loogu talagalay isku durista insuliinta, waxa muhiim ah in la kala beddelo meelaha lagu duro iyo sidoo kale aagagga durista ee Insuman Basal.

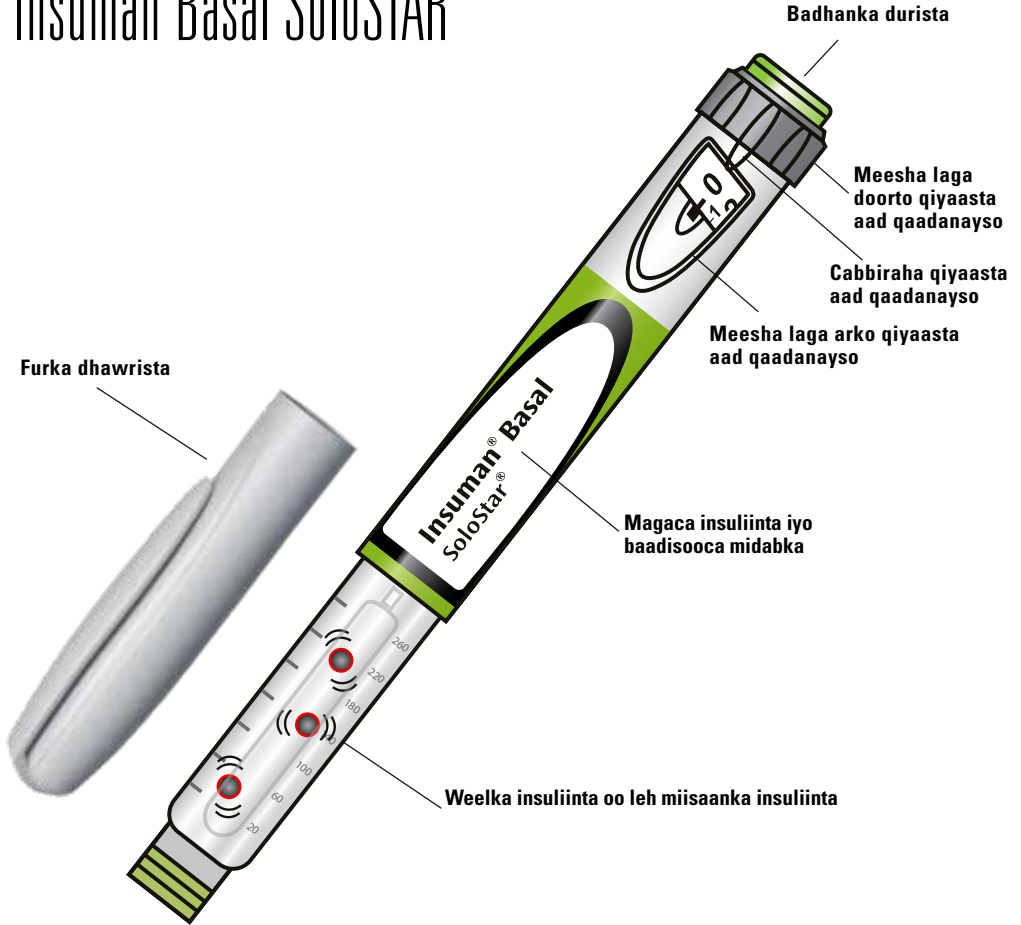
## Hubi heerarka sonkorta dhiiggaaga marka aadan muddo waxba cunin

Waa muhiim in aad u leedahay aqoon fiican heerearka sonkorta dhiiggaaga marka aadan waxba cunin. Heerarkan waxay ku siinayaan xogta aad u baahan tahay si aad u kordhiso/yarayso qiyaasta aad qaadanayso ee Insuman Basal, 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.

## Kala dooro meelaha soo socda:



# Insuman Basal SoloSTAR



**Diyaarinta waxa lagu sameeya hal halbeeg kolkiiba.**

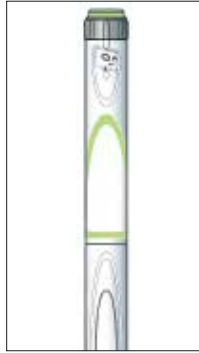


# Sida loo bilaabo isku durista Insuman Basal

1

Hubi inaad haysato **insuliinta saxda ah.**

Insuman Basal SoloSTAR waa caddaan taasi oo leh badhan duris oo cagaar ah.



2

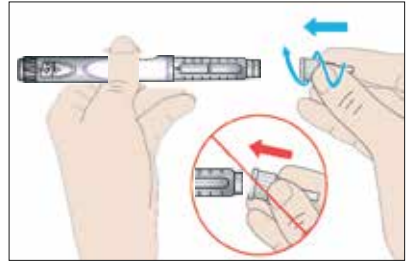
Ka saar furka dhawrista. U rux qalinka SoloSTAR si qunyar ah ugu yaraan 10 jeer (foorari) si aad insuliinta u qasto.



**Hubi in insuliintu ay leedahay ceeryaan-muuqaal cad oo siman kadib qasista.**

3

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



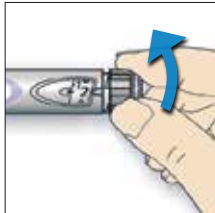
## **MUHIIM!**

Ha geynin qiyaasta aad qaadanayso ama ha riixin badhanka durista iyada oo 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.



Ka fur irbadda dahaarada dibadda iyo gudaha.

5

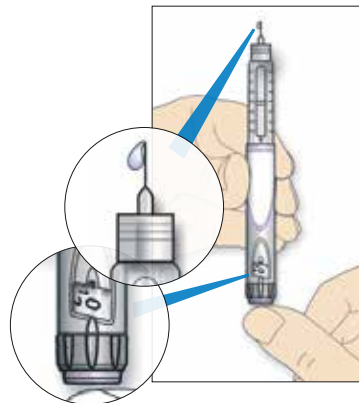
Hay qalinka SoloSTAR iyadoo irbaddu cirka u jeedo.



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

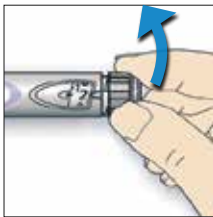
6

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

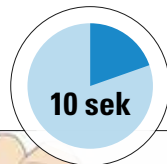


# Diyaari qiyaasta oo isku dur

**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.

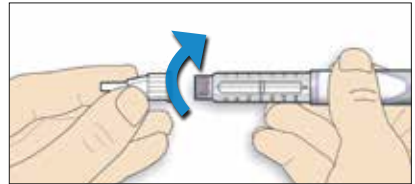
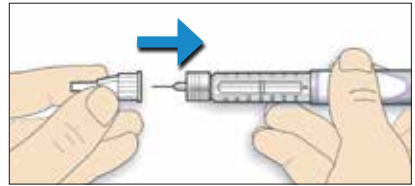


# Kadib durniinka

10

Ku xir dahaarka dibadda oo ka fur irbadda. Tuur kaanoolaha lagu qoray.

Ku xir furka dhawrista qalinkaaga SoloSTAR oo meel ammaan ah dhig.



**MUHIIM!**

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 koowaad

- Ku rid qalimada SoloSTAR ee cusub iyo dhuuxa oo bushqaddooda kujira tallaagad, maadaama ay tahay in lagu kaydiyo meel qabow oo mugdi ah (**2°C ilaa 8°C**).

- **Ha** barafayn.

### Isticmaalka koowaad kadib

- Dhig qalinka SoloSTAR meel heerkulkeedu kan qolka yahay, **ugu badnaan 25°C**.
- **Had iyo jeer ka saa** 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 **afar toddobaad** kadib isticmaalka koowaad.

### Qalinka si deggan u qabo

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

### Iska tuur qalinka

- **Ka saar** cirbadda kahor inta aadan qalinka SoloSTAR iska tuurin.
- **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.

# Qalimada insulinta



**SoloSTAR®** waa qalin la sii buuxshay oo insulin ah kaasi oo xaddiga laga dhiga kororyo 1 halbeeg ah. Qiyaasta qaadasho ee ugu badan waa 80 halbeeg halkii isduridba.



**AllStar®PRO** waa qalin dib loo isticmaali karo oo dhalooyinka laga dhaamiyo. Waxa la heli karaa isagoo naxaas ah iyo isagoo buluug ah. Waxaad ku buuxisaa qiyaasta aad qaadnayso koror 1 halbeeg ah. Qiyaasta qaadasho ee ugu badan waa 80 halbeeg halkii isdurid.



**JuniorSTAR®** waa qalin dib loo isticmaali karo, 1-30 halbeeg halkii duridba, xaddiga kororku waa 0.5-halbeeg. Waxa la heli karaa isagoo buluug ah iyo isagoo naxaas ah.

**Macluumaad dheer ah** oo kusaabsan qalimadayada insuliinta waxa laga heli karaa halkan [www.insulin.se](http://www.insulin.se).

**INSUMAN® Basal**  
insulin human (isophan)

**Insuman®Basal** (humaninsulin, isofan), 100 IE/ml injektionsvätska, suspension Receptbelagt läkemedel. **Indikation:** Insuman Basal används för att minska högt blodsocker hos patienter med diabetes mellitus som behöver behandling med insulin. Det har en gradvis insättande effekt och lång verkningsstid. **Varningar och försiktighet:** Var noga med att följa doseringsinstruktionerna och instruktionerna för kontroll (av blod och urin), matvanor, fysiska aktiviteter (fysiskt arbete och träning) och injektionsteknik enligt samtal med din läkare. För ytterligare information, se [www.fass.se](http://www.fass.se). **Kontaktuppgifter:** Insuman Basal tillhandahålls av Sanofi AB, Box 30052, 104 25 Stockholm, tel: +46 8 634 50 00, [www.sanofi.se](http://www.sanofi.se). Vid frågor om våra läkemedel kontakta: [infoavd@sanofi.com](mailto:infoavd@sanofi.com). Läs bipacksedeln noga före användning.





Su'aalaha ku saabsan badeecadaha  
xanuunka sonkorta:

**020-526887**

**insulin.se**

Waxaad ka heli kartaa macluumaad dheeraad ah oo sonkorta kusaabsan halkan [insulin.se](http://insulin.se)  
Sidoo kale waxaa ka akhriyi kartaa waxsoosaarrada sonkorta ee kala duwan halkan [fass.se](http://fass.se)  
Fiidyowyo tilmaamo ah oo kusaabsan sida loo isticmaalo qalinka waxa laga heli karaa  
halkan [medicininstruktioner.se](http://medicininstruktioner.se)

**Fadlan u aqri xogta buugyaha si taxaddar leh.**

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



[sanofi.se](http://sanofi.se)