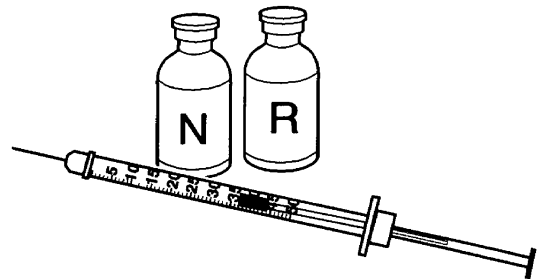


Mixing Two Insulins

Since your doctor has ordered 2 kinds of insulin that can be mixed, you need to learn how to mix the two insulins together in one syringe. This way you can give yourself one injection or shot instead of two. Some insulin, like Lantus, cannot be mixed.

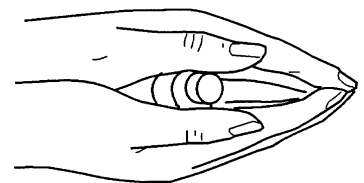
Getting Ready

1. Gather the needed supplies.
 - Insulins: _____ and _____
 - Insulin syringe
 - Alcohol pad
2. Wash your hands with warm water and soap. Dry your hands.



What to Do

1. Check the labels on the insulin bottles to make sure you have the correct insulin. Regular and Humalog (Lispro), Novolog (Aspart) insulin should be clear. NPH or Lente insulin should be cloudy.
2. Check the expiration date on **all** insulin bottles. **Do not** use expired insulin. Throw away any insulin left in the bottle 30 days after you first open the bottle.
3. Gently roll the bottle of **cloudy** insulin between your hands until it is mixed and there is no powder on the bottom of the bottle. **Do not** shake the insulin bottle because this can cause air bubbles.

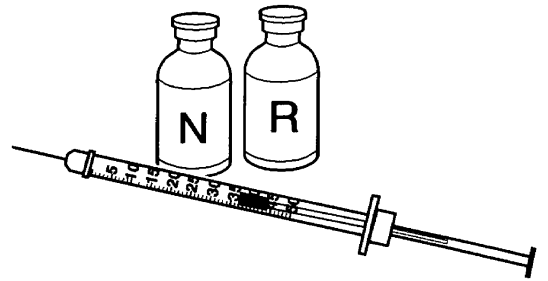


Isku Qasidda Labo *Insulin*

Maadaama uu takhtarkaagu amray 2 nooc oo insulin ah oo la isku qasi karayo, waxaad u baahan tahay in aad barato sida labo insulin la iskula qaso hal saliinge. Habkaas ayaad hal durriin ama mudid isugu sameyn kartaa halkii aad labo goor iska duri lahayd. Insulin-ta qaarkeed sida Lantus, la iskuma qasi karayo.

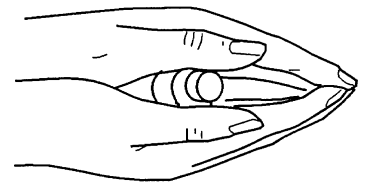
Isu Diyaarin

1. Isu keenso qalabka loo baahan yahay.
 - Insulin-yada: _____ iyo _____
 - Saliingaha Insulin-ta
 - Cad aalkolo leh
2. Gacmaha biyo diirran iyo saabbuun isaga dhaq. Gacmahaaga engeji.



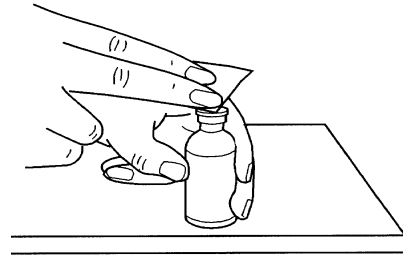
Waxa aad sameyneyso

1. Hubi qoraalka dusha kaga yaalla dhalada insulin-ta si loo xaqiijiyo in aad isticmaalayso insulin-ta saxda ah. Insulin-ta caadiga ah iyo Humalog (Lispro), Novolog (Aspart) waa iney ahaadaan kuwo badhax la'. Insulin-ta NPH ama Lente waa iney daruuro u ekaadaan.
2. Iska hubi taariikhda dhicitaanka dhalooyinka insulin-ta oo dhan. Ha isticmaalin insulin dhacday. Iska tuur wixii insulin ah ee ku soo hara dhalada 30 maalmood ka dib markii ugu horreysay ee aad dhalada furtay.
3. Si tartiib ah calaqlaha ugu rog-rog dhalada insulin-ta daruurta oo kale ah ilaa ay isku qasanto budana aysan salka dhalada ka fadhin. Ha ruxin dhalada insulin-ta maxaa yeelay taasi waxay u keeni kartaa goobooyin hawo ah oo gala.

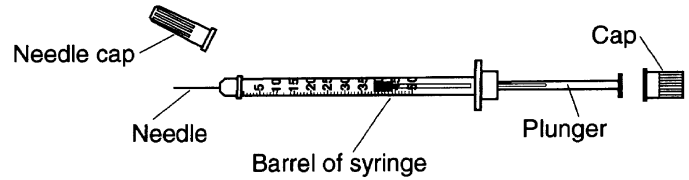


Mix two insulin. Somali.

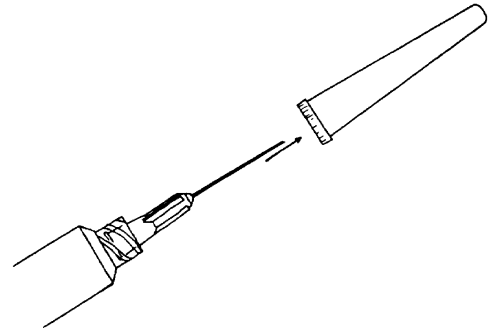
4. Wipe off the tops of the insulin bottles with an alcohol pad then do not touch the top of the bottles.



5. Take the syringe out of its package or remove the plastic cap.

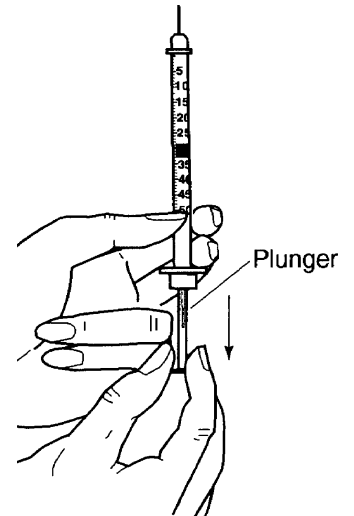


6. Take off the needle cap and place it on the table.



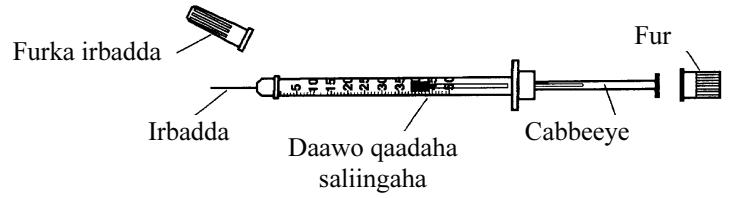
7. Pull the plunger of the syringe down to the number of units of **cloudy** insulin you need. The syringe will fill with air.

The syringe has small lines and numbers. The space between each line on the syringe is one unit. If you are using a 100-unit syringe, the space between each line is 2 units. Move the plunger so the dark end closest to the needle matches the number of units you need.

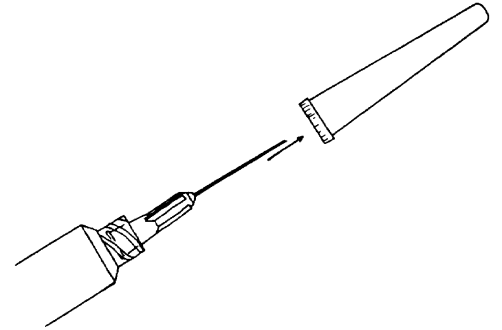


4. Dusha dhalada insulin-ta ku tir-tir cad aalkolo leh ka dibna ha taabannin dusha dhalada.

5. Saliingaha baakadiisa kala soo bax ama ka saar furka balaastigga ah.

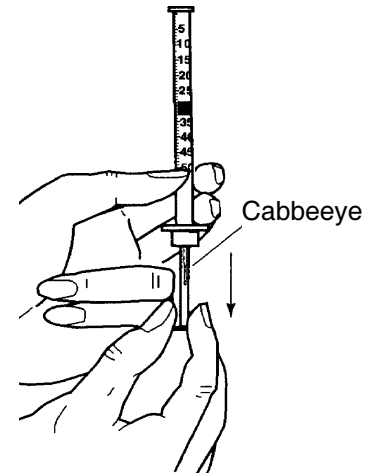


6. Furka irbadda ka saar ka dibna miiska saaro.



7. Cabbeeyaha saliingaha hoos ugu soo jiid lambarka xaddiyada insulin-ta **daruurta** oo kale ah ee aad u baahan tahay. Saliingaha waxaa ka buuxsamaya hawo.

Saliinguhu wuxuu leeyahay khadad yar-yar iyo lambarro. Inta u dhexeysa labadii khad ee kasta ee saliingaha ku qoran waa hal cabbir. Haddii aad isticmaalayso saliinge 100-cabbir ah, inta u dhexeysa labo khad ee kasta waa 2 cabbir. Cabbeeyaha dhaqaaji si markaas dhammaadka madow ee ugu dhow irbadda uu ugu dhigmo lambarka cabbirrada aad u baahan tahay.



Mix two insulin. Somali.

8. Carefully put the needle through the rubber stopper of the **cloudy** insulin bottle. Push the air into the bottle by pushing the plunger all the way down. Putting air in the bottle makes it easier to get the insulin out of the bottle.

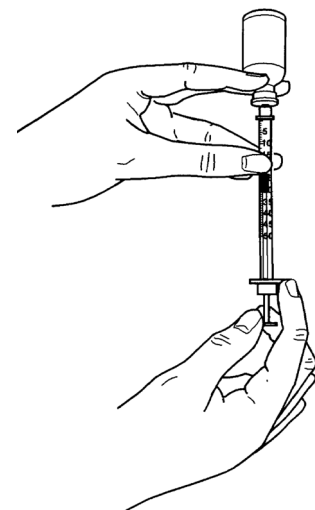
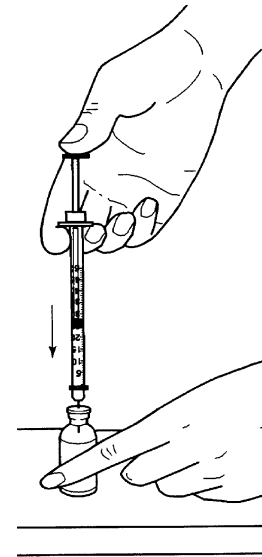
9. Take the needle out of the **cloudy** insulin bottle. The syringe will be empty. Set the **cloudy** insulin bottle aside.

10. Pull the plunger of the syringe down to the number of units of **clear** insulin needed to fill with air.

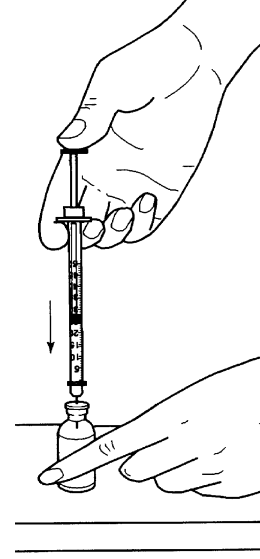
11. Carefully, put the needle into the rubber stopper of **clear** insulin bottle and push the air into the bottle.

12. Turn the **clear** insulin bottle upside down with the syringe still in place. Support the needle in the bottle so it does not bend.

13. Pull the plunger down to the number of units of **clear** insulin you need.



8. Si taxaddar leh irbadda u geli rabarka afka kaga xiran dhalada insulin-ta **daruurta** oo kale ah. Hawada dhalada ku bannee adigoo soo riixaya cabbeeyaha ilaa uu meesha ugu danbeysa gaaro. Hawo ku shubidda dhaladu waxay fududeysaa in aad insulin-ta dhalada ka soo jiidato.



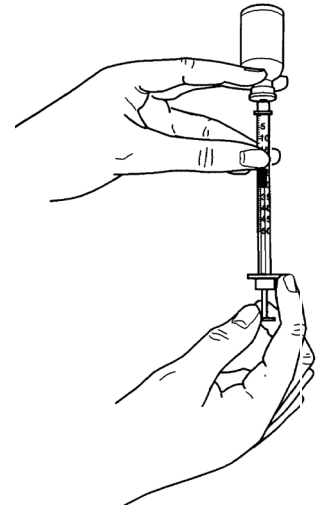
9. Irbadda ka soo saar dhalada insulin-ta **daruurta** oo kale ah. Saliinguhu wuu madhan yahay. Dhalada insulin-ta **daruurta** oo kale ah dhinac dhigo.

10. Cabbuuyaha saliingaha ku geyso lambarka cabbirrada insulin-ta **badhaxa la'** ee aad u baahan tahay si ay hawo uga buuxsanto.

11. Si taxaddar leh, irbadda u geli rabarka afka kaga xiran dhalada insulin-ta **badhaxa la'** ka dibna hawada ku bannee dhalada.

12. Dhalada insulin-ta **badhaxa la'** rog iyadoo saliinguhu uu weli ku taagan yahay. Taageer irbadda dhalada ku jirta si uusan markaas u qalloocannin.

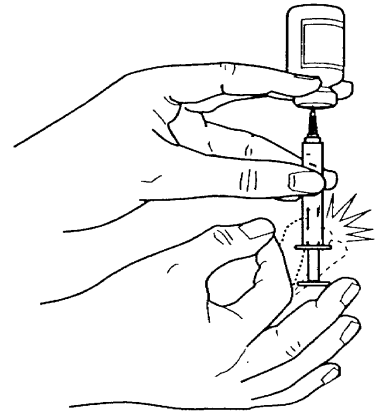
13. Cabbeeyaha hoos ugu soo jiid lambarka cabbirrada insulin-ta **badhaxa la'** ee aad u baahan tahay.



Mix two insulin. Somali.

14. Check for air bubbles in the syringe. Air bubbles will not hurt you, but will take the place of insulin. This could cause you to get less insulin than you need because there is no insulin in the air bubble. If you see air bubbles:

- Tap the syringe firmly with your fingertip to move the bubbles to the top of the syringe.
- Push the plunger up a few units until the air bubbles go back into the insulin bottle.
- Pull down on the plunger and fill the syringe with the correct amount of insulin.
- Check again for air bubbles.



15. Take the needle out of the **clear** insulin bottle.

16. Put the needle into the rubber stopper of the **cloudy** insulin bottle. Be careful not to push any **clear** insulin into the **cloudy** insulin bottle.

17. Add the number of units of **clear** and **cloudy** insulins together to give you the total number of units.

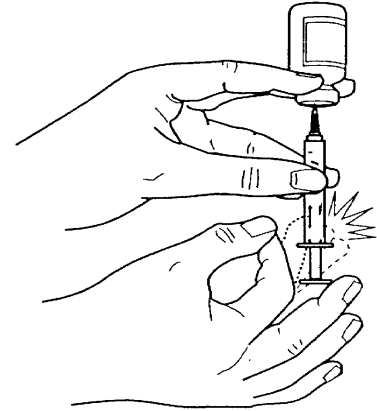
$$\begin{array}{r}
 \text{Units of Clear Insulin} \\
 + \quad \underline{\hspace{2cm}} \\
 \text{Units of Cloudy Insulin} \\
 \hline
 \text{Total Number of Units} \\
 \underline{\hspace{2cm}}
 \end{array}$$

18. Slowly pull the plunger back to the **total number of units** needed. This lets the **cloudy** insulin fill the syringe.

- If you get more units of **cloudy** insulin in the syringe than are needed, **do not** push any insulin back into the bottle. Remove the syringe and throw it into your needle disposal box. Get a new syringe and start over.

19. Take the needle out of the **cloudy** insulin bottle.

14. Iska hubi goobooyin hawo ah oo saliingaha ku jira. Goobooyinka hawada ah wax kuuma dhibi doonaan, laakiin waxay qaadanaayan booskii insulin-ta. Taasina waxay kuu keeni kartaa in aad qaadato insulin ka yar intii aad rabtay maxaa yeelay insulin kuma jirto meesha goobada hawadu ku jirto. Haddii aad aragto goobooyin hawo ah:



- Fartaada si adag dhag ugu sii saliingaha si aad goobooyinka hawada ah ugu dhaqaajiso meesha ugu sarreysa saliingaha.
- Cabbeeyaha kor ugu riix ilaa dhowr cabbir ilaa ay goobooyinka hawadu ay dib ugu noqdaan dhalada insulin-ta.
- Cabbeeyaha hoos u soo jiid ka dibna saliingaha ka buuxi xaddiga insulin-ta saxda ah.
- Mar kale hubi goobooyin hawo.

15. Irbadda ka soo saar dhalada insulin-ta **badhaxa la'**.

16. Irbadda geli rabarka afka kaga xiran dhalada insulin-ta **daruurta** oo kale ah. Ka taxaddar in aadan wax insulin-ta **badhaxa la'** ah ku riixin dhalada insulin-ta **daruurta** oo kale ah.

17. Isku dar cabbirrada insulin-ta **badhaxa la'** iyo midda **daruurta** oo kale ah si aad u hesho lambarka cabbirrada guud.

$$\begin{array}{r}
 \text{Cabbirrada Insulin-ta Badhaxa la'} \\
 + \quad \text{Cabbirrada Insulin-ta Daruurta oo kale ah} \\
 \hline
 \text{Lambarka Cabbirrada Guud}
 \end{array}$$

18. Si tartiib ah cabbeeyaha dib ugu soo celi **lambarka cabbirrada guud** ee aad u baahan tahay. Tani waxay insulin-ta **daruurta** oo kale ah u oggolaanaysaa iney saliingaha buuxiso.

- Haddii aad aragto cabbirro insulin-ta **daruurta** oo kale ah oo ka badan intii loo baahnaa oo kuu galay saliingaha, wax insulin ah dib **ha ugu riixin** dhalada. Saliingaha ka soo saar oo isaga tuur sanduuqa qashinka. Saliinge cusub soo qaado oo hawshii dib u soo billow.

19. Irbadda ka soo saar dhalada insulin-ta **daruurta** oo kale ah.

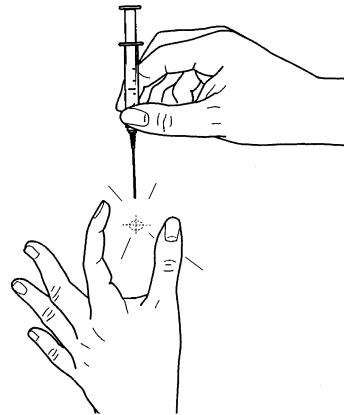
Mix two insulin. Somali.

Giving the Insulin

1. Clean the site with an alcohol pad. Let the alcohol dry. If you have just showered or bathed, you do not need to clean the site again.

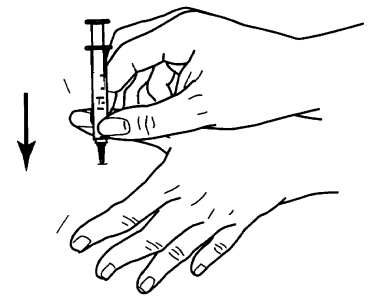


2. Pinch and hold the skin of the site with one hand. Hold the syringe like a dart pencil as shown in the picture.

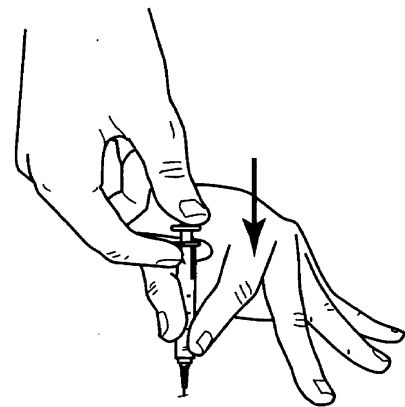


or

3. Put the needle straight into the skin at a 90 degree angle. Use a quick motion. The quicker you put the needle in, the less it hurts. Push the needle all the way into the skin.
4. Push the plunger all the way down until all the insulin is in. Wait 5 seconds.

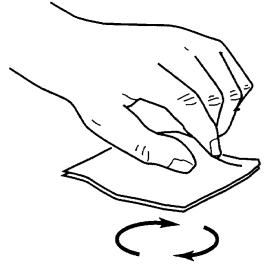


5. Let go of the pinch of skin.
6. Remove the needle.
7. Check the site for any redness, bleeding or bruising. Put a band-aid on the site if there is bleeding.

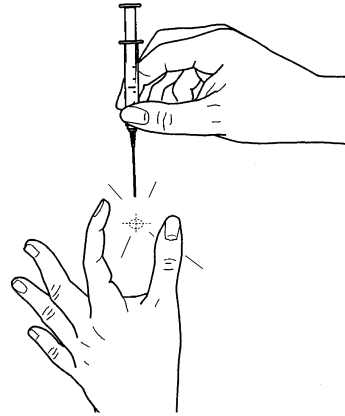


Insulin Siinta

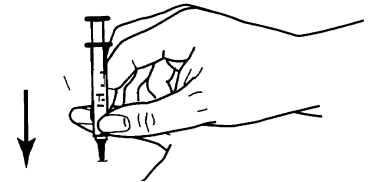
1. Meesha ku nadiifi cad aalkolo leh. Aalkoladu ha engeeto. Haddii hadda maydhatay ama qubeysatay, uma baahnid in aad meesha mar kale nadiifiso.



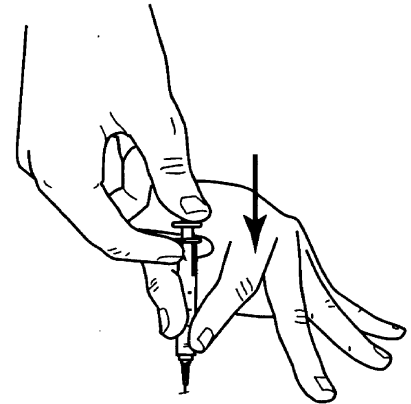
2. Labo farood ku soo qabo oo kor u hay maqaarka meesha la durayo. Saliingaha u qabso sidii gantaal oo kale ama qalin rasaas sida kaaga muuqata sawirka.



3. Irbadda si toosan maqaarka ugu mud xagal ah 90 darajo. Istimaal dhaqaaq deg-deg ah. Markaad si deg-deg ah u irbadda u gelisaba, in yar uun bay ku xanuujinaysaa. Irbadda ku riix maqaarka si ay u guda gasho.



4. Cabbeeyaha hoos ugu riix ilaa insulin-ta oo dhan ay gudaha ka gasho. U sug 5 ilbidhiqsi.



5. Labadii farood ee aad maqaarka ku haysay sii daa.
6. Irbadda iska soo saar.
7. Meesha iska hubi iney guduudatay, dhiigeeyso ama duusantay. Sharooto saar meesha haddii ay dhiig baxayso.

Mix two insulin. Somali.

Clean up the supplies

1. Put the used syringe and needle into a needle disposal box. You can use a heavy puncture-resistant plastic container with a lid. **Do not** recap the needle. Throw away all other supplies in the trash.
2. Be sure to store new and used syringes and needles out of the reach of children and pets.
3. Wash your hands again.

Talk to your doctor or nurse if you have any questions or concerns.

Qalabka nadiifi

1. Saliingaha la isticmaalay iyo irbaddaba ku rid sanduuq qashin. Waxaad isticmaali kartaa weel celiya daloolinta oo culus oo dabool leh. **Dib ha u isticmaalin** irbadda. Qalabka oo dhan ku tuur qashinka.
2. Xaqiiji in aad saliingeyaasha iyo irbadaha la isticmaalay ku kaydiso meel aysan carruurta iyo xayawaanka gurigu gaareynin.
3. Gacmaha mar kale iska dhaq.

La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaacyo ah qabtid.

Mix two insulin. Somali.

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