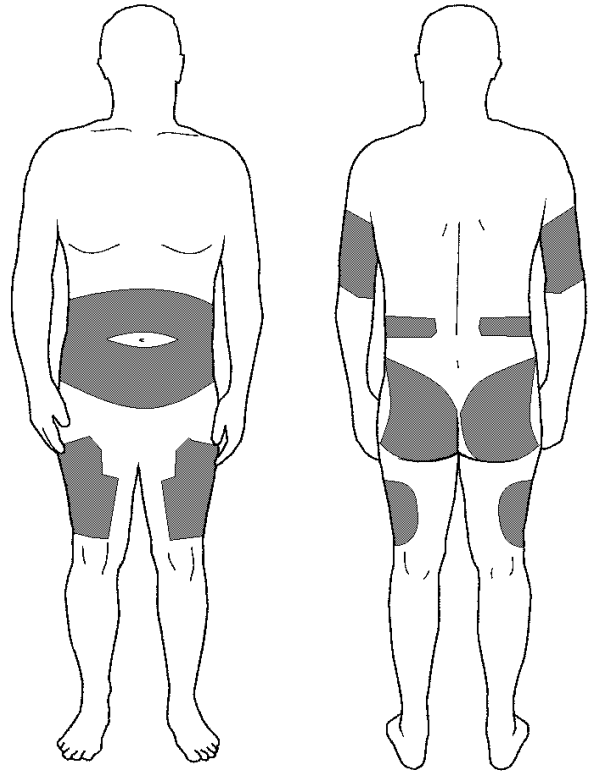


How to Use an Insulin Pen

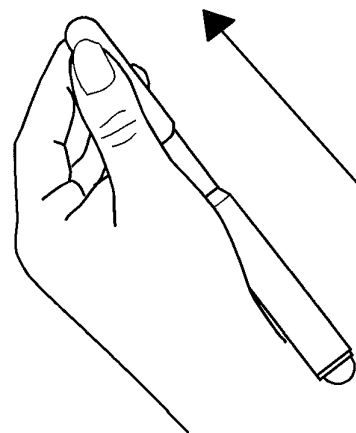
Select the Site for Injection

- Sites which can be used are:
 - Back of upper arms
 - Abdomen (around navel)
 - Front and side area of thighs
 - Back above waist
 - Buttocks
- Stay 1 inch away from previous injections.
- Stay 2 inches away from your navel or scars.
- Do **not** use sites that are bruised, tender or swollen.



Giving Your Insulin

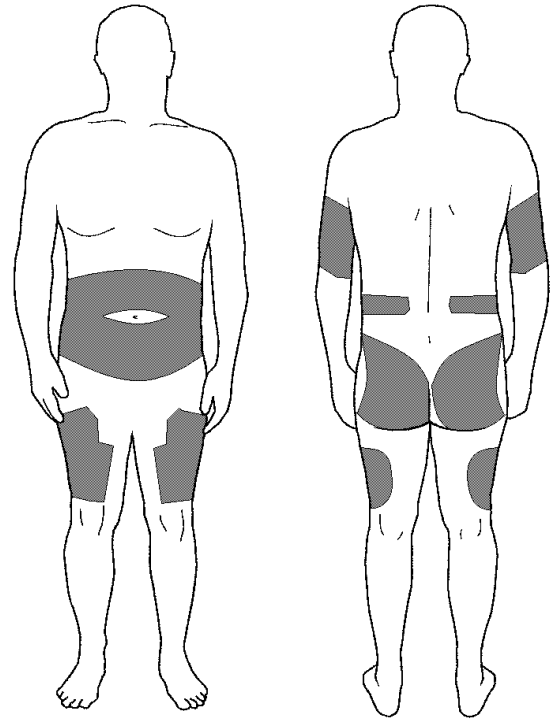
1. Clean the skin with an alcohol pad. Let the alcohol air dry.
2. Take the cover off the pen. You can see the insulin in the pen.
3. If you are using a cloudy insulin, gently roll the pen between your hands to mix the insulin.



Sida loo Istimaaalo Qalinka *Insulin*

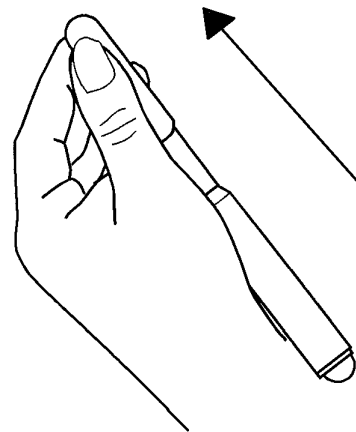
Dooro Meesha aad iska Durayso

- Meelaha la isticmaali karo waa:
 - Dhinaca danbe ee gacmaha kore
 - Uur ku jirta (xuddunta dhinacyadeeda)
 - Horta iyo dhinacyada bowdada
 - Dhinaca danbe ee sinaha
 - Baryaha
- Ka fogow 1 inji (2.5 cm) meeshii hore ee aad iska durtay.
- Ka fogow 2 inji (5 cm) xudduntaada ama meeshii xagatin leh.
- Ha **isticmaalin** meelaha nabarka leh, ku kaaraysa ama bararsan.



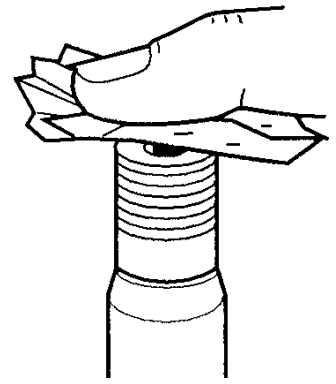
Isa siinta Insulin-taada

1. Maqaarka cad aalkolo leh isaga nadiifi. Aalkolada hawadu ha engejiso.
2. Qalinka daboolka ka qaad. Waad arki kartaa insulin-ta qalinka ka u jirta.
3. Haddii aad isticmaaleysid insulin-ta daruurta u eg, qalinka si tartiib ah gacmahaaga ugu rog-rog si aad insulin-ta isugu qasto.



How to use Insulin Pen. Somali.

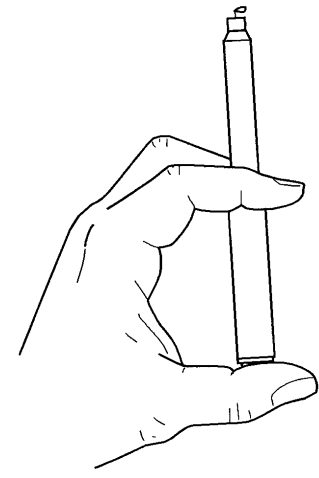
4. Use alcohol to clean the end of the pen where the needle twists on.



5. Peel back the cover on the needle. Screw the needle onto the pen. It should be snug but not too tight.

6. To clear the air out of the pen:

- Remove the cap from the needle.
- Turn the dose dial to 2 units.
- Hold the pen so the needle is up in the air.
- Push the end of the pen in to clear the air.
- Watch the tip of the needle for a drop of insulin. You may need to repeat this step until you see the drop on the needle.

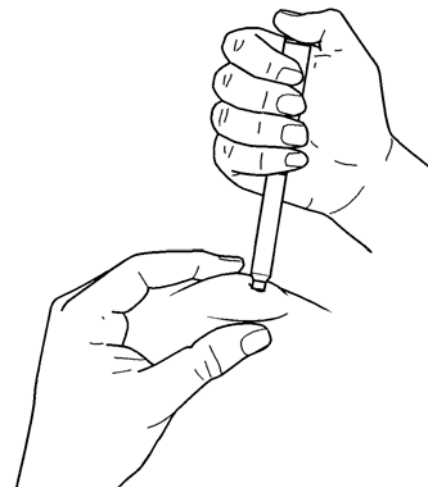


7. To set your dose of insulin, turn the dial clockwise until you see the number for your insulin dose.

8. Pinch and hold the skin of the site with one hand.

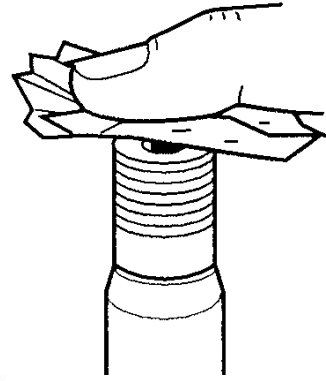
9. Put the needle straight into the skin in a quick motion. The needle should be all the way into your skin.

10. Using your thumb, push the end of the pen down slowly until all the insulin is in. Make sure the needle is all the way in the skin before pushing in the insulin.



11. Let go of the pinch of skin.

4. Isticmaal aalkolo si aad u nadiifiso dhammaadka qalinka meesha ay cirbaddu ka wareegato.

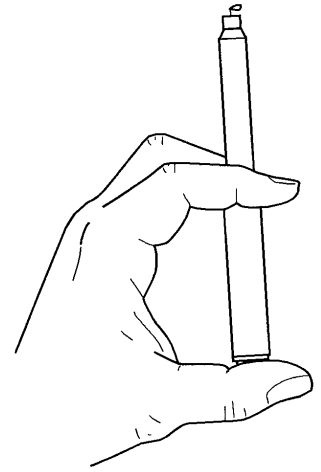


5. Diirka ka qaad cirbadda. Cirbadda qalinka ku wareeji. Waa iney ku xirantaa laakiin maahan si adag.



6. Si aad hawada uga bixisid qalinka:

- Ka saar daboolka cirbadda.
- Daawada ku ekee 2 unug.
- Qalin hay si markaas ay cirbaddu hawada kor ugu jeeddo.
- Riix dhammaadka qalinka si aad hawada uga saartid.
- Eeg cidhifka cirbadda si ay uga soo baxdo dhibic insulin ah. Waxaa laga yaabaa in aad ku soo celiso tallaabadaan ilaa aad ka arkayso dhibicda oo cirbadda dul saaran.

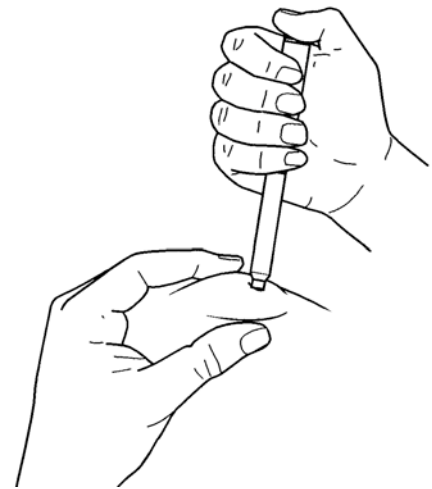


7. Si aad u hagaajiso qaadashada insulin, daawada u rog dhinaca saacaddu u socoto ilaa aad ka aragto lambarka qaadashada insulin-taada.

8. Soo qabo oo maqaarka ku hay hal gacan meeshii aad mudayso.

9. Cirbadda si toos ah u geli maqaarka dhaqaaq deg-deg ah. Cirbaddu waa iney maqaarka wada gashaa.

10. Adigoo isticmaalaya suulkaaga, si tartiib ah u riix dhammaadka qalinka ilaa insulin-ta oo dhan ay wada gasho. Xaqiiji in cirbaddu ay maqaarka wada gasho ka hor inta aadan insulin-ta riixin.



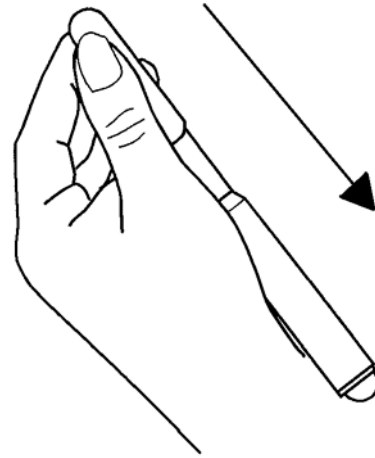
11. Qabashada maqaarka sii daa.

How to use Insulin Pen. Somali.

12. Pull the needle out. Hold your finger over the site for a minute.

13. Remove the needle from the pen. Throw it into your needle disposal container.

14. Put the cover back on your insulin pen.



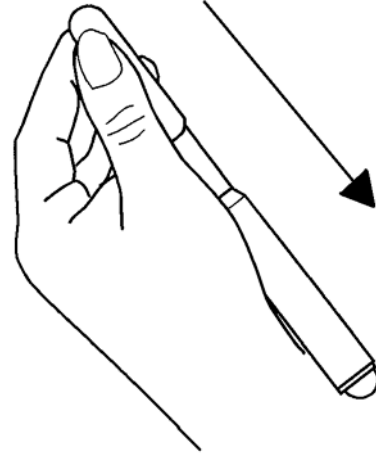
Talk to your doctor or nurse if you have any questions or concerns.

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12. Cirbadda dibedda u soo saar. Fartaada ku hay meeshii aad iska mudday ilaa hal daqiiqo.

13. Cirbadda ka saar qalinka. Ku tuur weelka aad cirbadaha ku daadiso.

14. Daboolka dib ugu celi qalinka insulin-ta.



La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaac ah qabtid.

How to use Insulin Pen. Somali.

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