

Sida Loo isticmaalo Miitirka Sonkorta

How to Use a Glucose Meter

A glucose meter is used to check your blood glucose or blood sugar level. This is needed to help you manage your diabetes. There are many brands of meters. Your nurse or pharmacist can help you learn about your meter.

To get the most accurate results, be sure you:

- Wash your hands well before testing.
- Use the brand of test strips for your meter.
- Store your test strips as recommended.

Follow these steps to check your blood sugar with a meter:

Getting Ready

1. Wash your hands with warm water and soap for at least 15 seconds, rinse with warm water, and dry with a towel.
2. Get your supplies:
 - Your meter
 - Test strips
 - Lancing device
 - Needle, often called a lancet
3. Open the lancing device and put a needle in. Take the cap off the needle. Do not touch the needle.
4. Put the cover back on the lancing device. Set the spring on the device so it is ready to be used to stick you.
5. Get a test strip out of the bottle or package. Put the cap back on the bottle.

Miitirka sonkorta waxaa loo isticmaalaa in lagu eego sonkorta dhiigaaga ama heerka sonkorta dhiiga. Tani waxaa loogu baahanyahay inay kugu caawiso maamulidaada sonkorta.

Waxaa jiro summada badan ee miitarada ah. Kalkaalisadaada ama farmashiga wuxuu kugu caawin karaa barashada mitirkaaga.

Waxaad heleysaa natiijooyinka ugu saxan, iska hubi inaad:

- Si wanaagsan u dhaqdid gacmahaaga baaritaanka ka hor.
- Isticmaal summada xariga baaritaanka ee mitirkaaga.
- Keydi xariga baaritaankaaga sida lagu talliyay.

Raac tallaabooyinkaan si aad ugu baartid mitirka sonkorta dhiigaaga:

Diyaar Garowga

1. Ku dhaq gacmahaaga biyo qandacan iyo saabuun oo ugu yaraan 15 ilbiriqsi, ku raaci biyo qandacan, oo ku qalaji shukumaan.
2. Hel saadadkaaga:
 - Miitirkaaga
 - Xarigyada baaritaanka
 - Qalabka cirbada dhiiga
 - Cirbada, inta badan loo yaqaan cirbada dhiiga
3. Fur cirbada dhiiga oo geli cirbada gudaha. Ka qaad daboolka cirbada. Ha taaban cirbada.
4. Dib u geli daboolka qalabka dhiiga. Hagaaji gu'ga qalabka si markaas ay diyaar ugu tahay in lagu isticmaalo in la geliyo.
5. Hel xariga dhalada ama baakida. Dib u geli daboolka dhalada.

6. Put the strip in the meter. This will turn the meter on.
 7. Match the code on your meter screen with the code for your test strips.
 - The code is printed on the test strip bottle or package.
 - If your meter has the code built into the strips, go to the next step.
 8. When the test strip symbol flashes on the screen, the meter is ready for a drop of blood.
6. Geli xariga miitarka. Tani way daareysaa miitirka.
 7. La ekeysii furaha shaashada miitarkaaga iyo furaha xarigyada baaritaanka.
 - Furaha waxaa lagu daabacay xarigyada baaritaanka dhalada ama baakida.
 - Haddii miitirkaaga ku dhisanyahay xarigyada, aad tallaabada xigta.
 8. Goortii astaanta xariga baaritaanka wuxuu ku siinyaaleeyaa shaashada, miitarka wuxuu diyaar u yahay dhibicda dhiiga.

Checking Your Blood Sugar

1. Pick up the lancing device and put it against the side of one of your fingers.
2. Push the button on the device to release the needle. You will feel the needle stick. Set the device down.
3. Squeeze your finger at its base to get a large drop of blood.
4. Based on the type of test strip you use:
 - Touch the end of the test strip to the drop of blood.
 - Put the blood drop on the test area of the strip.
5. Be sure that the test area on the strip fills completely with blood.
6. The meter will time the test and then your blood sugar number will show on the screen.
7. Write your blood sugar number in your log book or blood sugar diary.

Hubinta Sonkorta Dhiigaaga

1. Qaad qalabka cirbada dhiiga iyo gelinta ka soo horjeedo dhinaca farahaaga.
2. Riix badhanka qalabka ee lagu siideynayo cirbada. Waxaad dareemeysaa usha cirbada. Ku hagaaji qalabka hoos.
3. Ku qabo farahaaga meesha ugu dambeyso si aad u heshid dhibic weyn oo dhiiga ah.
4. Sida ku saleysan nooca xariga baaritaanka aad isticmaashid:
 - Taabo dhammaadka xariga baaritaanka ee dhibacda dhiiga.
 - Geli dhibacda dhiiga aaga baaritaanka ee xariga.
5. Iska hubi in aaga baaritaanka ee xariga buuxiyo dhiig gabi ahaanba.
6. Miitarka wuxuu waqtiyeynayaa baaritaanka iyo kadib lambarka sonkorta dhiiga waxay ka muuqaneysaa shaashada.
7. Ku qor lambarka sonkorta dhiigaaga boogaaga diiwaanka ama xasuuska qorka sonkorta dhiiga.

Cleaning Up the Supplies

1. Remove the test strip and throw it away in your trash.
2. Remove the needle from the device. Throw the needle into a puncture proof container with a lid such as an old bleach or detergent bottle.
3. Put your supplies away. Store the needle container away from children and pets.
4. Wash your hands again with water and soap.

Talk to your doctor, nurse, diabetes educator or pharmacist if you have questions about your meter and doing your glucose testing.

Nadiifinta Qalabyada

1. Ka saar xariga baaritaanka oo ku tuur qashin qubkaaga.
2. Ka saar cirbada qalabka. Ku tuur cirbada weelka aanan dilaacin ee daboolka leh sida balijka hore ama dhalada saabuunta.
3. Gooni ka dhig qalabyadaada. Ku keydi weelka cirbada carruurta iyo xayawaanka guriga.
4. Ku dhaq gacmahaaga markale biyo iyo saabuun.

La hadal dhakhtarkaaga, kalkaalisada, macalinka sonkorta ama farmashiistaha haddii aad su'aalo qabtid ee ku saabsan miitirkaaga iyo sameynta baaritaanka sonkorta jirka.