

Isku darida Labo Insuliinada

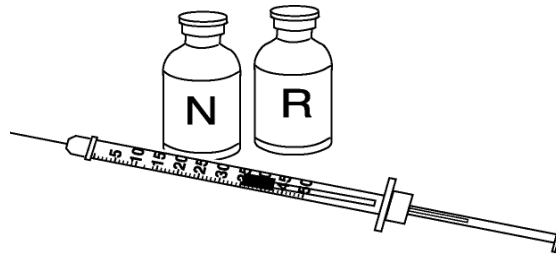
Mixing Two Insulins

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 insulins, like glargine (Lantus®) and detemer (Levemir®), cannot be mixed. Other insulins (NovoLog 70/30®, Humalog 75/25®) are already a combination of two types of insulin and should not be mixed.

Maadaama uu dhakhtarkaaga kugu amray 2 noocyo insuliin ah oo la isku dari karo, waxaad u baahantahay inaad baratid sida la isugu daro insuliinada si wadajir ah hal saliingo. Qaabkaan waad isa siin kartaa nafsadaada hal durmo ama cirbid badelkii labo. Qaar ka mid ah insuliinada, sida glargine (Lantus®) iyo detemer (Levemir®), la iskuma dari karo. Insuliinada kale (NovoLog 70/30®, Humalog 75/25®) mar hore waa isku darka labo noocyo insuliin ah oo waa inaad la isku darin.

Getting Ready

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



Diyaar Garowga

- Isku keena saadadkaan:
 - Insuliinada:
_____ iyo _____
 - Saliingada insuliinta
 - Suufka aalkulada
- Gacmahaaga ku dhaq biyo diiran iyo saabun. Qalaji gacmahaaga.

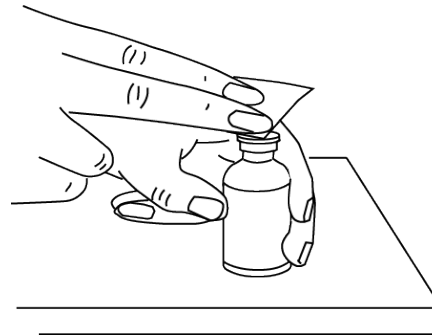
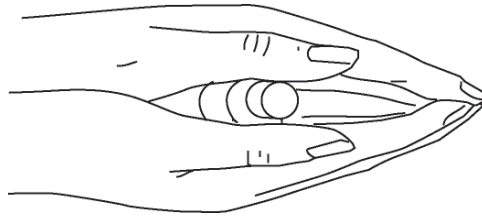
What to Do

1. Check the labels on the insulin bottles to make sure you have the correct insulin. Regular, lispro (Humalog®) and aspart (NovoLog®) insulin should be clear. NPH 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.

Waxa la Sameeyo

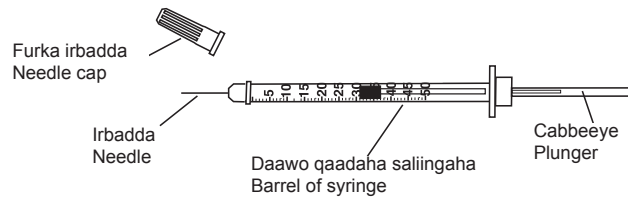
1. Hubi qoraalada dhalada insuliinka si aad u hubisid inaad haysatid insuliinta saxda ah. Insuliinta joogtada, lispro (Humalog®) iyo aspart (NovoLog®) waa in la cadeeyaa. Insuliinta NPH waa inay daruursanaataa.
2. Hubi taariikhda **dhicitaanka** ku qoran dhammaan dhalooyinka insuliinta. **Ha** isticmaalin insuliin dhacsan. Iska tuur insuliin walba ee ku hartay dhalada 30 maalmood kadib markaad kowdii furtid dhalada.

- Gently roll the bottle of **cloudy** insulin between your hands until it is mixed, and make sure there is no powder on the bottom of the bottle. **Do not** shake the insulin bottle because this can cause air bubbles.
- Wipe off the tops of the insulin bottles with an alcohol pad, **and** then do not touch the top of the bottles.



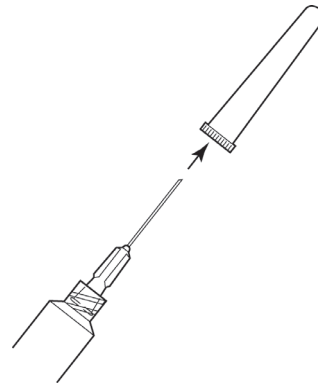
- Si tartiib ah u laab insuliinka **daruurta** ah ee u dhaxeeyo gacmahaaga illaa ay isku qasanto, oo iska hubi inaysan ku jirin wax buddo ah salka dhalada. **Ha** lulin dhalada insuliinka sababtoo ah tani waxay sababi kartaa naqaska aariyada.
- Ku tirtir fiida dhalooyinka insulliinka faasho aalkulo leh, **oo** kadib ha taaban fiida dhalooyinka.

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



- Ka saar saliingada baakideeda ama ka qaad daboolka bacda.

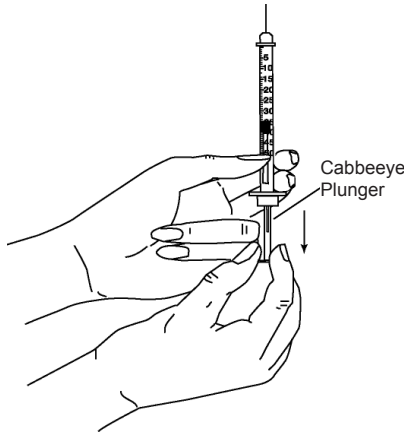
- Take off the needle cap and place it on the table.



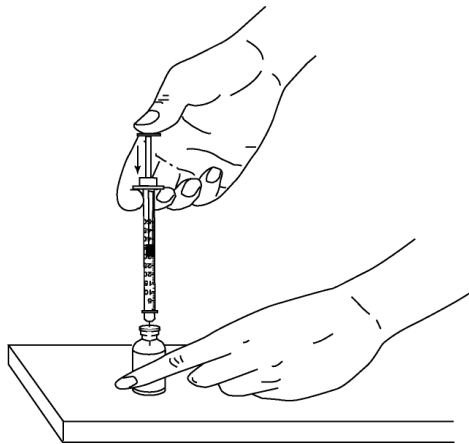
- Ka qaad cirbada daboolka oo ku meeley miiska.

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.



8. Carefully put the needle through the rubber stopper of the bottle with **cloudy** insulin. 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 bottle with **cloudy** insulin. The syringe will be empty. Set the bottle of **cloudy** insulin 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 bottle with **clear** insulin, and push the air into the bottle.

7. Hoos u jiid cabbeyaha saliingada dhoor jeer ee insuliinta **daruurta** ee aad u baahantahay. Saliingada waxaa ka buuxsamayo aariyo.

Saliingada waxay leedahay diilmo yar iyo lambaro. Booska u dhaxeeyo diilin kasta ee saliingada waa hal qeyb. Haddii aad isticmaaleysid saliingada 100-qeybood, booska u dhaxeeyo diilin kasta waa 2 qeybood. Dhaqaaji cabbeyayaasha si markaas dhammaadka madow ee u dhow cirbada u dhigmo inta qeybood ee aad u baahantahay.

8. Si taxadar ah uga geli cirbada dhinaca joojiyaha goomaha ee dhalada iyo insuliinta **daruurta** ah. Ku riix aariyada dhalada adiga oo riixayo cabbeyaha illaa wadada hoose. Aariyo gelinta dhalada waxay sahlisaa in insuliinta ay ka baxdo dhalada.

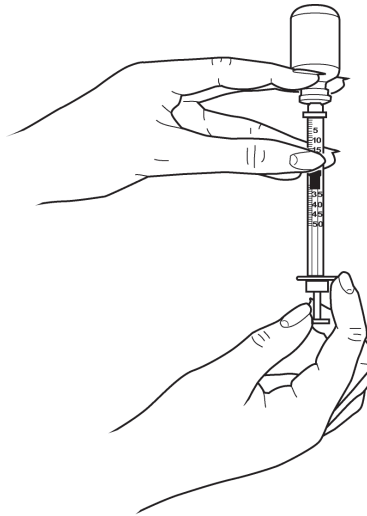
9. Ka saar cirbada dhalada iyo insuliinta **daruurta**. Saliingada faaruq ayay ahaaneysaa. Dhinac u dhig insuliinta **daruurta**.

10. Hoos u jiid cabbeyaha saliingada dhoor jeer ee insuliinta **cad** ee loogu baahanyahay in aariyo laga buuxiyo.

11. Si taxadar ah, u geli cirbada joojiyaha goomaha ee dhalada iyo insuliinta **cad**, iyo ku riix aariyada dhalada.

12. Turn the bottle of **clear** insulin 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.

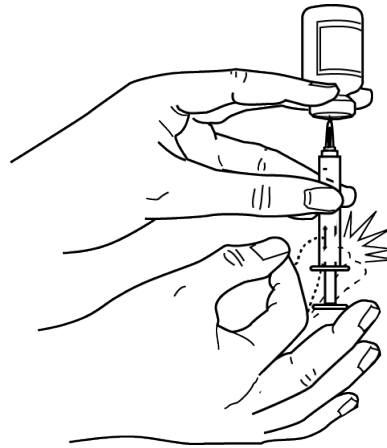


12. U wareeji dhalada insuliinka **cad** kor iyo hoos oo weli saliingada ku jirto. Ku taageer cirbada dhalada si markaas aysan u qalooacan.

13. Hoos u jiid goomaha dhoor jeer ee insuliinta **cad** ee aad u baahantahay.

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.



14. Ka hubi naqaska aariyada saliingada. Naqaska aariyada kuma xanuunjineyso, laakin waxay qaadaneysaa booska insuliinka. Tani waxay kugu sababi kartaa inaad heshid insuliin yar badelkii inta aad u baahantahay sababtoo ah ma jiraan insuliin hawada ku jirto. Haddii aad aragtid naqaska aariyada:

- Si adag ugu quf saliingada fiida fartaada si aad ugu dhaqaajisid naqaska dusha saliingada.
- Kor u riix cabeeyaha dhoor qeybood illaa naqaska aariyada dib ugu laabto dhalada insuliinta.
- Hoos u jiid cabeeyaha oo ku buuxi saliingada tirada saxda ah ee insuliinta.
- Hubi markale naqaska aariyada.

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

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

15. Ka saar cirbada dhalada iyo insuliinta **cad**.

16. Geli cirbada gudaha joojiyaha goomaha ee dhalada iyo insuliinta **daruurta ah**. Ka taxadar inaad riixin wax insuliinta **cad** dhalada insuliinta **daruurta**.

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

$$\begin{array}{r}
 \text{_____ Units of Clear Insulin} \\
 + \text{_____ Units of Cloudy Insulin} \\
 \hline
 = \text{_____ Total Number of Units}
 \end{array}$$

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 bottle with **cloudy** insulin.

17. Ku dar tirada qeybaha **cad** iyo insuliinta **daruurta** si wadajir ah si ay kuu siiso tirada guud ee qeybaha.

$$\begin{array}{r}
 \text{_____ Qeybaha Insuliinta Cad} \\
 + \text{_____ Qeybaha Insuliinta Daruurta} \\
 \hline
 = \text{_____ Tirada Guud ee Qeybaha}
 \end{array}$$

18. Si tartiib ah dib ugu riix cabeeyaha **qeybaha tirada guud** ee loo baahanyahay. Tani waxay insuliinta **daruurta** ah u buuxineysaa saliingada.

- Haddii aad heshid qeybo badan oo **daruurta** ee saliingada ku jirto ayaa loo baahanyahay, **dib ha ugu riixin dhalada wax insuliin ah**. Ka saar saliingada oo ku tuur sanduuqa tuurida cirbadaada. Hel saliingada cusub oo markale bilow.

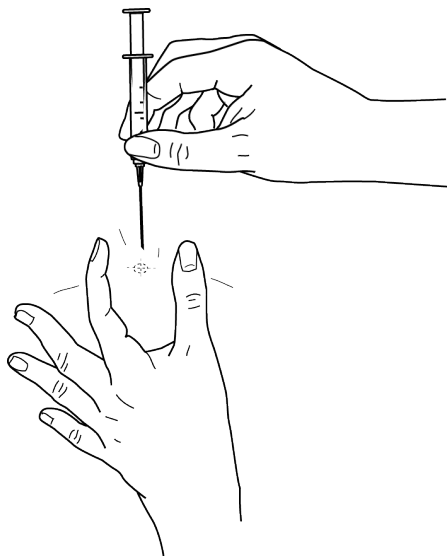
19. Ka saar cirbada dhalada iyo insuliinta **daruurta**.

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 or pencil as shown in the picture.

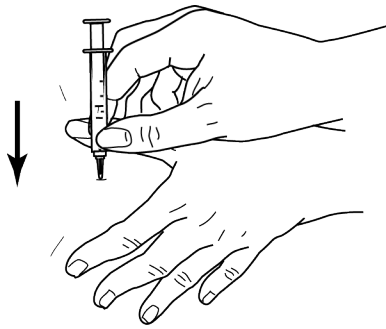


Siinta insuliinta

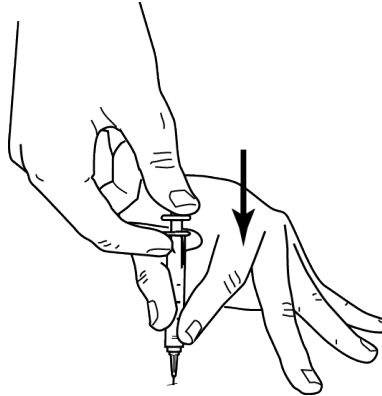
1. Ku nadiifi aaga faasho aalkulo leh. Aalkulada haqalasho. Haddii aad markaas qubeysatay ama shaawar sameysay, uma baahnid inaad nadiifisid aaga markale.

2. Qanjaruufu oo ku qabo maqaarka aaga hal gacan. U qabo saliingada sida ul ama qalin geed sida aad ku aragtid sawirka.

- 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.



- Let go of the pinch of skin unless you are told not to.
- Push the plunger all the way down until all the insulin is in. Wait 5 seconds.

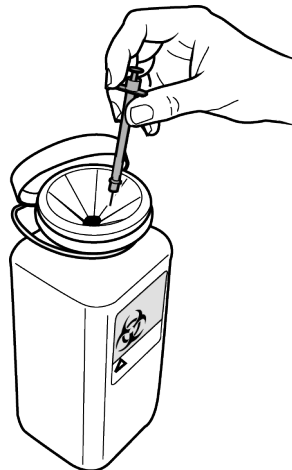


- Remove the needle. Put your finger over the site and apply pressure for 30 to 60 seconds.
- Check the site for any redness, bleeding or bruising. Put a band-aid on the site if there is bleeding.

- Si toos ah u geli cirbada maqaarka ee booska heerka 90. Isticmaal dhaqaaq dhaqso ah. Sida ugu dhaqsiha badan ee aad gelisid cirbada gudaha, inta yar ee ay dhibaateeyso. U riix cirbada illaa gudaha maqaarka.
- Ha siideynin qanjaruufada maqaarka illaa sidaas lagaagaga sheego.
- Ku riix cabeeyaha hoos illaa insuliinta ay gudaha gasho. Sug 5 ilbiriqsi.

Clean Up the Supplies

- 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.



Nadiifi Qalabyada

- Geli saliingada la isticmaalay iyo cirbada sanduuqa tuurida cirbada. Waxaad isticmaali kartaa weelka bacda aanan dilaacin ee daboolka leh. Dib **ha** u daboolin cirbada. Ku tuur dhammaan qalabyada kale qashinka.

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.

2. Iska hubi inaad ku keydisid saliingada cusub ama la isticmaalay meel aysan carruurta gaarin.
3. Dhaq gacmahaaga markale.

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