

Drawing Up One Insulin

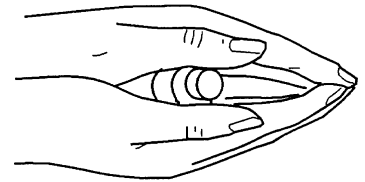
To control your diabetes you need to take insulin. Insulin can only be given by injections, also called shots. Your doctor will tell you how much insulin to take and how often to take it.

Getting Ready

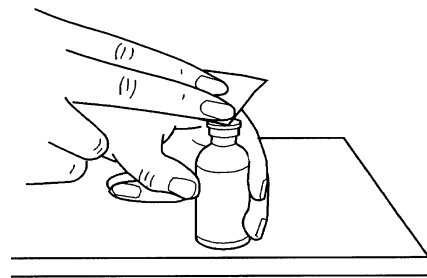
1. Gather the needed supplies
 - Insulin
 - Insulin syringe
 - Alcohol pad
2. Wash your hands with warm water and soap. Dry your hands.

What to Do

1. Check the label on the insulin bottle to make sure you are using the correct insulin.
2. Check the expiration date on your insulin bottle. **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 insulin between your hands until it is mixed. Do not shake the insulin bottle because this can cause air bubbles.



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



La soo Bixidda Hal Insulin

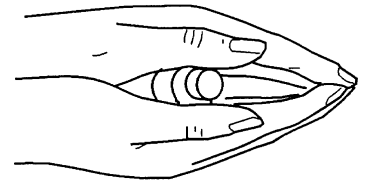
Si aad u xakamayso sonkorowgaaga waxaad u baahan tahay in aad qaadato *insulin*. *Insulin* waxaa la isku siin karaa oo keliya durriin, sidoo kale loo yaqaanno mudid. Takhtarkaagu wuxuu kuu sheegi doonaa inta ay tahay in aad ka qaadato iyo inta goor ee aad qaadanayso.

Isu Diyaarin

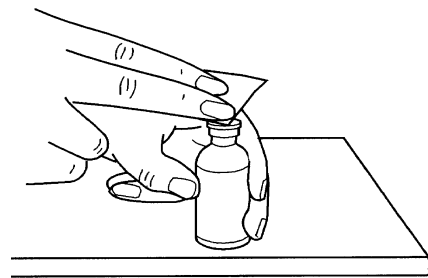
2. Isu keenso qalabka loo baahan yahay
 - *Insulin*
 - Saliingaha *Insulin*-ta
 - Cad aalkolo leh
3. Gacmaha biyo diirran iyo saabbuun isaga dhaq. Gacmahaaga engeji.

Waxa aad Sameyneyso

1. Hubi qoraalka dusha kaga yaalla dhalada *insulin*-ta si loo xaqiijiyo in aad isticmaalayso *insulin*-ta saxda ah.
4. Hubi taariikhda dhicitaanka ku dul qoran dhaladaada *insulin*-ta. **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.
5. Si tartiib ah calaqlaha ugu rog-rog dhalada ilaa ay isku qasanto. Ha ruxin dhalada *insulin*-ta, maxaa yeelay taasi waxay u keeni kartaa goobooyin hawo ah oo gala.

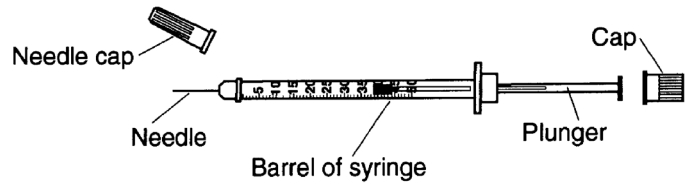


4. Dusha dhalada *insulin*-ta ku tir-tir cad aalkolo leh ka dibna ha taabannin dusha dhalada.

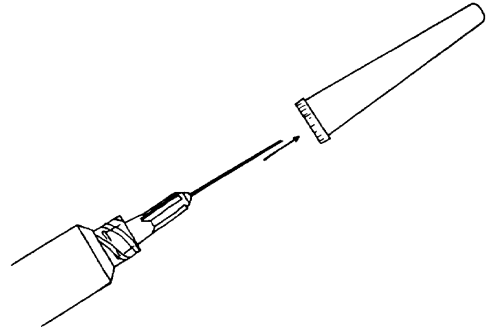


Draw one insulin. Somali.

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

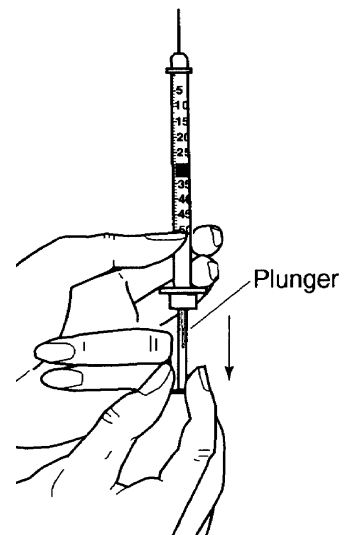


6. Take off the needle cap and place it on the table.

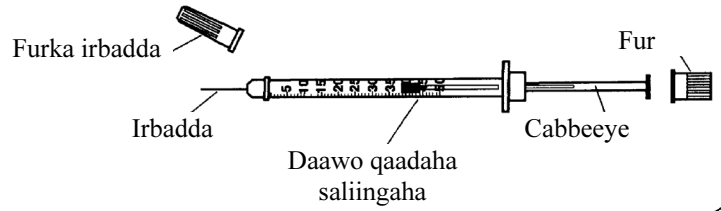


7. Pull the plunger of the syringe down to the number of units of insulin you need. The syringe will fill with air.

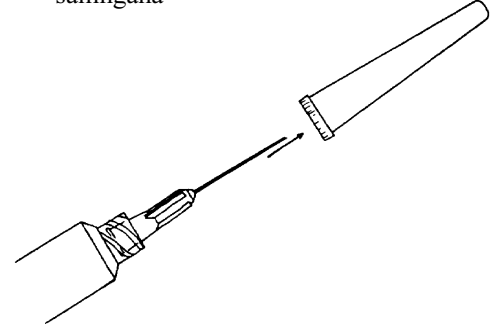
The syringe has small lines and numbers. The space between each line on the syringe is one unit. If you are using a 100-unit syringe, the space between each line is 2 units. Move the plunger so the dark end closest to the needle matches the number of units you need.



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

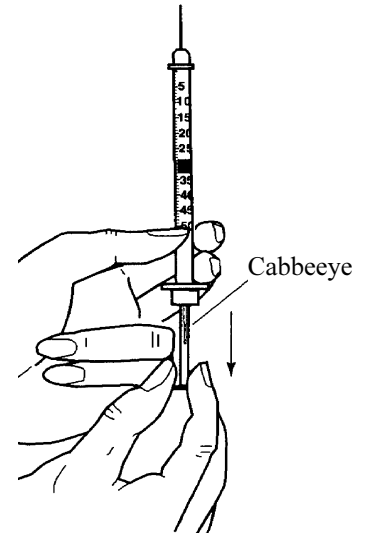


6. Furka irbadda ka saar ka dibna miiska saaro.



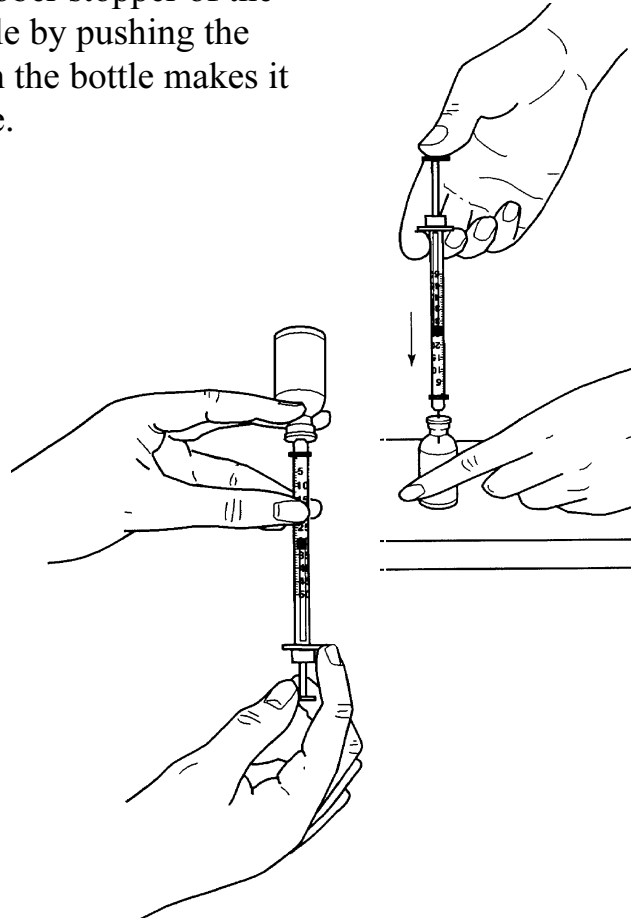
7. Cabbeeyaha saliingaha hoos ugu soo jiid lambarka xaddiyada insulin-ta aad u baahan tahay. Saliingaha waxaa ka buuxsamaya hawo.

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.



Draw one insulin. Somali.

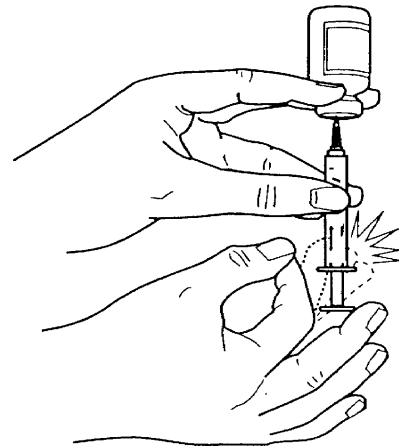
8. Carefully put the needle through the rubber stopper of the insulin bottle. Push the air into the bottle by pushing the plunger all the way down. Putting air in the bottle makes it easier to get the insulin out of the bottle.



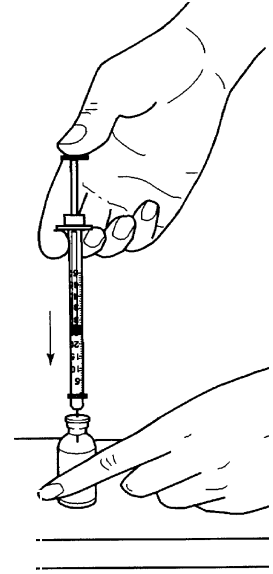
9. Turn the insulin bottle upside down with the syringe still in place. Support the needle in the bottle so it does not bend. Pull the plunger down to the number of units of insulin you need.

10. 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:

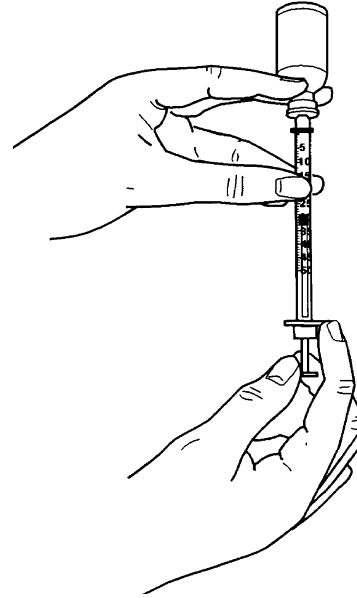
- Tap the syringe firmly with your fingertip to move the bubbles to the top of the syringe.
- Push the plunger up a few units until the air bubbles go back into the insulin bottle.



8. Si taxaddar leh irbadda u geli rabarka afka kaga xiran dhalada insulin-ta. 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.

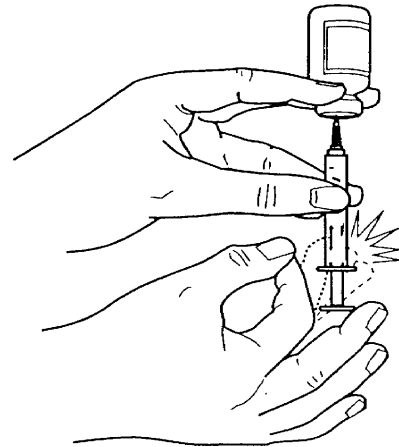


9. Dhalada insulin-ta rog iyadoo saliinguhu uu weli ku taagan yahay. Taageer irbadda dhalada ku jirta si uusan markaas u qalloocannin. Cabbeeyaha hoos ugu soo jiid lambarka cabbirrada aad u baahan tahay.



10. Iska hubi goobooyin hawo ah oo saliingaha ku jira. Goobooyinka hawada ah wax kuuma dhibi doonaan, laakiin waxay qaadanayaan 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.



- Pull down on the plunger and fill the syringe with the correct amount of insulin.
- Check again for air bubbles.

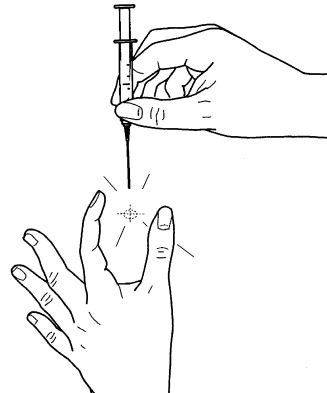
11. Take the needle out of the insulin bottle.

Giving the Insulin

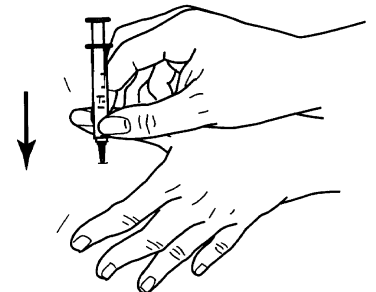
1. Clean the site with an alcohol pad. Let the alcohol dry. If you have just showered or bathed, you do not need to clean the site again.



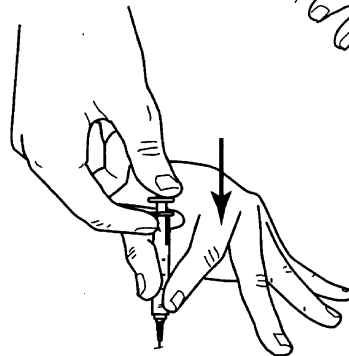
2. Pinch up and hold the skin of the site with one hand. Hold the syringe like a dart or pencil as shown in the picture.



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.



- Cabbeeyaha hoos u soo jiid ka dibna saliingaha ka buuxi xaddiga insulin-ta saxda ah.
- Mar kale hubi goobooyin hawo.

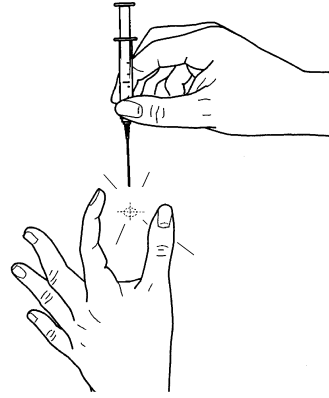
11. Irbadda ka soo saar dhalada insulin-ta.

Insulin Siinta

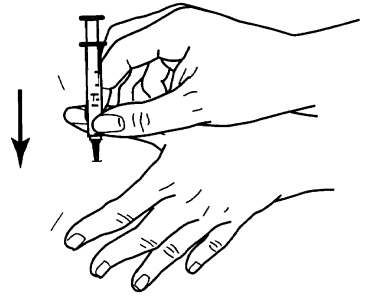
1. Meesha ku nadiifi cad aalkolo leh. Aalkoladu ha engeeto. Haddii hadda maydhatay ama qubeysatay, uma baahnid in aad meesha mar kale nadiifiso.



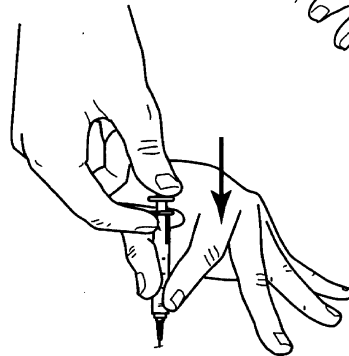
2. Labo farood ku soo qabo oo kor u hay maqaarka meesha la durayo. Saliingaha u qabso sidii gantaal oo kale ama qalin rasaas sida kaaga muuqata sawirka.



3. Irbadda si toosan maqaarka ugu mud xagal ah 90 darajo. Istickmaal 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.



Draw one insulin. Somali.

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.

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.

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

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.

Draw one insulin. Somali.

9/2005. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.com.