

# Ku qaadashada daawada cirbad ayadoo laga mudaayo maqaarka hoostiisa (Cirbada maqaarka lagu mudo)

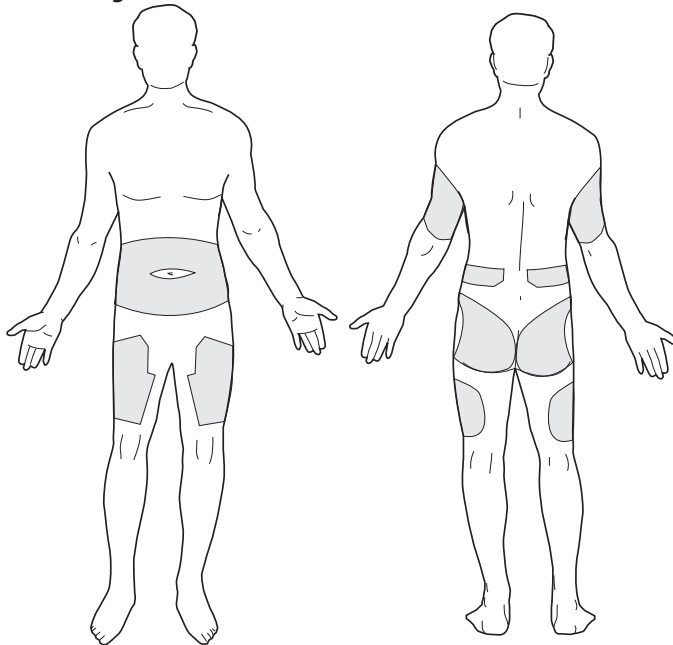
## Giving Medicine by Injection Under the Skin (Subcutaneous)

These are basic instructions for giving medicine as an injection under your skin, also called subcutaneous. Your medicine may have other steps needed, so always follow the instructions given by your doctor or pharmacist.

Kuwaasi waa tilmaamaha aasaasiga ah kuna saabsan sida cirbad loogu mudo maqaarka hoostiisa, oo loo yaqaan cirbada maqaarka lagu mudo. Daawadaada waxay lahaan kartaa tallaabooyin kale oo loo baahan yahay, marka markasta raac tilmaamaha uu ku siiyo dhaqtarkaagu ama farmashiilaha.

### Select the Site for Injection

- Sites that can be used are:
  - Backs of the upper arms
  - Abdomen
  - Front and side of thighs or upper legs
  - Back above waist
  - Buttocks
- Some medicines are best given in certain areas. Your doctor or nurse will teach you the best areas to give your medicine.
- Stay 1 inch away from the last injection.
- Stay 2 inches away from your navel or scars.
- Do not use areas that are bruised, tender or swollen.



### Dooro meesha lagaa duraayo

- Meelaha la isticmaali karo waxaa kamid ah:
  - Qaybta danbe ee gacmaha kore
  - Gumaarka
  - Qaybta hore ama geesaha bowdyaha ama qaybta kore ee lugaha
  - Dhabarka meesha ka koreysa dhexda
  - Barida
- Qaar kamid ah daawooyinka waxaa laga qaataa meelo gaar ah. Dhaqtarkaaga ama kalkaalisadaada waxay ku bari doonaan meelaha ugu wanaagsan ee laga qaato daawooyinka.
- Ka fgoow 1 inji meeshii aad marka hore ka qaadatay cirbada.
- Ka fogoow 2 inji meelaha leh neerfaha ama boogaha.
- Ha isticmaalin meelaha leh nabaro, bararsan ama meelaha jilicsan.

## Before You Inject

- A new needle must be used with each injection.
- Check your dose.

## Kahor Cirbada

- Cirbad cusub waa in la isticmaalo mar kasta oo aad qaadaneyso cirbad.
- Fiir kuuradaada.

## How to Inject the Medicine

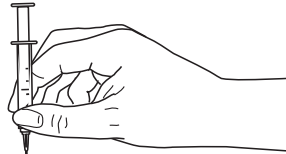
1. Wash your hands.



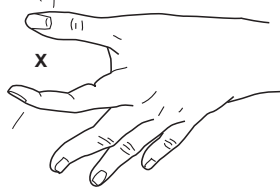
2. Clean your skin with an alcohol pad using a circular motion. Let the alcohol air dry.



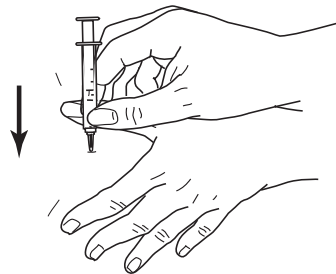
3. Remove the needle cover and hold the syringe like a dart.



4. Gently pinch the skin at the injection site.



5. Insert the needle straight into the pinched skin at a 90-degree angle.



## Sida la isku duro Daawada

1. Farxalo.

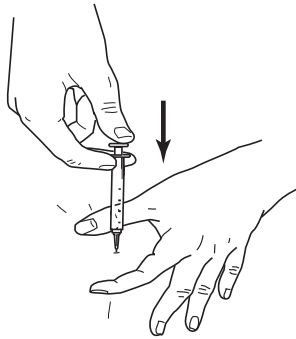
2. Ku nadiifi maqaarkaaga suufka aalkolada adigoo sameeynaya dhaqdhaqaaq wareeg ah. U oggolow aalkolada inay qallalsho.

3. Saar daboolka cirbada u qabo siliingaha sida waranka.

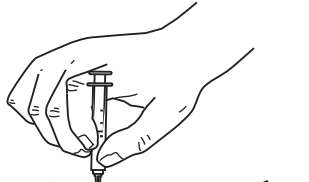
4. Si tartiib ah ugu mud cirbada meesha aad ku durayso.

5. Cirbadda si toos ah u geli maqaarka xagal 90-digrii ah.

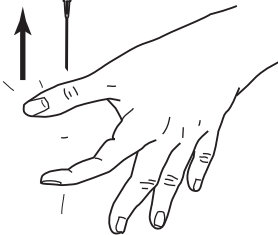
6. Let go of the skin unless you are told not to, and give the medicine slowly by pushing in the plunger.



7. Pull the needle out of your skin and quickly press a clean gauze onto the site. Do not rub the skin.



8. Hold pressure on the site for a few seconds.



9. Put the used syringe and needle into a strong container that has a cap or lid, such as a bleach or detergent jug.

- Do not put the cover back on the needle.
- Do not reuse or share needles.
- Close the container tightly after use.
- Keep out of the reach of children and pets.
- Ask your pharmacy how to safely throw away a full sharps container.



6. Ha qaban maqaarka illaa in sidaas lagu dhaho maahee, usiidaa daawada si tartiib ah adoo cinjirka cirbada riixaaya.

7. Kasoo saar cirbada maqaarkaaga si dhaqso ahna u saar meesha suufka dhiiga celiya. Ha xogxoqin maqaarka.

8. Si xoogan u riix meesha dhowr sikin.

9. Geli cirbada iyo siliingaha la isticmaalay weel xoogan oo leh fur ama dabool, sida caag ama weelka saabuunaha.

- Furka dib ha ugu xirin cirbada.
- Ha isticmaalin cirbado la isticmaalay qofna hala wadaagin.
- Si adag u xir weelka kadib marka aad isticmaasho.

- Dhig meel aysan gaarin carruurta iyo xayawaanka.
- Waydii farmashiilahaaga sida si taxadar leh loogu tuuro waxyaaba afka leh oo ka buuxa weel.

10. Wash your hands again.

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

10. Dhaq gacmahaaga mar labaad.

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