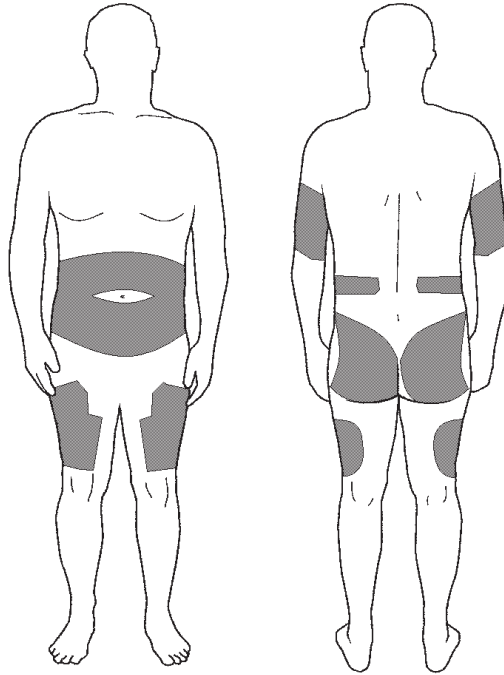


# Sida Ioo Isticmaalo Qalinka Insuliinta

## 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.

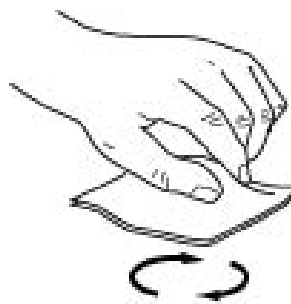


### Dooro Aaga Cirbada

- Aagaga la isticmaali karo waa:
- Gadaasha garabka kore
- Xundhurta (agagaarka xudunta)
- Horay iyo aaga dhinaca ee bowdada
- Dhabarka ka koreyso sinta
- Dabada
- 1 inji ka fogow cirbadaha hore.
- 2 inji ka fogow xundhurtaada ama nabarada.
- **Ha** isticmaalin aagaga maruubsan, adag ama bararsan.

### 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.

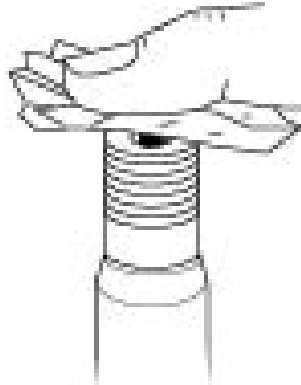


### Siinta Insuliintaada

1. Ku nadiifi maqaarka faasho aalkulo leh. Udaa aariyada in ay qalajiso aalkulada.

2. Ka qaad daboolka qalinka. Waxaad arki kartaa insuliinta qalinka ku jirto.

3. If you are using a cloudy insulin, gently roll the pen between your hands to mix the insulin.
4. Use alcohol to clean the end of the pen where the needle twists on.



3. Haddii aad isticmaaleysid insuliinta daruurta, si tartiib ah ugu duub qalinka inta u dhaxeeyso gacmahaaga illaa insuliinta isku qasan.
4. Isticmaal aalkulo si aad ugu nadiifisid dhammaadka qalinka halka qalooqa cirbada ay saarantahay.

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



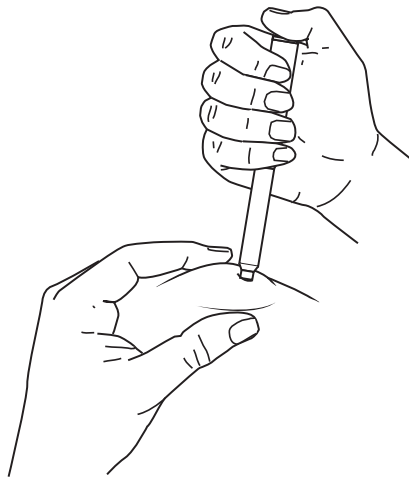
5. Gadaal uga fiiq daboolka cirbada. Ku dhuuji cirbada qalinka. Waa inay nuglanaataa laakin yaysan aad u dhuuqsamin.

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 pointing up.
  - Push the end of the pen in to clear the air out of the pen.
  - 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.

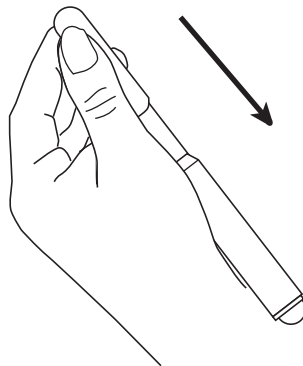


6. Si aad uga saarto aariyada ka baxeyso qalinka:
  - Ka saar daboolka cirbada.
  - U wareeji garaacida garoojada 2 qeybood.
  - Haay qalinka si markaas cirbada ay kor u tilmaanto.
  - Ku riix dhammaadka qalinka ka saar aariyada qalinka.
  - Fiida cirbada ka daawo hoos u dhaca insuliinta. Waxaad u baahan kartaa inaad ku soo celiso tallaabadaan illaa aad ka aragtid hoos u dhaca cirbada.

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 your dose of insulin is in. Hold the needle in for 10 seconds.



11. Let go of the pinch of skin.
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.
13. Put the cover back on your insulin pen.



7. Si aad u saxdid garoojadaada ee insuliinta, wareeji garaacida saacida illaa aad ka aragtid lambarka garoojada insuliintaada.
8. Qanjaruufo oo ku qabo maqaarka aaga hal gacan.
9. Si toos ah dhaqaaq dhaqso ah u geli cirbada maqaarka. Cirbada waa inay maqaarkaaga wada gashaa.
10. Adiga oo isticmaalaya suulkaaga, hoos u riix dhammaadka qalinka si tartiib ah illaa garoojadaada ee insuliinta ay gasho. Haay cirbada oo 10 ilbiriqsi.
11. Ka siidaa qanjaruufada maqaarka.
12. Banaanka uga jiid cirbada. Ku haay fartaada dhinaca aaga oo daqiiqad. 13. Ka saar cirbada qalinka. Ku tuur cirbadaada weelka qashin qubka.
13. Dib u geli daboolka qalinka insuliintaada.

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

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