

Daawooyinka La dhuuqo

Nebulizer Treatments

Some medicines need to be given through a nebulizer treatment. Nebulizer treatments are also called breathing treatments, aerosol treatments or med nebs. A nebulizer changes liquid medicine into a fine mist that you breathe into the airways of your lungs. Sometimes it is used for people who have a hard time using inhalers.

How often you have the nebulizer treatments will depend on:

- The type of medicine you are to take
- How short of breath you are or the amount of wheezing you have

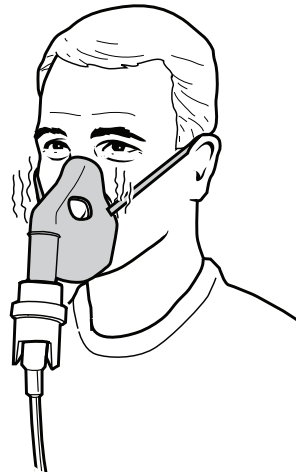
Daawooyinka qaar ayaa u baahan in lagu qaato aalada daawada lagu dhuuqo. Daawooyinka i dhuuqo ayaa sidoo kale loo yaqaanaa daawooyinka neefsiga, daawooyinka hawada ama med nebs. Aalada daawada lagu dhuuqo waxay daawada dareeraha u badashaa uumi aad ka neefsanayso neef mareennada sanbabooyinkaaga. Mararka qaar waxaa loo adeegsadaa dadka dhibka ku qaba adeegsiga aaladaha daawada lagu dhuuqo.

Inta jeer ee aad adeegsanayso aalada daawada lagu dhuuqo ayaa ku xirnaan doonta:

- Nooca daawada aad cunayso
- Sida neeftu kuugu yaraato ama cadadka xiiqda aad qabto

Taking a Treatment

- The treatment can be done with a mask or mouthpiece based on which works best for you.
 - If using a mouthpiece, place the mouthpiece in your mouth past your teeth. Make a seal around the mouthpiece with your lips.
 - When using a mask, place it over your mouth and nose.
- Check your pulse before your treatment and write it down.



Qaadashada Daawo

- Daawada waxaa lagu qaadan karaa maaskaro ama gafuur xir ayadoo lagu salaynaayo waxa kugu haboon.
 - Haddii aad adeegsanayso afxir, saar afxirka afkaaga adoo dhaafinaaya ilkahaaga. Xir daafaha afxirka adoo ku dhajinaaya bishimahaaga.
 - Marka aad adeegsanayso maaskaro, ku dabool afkaaga iyo sanakaaga.
- La soco garaaca wadnahaaga kahor intaadan daawada qaadan oo qor cabirka.

- You will see a fine mist when the treatment is started. **Sit down, relax and take normal, regular breaths in through your mouth.**
- When all the medicine is used up, turn off the pump. The treatment will last about 10 to 15 minutes.
- Take a couple deep breaths and cough at the end of your treatment to bring up any loose mucus. Spit the mucus into a tissue and throw the tissue into the trash. Wash your hands.
- Waxaad arki doontaa uumi loo jeedo marka daawadu kuu bilaabato. **Fariiso, isdaji oo qaado neefsashada caadiga ah, ee joogtada ah ood ka qaadanyso afkaaga.**
- Marka dhammaan daawadu kugu dhamaato, iska dami bamka. Daawadu waxay qaadan doontaa 10 ilaa 15 daqiiqo.
- Dhawr jeer neefsi dheer qaado kadibna qufac markaad daawada dhamayso si aad usoo saarto iskagan tusto duufka. Iskaga fiifi duufka tiish kadibna ku rid qasaca qashinka tiishka. Farxalo.

Stop the treatment if:

- You feel light headed, dizzy or shaky.
- Your pulse rate gets much faster.

Wait a few minutes and if the symptoms go away, restart the treatment. If the symptoms do not go away, or if they come back when you restart the treatment, call your doctor. You may need to change your medicine or dose.

How to Prepare Your Medicine

Follow these steps to get your medicine ready to do the nebulizer treatment:

1. Wash your hands with soap and warm water. Rinse and dry your hands.
2. Gather your medicine and the nebulizer cup.
3. Check your medicine label to be sure it is the right medicine. Also check that you have the correct dose or strength of medicine your doctor ordered.

Iska jooji daawada haddii:

- Aad dareento madax dilaan, dawakhsanaan ama gariir.
- Xawaaraha garaaca wadnahaagu aad boobsiis u noqdo.

Dhawr daqiiqo sug haddii xanuunku kaa ba'ana, dib u biloow daawada. Haddii aan xanuunku kaa bi'in, ama haddii ay kugusoo laabtaan marka aad daawada dib u biloowdo, wac dhakhtarkaaga. Waxaad u baahan kartaa inaad badasho daawadaada ama kuurada.

Sida loo diyaarsho Daawadaada

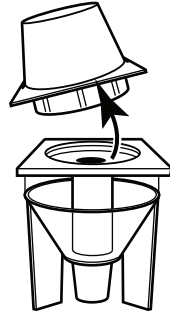
Raac talaabooyinkaan si aad u diyaariso daawadaada si aad daawo buufiyaha u isticmaasho:

1. Ku farxalo saabuun iyo biyo diiran. Biyo raaci oo qalaji gacmahaaga.
2. Soo diyaarso daawadaada iyo koobka daawo buufiyaha.
3. Fiiri heerka daawadaada si aad u hubiso inay daawada saxda ah tahay. Sidoo kale xaqiiji inaad haysato kuurada saxda ah ama awooda daawada dhakhtarkaagu kuu qoray.

Look at the expiration date on the label and be sure that your medicine is not out of date. If the date is past, you need to get new medicine.

Fiiri taariikhda daawadu dhacayso ee ku qoran leebalka si aad u xaqiijiso inaan daawadaadu dhicin. Haddii daawadu dhacday, waa inaad daawo cusub soo qaadataa.

4. Open the nebulizer cup.



4. Fur koobka daawo buufiyaha.

5. Measure your medicine and put it into the nebulizer cup. Use only the amount of medicine your doctor ordered.



5. Cabir daawadaada oo ku shub koobka daawo buufiyaha. Isticmaal kaliya cadadka daawada dhakhtarkaagu kuu qoray.

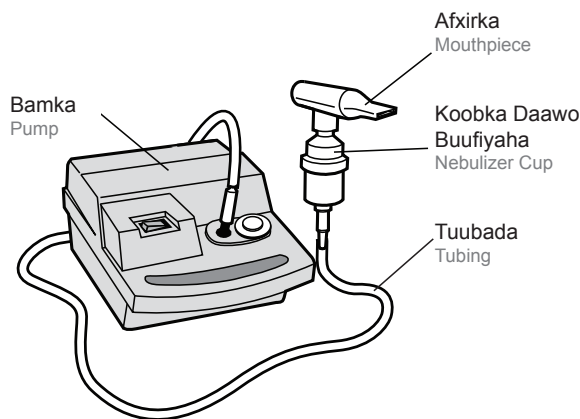
6. Close the cup.

6. Xir koobka.

7. Keep the cup upright and attach it to the tubing and the mouthpiece or mask.

8. Check that the tubing is attached to the pump and turn the nebulizer pump on.

9. Relax and breathe in the medicine. Continue until there is no more mist.



7. Koobka kor ha ujeedo kuna xir tuubada iyo afxirka ama maaskarada.

8. Xaqiiji in tuubadu ku xariirsan tahay bamka kadibna daar bamka daawo buufiyaha.

9. Ku naso oo ku neefso daawada. Sii wad ilaa faniinada uumigu dhamaadaan.

Clean Your Equipment to Prevent Infections

Clean the outside of the nebulizer pump and tubing **each week with a disinfectant**

Nadiifi qalabkaaga si aad Uga hortagto Caabuqyada

Nadiifi dusha bamka daawada buufinaaya iyo tuubada **asbuuc kasta adoo adeegsanaaya suuf aad marisay daawada jeermiska disha ama maro aad qoysay,**

wipe or damp cloth, or as directed by the manufacturer.

Never put the pump or tubing in water.

Clean the nebulizer cup and the mouthpiece or mask after each use and as directed to prevent infections.

After each treatment

1. Disconnect the cup from the tubing and from the mouthpiece or mask. Set the tubing aside until the next treatment.
2. Open the nebulizer cup and rinse the cup parts and the mouthpiece or mask under warm running water.
3. Shake off the excess water and place parts on clean paper towels to air dry.
4. Cover the parts with another clean paper towel until your next treatment.
5. Wash your hands with soap and warm water. Rinse and dry your hands.

At the end of each day

1. Wash the cup parts, mouthpiece or mask with liquid dishwashing detergent and warm water.
2. Rinse parts well with warm running water.
3. Place parts on paper towels to air dry. Cover with a clean paper towel until your next treatment.

One time each week or as directed

1. Soak the pre-washed parts in white vinegar solution for 30 minutes. All parts should be completely covered by the solution while soaking.

ama sida ay kuu tilmaamayso shirkada soo saartay qalabka.

Marna ha gelin bamka ama tuubada biyo.

Nadiifi koobka daawo buufiyaha iyo afxirka ama maaskarada kadib mar kasta oo aad adeegsato iyo sida lagu sheegay si looga hortago caabuqyada.

Mar kasta ood daawada isticmaasho

1. Ka fur koobka tuubada iyo afxirka ama maaskarada. Meel dhigo tuubada ilaa daawada xigta aad ka gaarayso.
2. Fur koobka daawo buufiyaha kuna dhaq qaybaha koobka iyo afxirka iyo maaskarada biyo qandac ah oo socda.
3. Ka sayr biyaha dheeraadka ah oo saar qaybaha shukumaan xaashi ah oo nadiif ah si ay u qalalaan.
4. Ku dabool qaybaha xaashi maro ah oo nadiif ah oo kale ilaa daawada xigta aad u isticmaalayso.
5. Ku farxalo saabuun iyo biyo diiran. Biyo raaci oo qalaji gacmahaaga.

Kadib dhammaadka maalin kasta

1. Dhaq qaybaha koobka, afxirka ama maaskarada kuna dhaq saabuunta dareeraha ah ee wax lagu dhaqo iyo biyo qandac ah.
2. Raaci qaybaha biyo qandac ah oo socda.
3. Saar qaybaha shukumaan nadiif ah si ay uqalalaan. Ku dabool qaybaha xaashi maro ah oo nadiif ah ilaa daawada xigta aad u isticmaalayso.

Hal mar asbuuc kasta ama sida dhakhtarku kuu sheego

1. Geli qaybaha horay aad u dhaqday dareeraha vinegar muddo 30 daqiiqo ah. Dhammaan qaybaha waa inay si buuxda u dabooshaa dareeruhu intay ku dhex jiraan.

- To make the solution, **mix 1 part white vinegar and 3 parts water**. For example, mix 1 cup of white vinegar with 3 cups of water in a container.
2. Rinse the parts well with warm running water.
 3. Place the parts on clean paper towels to air dry. Cover with a second clean paper towel until your next treatment.
- Si aad u samayso dareeraha, **isku qas 1 qayb oo vinegar cad ah 3 qaybood oo biyo ah**. Tusaale ahaan, ku qas 1 koob oo vinegar cad ah 3 koob oo biyo ah oo ku jira qasac.
2. Raaci qaybaha biyo qandac ah oo socda.
 3. Saar qaybaha shukumaan nadiif ah si ay uqalalaan. Ku dabool qaybaha xaashi maro ah oo nadiif ah oo labaad ilaa daawada xigta aad u isticmaalayso.

Questions

- If you have questions about your nebulizer pump or you need new equipment parts, ask your equipment provider.
- If you have any questions about your medicine or the treatment, ask your therapist, nurse or doctor.

Su'aalo

- Haddii aad su'aalo ka qabto bamkaaga daawada buufiya ama aad u baahan tahay qaybo cusub oo qalabka ah, waydiiso qofka qalabka ku siiyay.
- Haddii aad wax su'aalo ah ka qabto daawada ama daawaynta, waydii baxnaaniyaha, kalkaalisada ama dhakhtarka.