

# Adeegsiga Qaadada ama Goojada Daawada

## Using a Medicine Spoon or Dropper

Use a medicine spoon or dropper that has markings on it to measure your child's liquid medicine. The pharmacy may give you a medicine spoon or dropper with your child's medicine. You can also buy the spoon or dropper at the drug store and use it for measuring liquid medicines.

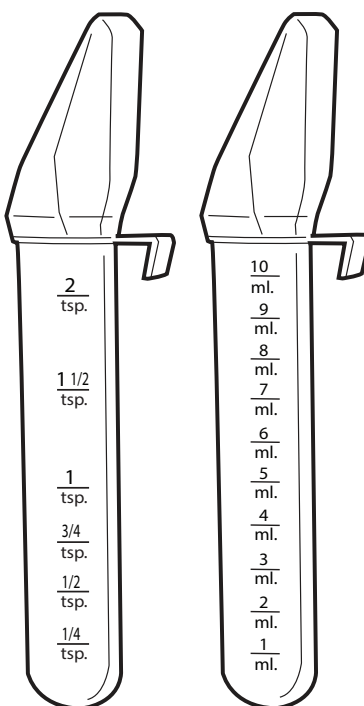
The markings on the spoon or dropper help you measure the correct amount of medicine. **Do not use other spoons that you have in your home without markings** as they may cause you to give the wrong amount of medicine which is not safe.

Adeegso qaadada ama goojada daawada ee leh calaamadaha ku dul qoran si aad u cabirto daawada dareeraha ah ee cunugaaga. Farmashiyaha ayaa ku siinaaya qaadada ama goojada daawada oo la socota daawada cunugaaga. Waxaad sidoo kale kasoo iibsan kartaa qaadada ama goojada dukaanka daawada waxaadna u adeegsan kartaa cabirka daawooyinkaaga dareeraha ah.

Calaamadaha ku yaala qaadada ama goojada ayaa kaa caawinaaya cabirida cadadka saxda ah ee daawada. **Ha adeegsan qaadooyinka kale ee guriga kuu yaala ee aan lahayn calaamadaha maadaama ay kugu keeni karaan inaad cadadka daawada oo qaldan siiso cunuga taasoo aan amaan ahayn.**

### Using the Spoon

1. Open the medicine bottle.
2. Hold the medicine spoon up and find the marking for the amount of medicine or dose needed. There are 2 different measurements, teaspoon (tsp.) and milliliter (ml.), as shown on the pictures of the spoon. (1 teaspoon = 5 milliliters.) Find the measurement that matches the dose you need.
3. Slowly pour the medicine from the bottle into the spoon to the mark for the amount needed. Set the bottle of medicine down.



### Adeegsiga Qaadada

1. Fur dhalada daawada.
2. Kor u qabo qaadada daawada oo raadi calaamadaha cadadka daawada ama kuurada laga cunaayo. Waxaa jiro 2 cabir oo kaladuwan, qaadada (tsp.) iyo mili mitirka (ml.), sida ka muuqata sawirada qaadada. (1 qaado = 5 mili mitir.) Raadi cabirada waafaqsan kuurada aad u baahan tahay.
3. Si tartiib ah daawada ku jirta dhalada ugu shub qaadada ilaa cabirka cadadka aad u baahan tahay. Hoos u dhig dhalada daawada.

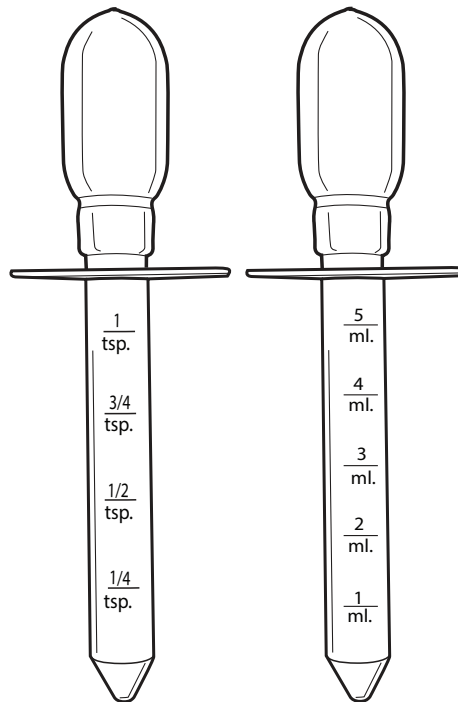
4. Place the tip of the spoon in the child's mouth like a feeding spoon and give the medicine. Be sure the child is sitting up when giving the medicine.
5. Clean the medicine spoon by washing it with warm water and mild soap. Rinse it well with clean water and let it air dry on a clean towel.

4. Saar cirifka qaadada afka cunuga sida qaadada lagu quudiyo oo kale kadibna sii daawada. Xaqiiji in ilmuhu kor u fadhiyo markaad daawada siinayso.
5. Nadiifi qaadada daawada adoo adeegsanaaya biyo qandac ah iyo saabuun yar. Si fiican ugu mayr biyo nadiif ah oo ku qalaji shukumaan nadiif ah.

## Using the Dropper

You may want to first practice using the dropper with water to get used to how it works. Be careful not to pull the medicine up into the bulb of the dropper.

1. Open the medicine bottle.
2. Pick up the dropper and find the mark on the dropper for the amount or dose of medicine needed. There are 2 different measurements, teaspoon (tsp.) and milliliter (ml.), as shown on the pictures of the dropper. (1 teaspoon = 5 milliliters.) Find the measurement that matches the dose you need.
3. Squeeze the bulb end and put the tip of the dropper into the medicine bottle.
4. Slowly let pressure off of the bulb. You will see the medicine being pulled up into the dropper.
5. When you get the medicine pulled up to the mark of the amount needed, pull the dropper tip out of the liquid and let the pressure off of the bulb.
6. Check that the medicine is to the right mark for the amount needed. Squeeze



## Adeegsiga Goojada

Waxaad u baahan kartaa inaad marka hore barato sida loo adeegsado goojada adoo ku baranaaya biyo si aad ula qabsato sida ay u shaqayso. Iska ilaali inaad daawada gaarsiyo cinjirka la tuujiyo ee goojada.

1. Fur dhalada daawada.
2. Soo qaado goojada oo raadi calaamada ku qoran goojada si aad u ogaato cadadka ama kuurada daawada aad u baahan tahay. Waxaa jiro laba cabir oo kaladuwan, qaadada (tsp.) iyo mili mitirka (ml.), sida ka muuqata sawirada goojada. (1 qaado = 5 mili mitir.) Raadi cabirada waafaqsan kuurada aad u baahan tahay.
3. Tuuji salka cinjirka la tuujiyo kadibna geli goojada dhalada daawadu ku jirto.
4. Si tartiib ah cadaadiska uga qaad cirjirka la tuujinaayo. Waxaad arkaysaa daawada oo kor usoo galaysa goojada.
5. Marka aad gaarsiiso daawada ilaa cadadka aad u baahan tahay, kor uga bixi caarada goojada dareeraha kana siidaa cadaadiska cinjirka kore.
6. Xaqiiji in daawadu ku joogto calaamada saxda ah ee cadadka loo baahan yahay. Tuuji dhalada si aad ama uga saarto

the bulb to either remove extra medicine or to pull up more medicine if needed.

7. Place the dropper tip into the child's mouth like a feeding spoon and gently squeeze to release the medicine. Be sure the child is sitting up when giving the medicine. For very young children, it may work best to put the tip in towards their cheek, so they do not push the medicine out with their tongue.
8. Remove the bulb from the dropper and wash both pieces with warm water and mild soap. Rinse the pieces well with clean water and then let the pieces air dry on a clean towel.

daawada dheeraadka ah ama aad daawo dheeraad ah usoo jiido haddii loo baahdo.

7. Geli caarada goojada afka ilmaha sida qaadada quudinta si tartiib ahna ugu tuuji si aad daawada afkiisa ugu shubto. Xaqiiji in ilmuhu kor u fadhiyo markaad daawada siinayso. Ilmaha aadka u yar, waxaa ugu habboon in tuubada la gasho dhanka daanka, si aysan daawada carabkooda ugusoo tufin.
8. Ka saar cinjirka bamka goojada oo labada ku dhaq biyo diiran iyo saabuun yar. Si fiican ugu mayr goojada biyo nadiif ah oo ku qalaji shukumaan nadiif ah.

## Medicine Safety

- Be sure to keep all medicines and the medicine spoon or dropper out of the reach of children for safety.
- Check the dose amount. It may vary from one child to another based on the child's weight or age.
- Ask your doctor or pharmacist if you are not sure how to give any medicine to your child. You need to be sure you know:
  - **What medicine and how much** you should give your child.
  - **How often** you should give the medicine.
  - **How long you should give the medicine.** Some medicine may only be given for a few days. Other medicine may need to be given for years to treat long term problems.

## Badbaadada Daawada

- Xaqiiji inaad ka fogayso dhammaan daawooyinka iyo qaadada ama goojada daawada meelaha carruurta gaaraan si aad badqabkooda u dhawrto.
- Hubi cadadka kuurada. Way kala duwanaan kartaa carruurta kaladuwan ayadoo ku xiran miisaanka ama da'da ilmaha.
- Waydii dhakhtarkaaga ama farmashiilaha haddii aadan hubin sida aad daawo u siinayso cunugaaga. Waa inaad xaqiijisaa inaad taqaano:
  - **Nooca daawada iyo cadadka** daawada aad siinayso cunugaaga.
  - **Intee jeer ayaad** daawada siinaysaa.
  - **Muddo intee le'eg ayaad daawada u wadaysaa.** Daawooyinka qaar waxaa kaliya la qaadan karaa dhawr maalmood. Daawooyin kale ayaa la qaadan karaa sanado si loo daaweeyo dhibaatooyinka mudada dheer.

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