



PATIENT EDUCATION

Tilmaamaha U Diyaargarowga Kaamarad Lagu Eego Qeybta Sare Ee Caloosha

Waa muhim in aad raacdo dhamaan talooyinka halkan lagu soo xusay si aad ugu diyaar garowdo kaamarada lagu eego qeybta sare ee caloosha. Waa in calooshaadu marnaataa, si uu dhakhtarku u arki karo marka uu kaamarada ku eego qeybta sare ee caloosha.

U diyaar garowga sawir laga qaado qeybta sare ee caloosha

- Maalinka ka horeysa maalinta sawirka laga qaadayo qeybta kore ee caloosha, waa in aad bilowdaa diyaarinta calooshaada.
- Fadlan raac tilmaamahan dhamaantood si taxadar leh. Haddii aadan tilmaamahan u raacin si sax ah, waxaa laga yaabaa in balantaada la baajiyo.

Xusuusinta daawada

- Waxaa laga yaabaa in lo baahdo in aad joojiso qaar ka mid ah daawooyinka aad qaadato ka hor inta aan sawir laga qaadin qeybta sare ee caloosha. Waa in aad la xiriiirtaa dhakhtarka codsaday daawooyinka aad qaadato ugu yaraan todobaad ka hor balanta sawirka laga qaado caloosha si uu kuu siiyo talada ku haboon.
- Waa laga yaabaa in aad biyo ku qaadan karto asbiriinka maalinta aad leedahay balanta.
- Daawooyinka dhiigga khafiifiya sida Coumadin (warfarin), Eliquis (apixaban), Pradaxa (dabigatran), Xarelto (rivaroxaban), Pletal (cilostazol), Effient (prasugrel), iyo Brillinta (ticagrelor).
- Fadlan la xiriir dhakhtarka la socda heerka sokorta jirkaaga ku jira, inta aad ka qaadato insuliinta, ama daawooyinka sokorta si uu kuu siiyo talada ku haboon. Cuntada aad qaadaneyso ka hor intaan sawirka laga qaadin qeybta kore waxaa laga yaabaa in ay saameyn ku yeelato inta aad ka qaadato daawada. Xusuusnoow in aad keento dhamaan daawada aad sokorta u qaadato maalinta aad leedahay balanta dhakhtarka

Imaatinka Isbitaalka ee Subaxa/Galabta

(6:30 aroornimo ilaa 3:45 galabnimo)

Maalinta sawirka laga qaadayo qeybta sare ee caloosha

- Xusuusnoow, in lagaa doonayo in ay calooshaadu ka marnaato cuntada adag si uu dhakhtarku si cad ugu arki karo caloosha.
- Waxa aad cunto adag cuni kartaa ugu dambeyn sideed saacadood ka hor balantaada dhakhtarka.
- Waxa aad cabi kartaa biyo ugu dambeyn laba saacadood ka hor balantaada dhakhtarka.
- Biyaha cad waxaa ka mid ah:
 - Biyo, qaxwe madoow ama shaah (aan cadeys laheyn), Gatorade, biyo iyo aan ubrin carbonated or non-carbonated soft drinks (Coke, Isabarayt), casiir aan miro laheyn (tufaax, cinab cad, ,kanabaari cad), Jell-O, ama jalaatada popsicles. **Xusuusnoow: HA CABIN CABITAAN CASAAN AMA MIDABKA HURIDGA AH.**
- KA fogoow cabitaanka casaanka ama hurdiga ah, caanaha, casiirka boritiinka ah, cabitaan ay alkolo ku jirto, iyo isticmaalka maandooriyayasha. Taasi waxa ay keertaa in balantaada sawirka laga qaadayo qeybta sare ee caloosha la baajiyo.

- Daawada aad subixii cunto waxa aad ku kaban kartaa biyo.

Fariin/Tilmaamo gaar ah: _____
