NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.

Helping Hand™ *Health Education for Patients and Families*

Kormeerida Sonkorta Dhiiga
Monitoring Blood Glucose (Somali)

Dhaqtarka ama daryeel bixiyaha caafimaadka ayaa raba inaad cabirtid inta sonkor ah, nooca sonkorta, ee ku jiro dhiigaaga. Waxaa badanaa loo yaqaan sonkorta dhiiga. Si uu jirka u yeesho tamar uu si sax ah ugu shaqeeyo, sonkorta dhiiga ayaa u baahan in la dheeli tiro. Sonkorta badan, ayaa loo yaqaan kacsanaanta sonkorta, ayaa waxyeelo ku sababi karto jirka waqti kadib. Sonkorta aad u yar, ayaa loo yaqaan kacsanaanta sonkorta ayaa ku sababi karto qofka inuu aad u jirado, aad u dheereeya. Markii kacsanaanta sonkorta ay dhacdo, waa in la daaweeyaa islamarkiiba.

Sida badan ee sonkorta dhiiga loo baaro, sida wanaagsan ee aad ogaaneysid sida loogu hayo dheelitirnaan.

Goorta la Baaro Sonkorta Dhiiga

- Dhaqtarka canugaaga ama daryeel bixiyaha caafimaadka ayaa kuu sheegayo inta jeer iyo waqtiyada la baaro sonkota dhiigooda.
  - Waxaad u baahan kartaa inaad baartid sonkorta dhiiga 2 illaa 4 ama ka badan maalintiiba.
  - Inta jeer ee la baarayo ayaa laga yaabaa inay isbadesho waqti kadib.
- Jadwalka baaritaanka canugaaga ee hadeer ayaa ah:
  - ☐ Quracda, qadadad, cashada ka hor, iyo jiifka kadib
  - ☐ Saacada 3 a.m. oo ______ maalmood
  - ☐ Quracda ka hor iyo 2 saacadood cashada kadib
  - ☐ Wax kale: ________________________________

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Saadadka Aad U Baahaneysid

- Kormeeraha sonkorta dhiiga (miitir ama mashiin)
- Cirbidaha dhiiga (sheyga afka leh ee lagu mudo maqaarka)
- Aalada cirbidaha dhiiga ee moolada ku jirto
- Istiraashooyinka alkulada ama saabuun iyo biyo
- Xargaha baaritaanka
- Faashada-Dhaawaca® (Band-Aid®) (iqtiyaar)
- Istiraasho, suufka kuuskuusan, ama shukumaanka warqada ah
- Weel leh dabool, sida dhalada saabuunta dharka ama weelka walxaha afeysan, si badqab loogu tuuro saadadka la isticmaalay
- Diiwaanka sonkorta dhiiga ama buug lagu qoro aqrinta (cabirka sonkorta dhiiga)

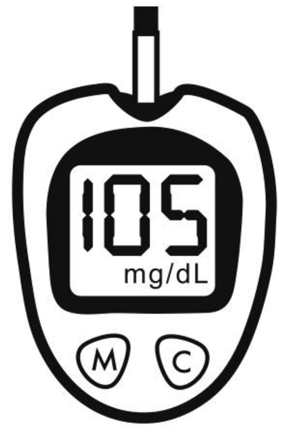
Ku saabsan Xargaha Baaritaanka

- Xargaha baaritaanka way wanaagsanyihiin illaa taariiqda dhacitaanka soo saaraha ama 6 bilood kadib dhalada la furo, mid walboo soo hormaro.
- Fiiri taariiqda dhacitaanka ka hor iibsiga xargaha. ha iibsan ama ha isticmaalin xargaha baaritaanka ee aan laheyn taariiqda dhacitaanka ama dhacsan.
- Ku qor taariiqda dhalada markaad furtid kadib.
- Iska tuur xargaha baaritaanka ee dhaawacan. Si looga hortgago waxyeelada, ku keydi xargaha baaritaanka meel ka fog kuleelka, iftiinka tooska ah, ama qoyaanka.

SAMEE	HA SAMEYN
• Ku keydi xargaha meel ka baxsan iftiinka sida qaanada. • Ku keydi heerkululka qolka, ma ahan wax ka badan 86° Heerka (F) ama 30° Digriiga (C) oo meel qalalan ah. • Ku hay xargaha dhaladooda asalka ah. • Ku xir daboolka si dhuuqsan si aad uga illaalisid xargaha inay ka dhacaan dhalada, qoyaanka, ama kuleelka. • Ku keydi dhammaan saadadka baaritaanka meel aysan gaari karin carruurta iyo xayawaanka rabayaada.	• Haku keydin xargaha quraxda tooska ah, gaariga, ama qubeyska. • Ha farantijeer gelin. • Ha gelin xargaha dhalo ka duwan. • Haku haynin dabool la'aan. • Ha gelin saadadka baaritaanka meesha carruurta ama xayawaanka rabaayada ay geli karaan.

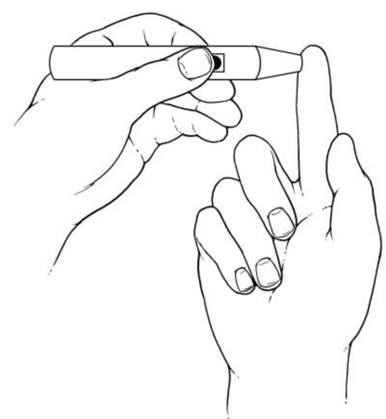
Sida loo Hubiyo Sonkorta Dhiiga

1. Ku daji saadadkaaga sagxad nadiif ah meeshaas oo ay sahlanyihiin in gaaro.
2. Miyuu canugaaga ku dhaqay gacmahooda saabuun iyo biyo oo qalajiyay. Ama nadiifi faraha loogu adeegsanayo baaritaanka istiraashada alkulada. Ha qalaleen.
   - Ha isticmaalin jeermisdilaha gacmaha, buufiska jelka, ama xumbada alkulada.
   - Haddii faraha ay kululyihiin, ku diiri adiga oo ku hayo biyaha diiran hoostooda (ma ahan kuleelka) biyaha tuubada. Qalaji faraha. Way adagtahay in dhiig laga helo faraha qabow.
3. Ku cabee cirbidaha dhiiga qalabka cirbirdaha. Wareeji furitaanka daboolka cirbidaha dhiiga. Dib ugu celi daboolka aalada. Ku riix xariga baaritaanka illaa niitirka sonkorta dhiiga (Sawirka 1).
4. Meel ka dooro dhinaca faraha si aad u sameysid baaritaanka (Sawirka 2).
   - Dooro aaga u dhow fiida farta. Haku durin bartama farta ama fiida ugu horeyso (Sawirka 2).
   - Ha u isticmaalin suulka baaritaanka.
   - Haku durin maqaarka meel aanan bogsanin ama xanuuneyso.
   - Isticmaal far ama aag ka duwan waqti walba. Tan ayaa ka hortageyso unuga nabarada (qolof adkaansho) inay ku sameysanto aaga. Qolof adkaanshaha ayaa ku adkeyn karo iyo xanuun badan in dhiig laga helo meeshaas.
5. Si adag u qabo farta baaritaanka. Si adag ugu riix aalada cirbida dhiiga dhinaca fiida farta. Riix badhanka ridaha aalada. Cirbida dhiiga waxay dureysaa farta.
6. Waxaad arkeysaa dibic dhiig ah islamarkiiba. **Haddii aad isticmaashay faashada aalkulada, uga tir dhibicda ugu horeyso ee dhiiga istiraasho nadiif ah ama suubka kuusan.**



Illaha sawirka: Machadka Qaranka Sonkorowga iyo Cudurka Dheefshiidka iyo Kelyaha, Machadyada Caafimaadka Qaranka

Sawirka 1 Miitirka sonkorta dhiiga oo leh xariga baaritaanka la geliyay.



Sawirka 2 Ku durida dhinaca farta cirbida dhiiga.

7. Haddii dhibicda dhiiga aysan si weyn ugu filneyn baaritaanka, si tartiib ah isugu qabo oo u fasax fiida farta. Si ay kaaga caawiso qulqulka dhiiga, ku tilmaan farta hoosta dhinacyada dhulka markii aad isku qabaneysid.

8. Markii kormeeraha sonkorta dhiiga kuu soo jeediyo, ku qabo dhammaadka fiida dhibic dhiig ah. Xariga ayaa nuugayo dhiiga.
9. Ku tir farta istiraasho nadiif ah ama suufka kuusan. Haddii loo baahdo, saar Faashada Dhaawaca.
10. Hoos ku qor aqrinta sonkorta dhiiga ee diiwaanka ama buugga diiwaanka.
11. Iska tuur saadadka wasaqda ah. Cirbida dhiiga waa in la isticmaalaa kaliya 1 jeer. Si badqab ah ugu tuur dhalada caaga ah ee saabuunta ama weelka walxaha afeysan.

Dabagal

- Dhaqtarka canugaaga ama daryeel bixiyaha caafimaadka ayaa laga yaabaa inuu ku weydiiyo inaad u soo dirtid iyaga diiwaanka sonkorta dhiiga canugaaga. Qoysaska lagu arkay Nationwide Children's Hospital, ku soo dira diiwaanada: bloodsugar@nationwidechildrens.org.
- La imaw miitirka sonkorta dhiigaaga iyo diiwaanada sonkorta dhiiga dhammaan balamaha caafimaadka.

Goorma Ayaa la Wacaa Dhaqtarka

Ka soo wac Rugta Xubnaha (614) 722-4425 ama dhaqtarka canugaaga ama daryeel bixiyaha canugaaga haddii:

- Aqrinta sonkorta dhiigooda uu ka badanyahay: ________________________________
- Aqrinta sonkorta dhiigooda uu yahay: ____

Wax kale: ____