

Ibuprofen (Motrin® , Advil®)

Ibuprofen (Motrin® , Advil®) (Somali)

Ibuprofen wuxuu ka tirsan yahay koox dawooyin ah oo loo yaqaan daawooyinka aan steroid-ka ahayn ee lidka ku ah bararka (NSAIDs). Waxaa loo isticmaalaa daawaynta xanuunka fudud ilaa dhexdhexaad ah, bararka (caabuqa), iyo qandhada. Magacyada ganacsiga waxaa ka mid ah Motrin®, Advil®, Pediaprofen®, iyo Nuprin®. Inta badan bakhaarada iyo faarmaasiyada waxey leeyihiin noocooda gaarka ah.

Ibuprofen waxay joojisaa jirka inuu sameeyo kiimikooyin sababa xanuunka, bararka, iyo qandhada. Marka qiyaasta la siiyo kadib, astaamaha waa inay hagaagaan 30 ilaa 60 daqiiqo gudahood.

Waxaad heli kartaa ibuprofen oo ah dareere, kaniini calaanjisan, iyo kaniiniyo ama kapsal caadi ah. Waxay ku timaadaa iyadoo leh xoogag kala duwan. Qiyaasaha yar yar uma baahna warqad dhakhtar.. Qiyaasaha waaweyn waxay u baahan yihiin warqad dhakhtar..

Digniinno

- **Ha siin** ibuprofen cunuggaaga haddii uu xasaasiyad ku qabo ibuprofen, aspirin, ama daawooyinka kale ee NSAIDs.
- U sheeg dhakhtarka cunuggaaga ama bixiyaha daryeelka caafimaad haddii uu cunugga leeyahay taariikh xanuun kelyaha ah. Mararka qaar, bukaannadan waa in la siiyaa ibuprofen oo ah qiyaasta ugu yar muddo kooban.
- U sheeg dhakhtarka cunuggaaga haddii uu leeyahay taariikh boogo caloosha ah ama dhiig-bax caloosha ah. Bukaannadan waa inay qaataan ibuprofen qiyaasta ugu yar muddo gaaban. **Had iyo jeer** sii ibuprofen cuntada ama caano la socda si ay u ilaaliso caloosha.
- Ha siin carruur ka yar 6 bilood haddii uusan dhakhtarku oggolaan.
- Ibuprofen waxay sababi kartaa finan ama finan-caddeed maqaarka ka soo baxa, taasoo khatar noqon karta. La xiriir dhakhtarka cunuggaaga ama bixiyaha daryeelka caafimaad markaad aragto casaansho maqaarka ka muuqata.

Sida loo siiyo

- Dareere – Rux daawada ka hor intaadan isticmaalin.
 - Hubi inaad haysato siliinga ama koob cabbirkiisu saxan yahay iyadoo ku saleysan badeecadda aad siineyso cunugga. Siliingadaha iyo koobabka daawada waxaa laga iibin karaa dukaamada ama waxaa laga heli karaa xagga dambe ee farmashiyaha. (Eeg jaantuska bogga 5aad.)
- Kaniiniyada calaanjiska ah – Calaanji, ku mil biyo, ama si toos ah u liq kaniiniga oo dhan.

SAMEE	HA SAMAYN
– Sii qiyaasta saxda ah ee daawada sida uu ku faray dhakhtarka ama bixiyaha daryeelka caafimaad.	– Ha siin ilmo ka yar 6 bilood.
– Had iyo jeer cunto ama caano la socda u sii si loo ilaaliyo caloosha.	– Ha burburin, calaanjin, ama jebin kaniiniyada aan loogu talagelin calaanjinta. Tani waxay keeni kartaa dhibaatooyin iyo calool xanuun.
– La joog cunuggaaga ilaa uu si buuxda u liqo daawada.	– Ha siin daawada in ka badan 3 maalmood adigoon la tashan dhakhtar ama daryeel bixiye caafimaad.
– Isticmaal qalabka cabbirka carruurta sida siliingada cabbirka ama koob daawo si aad u hesho qiyaasta saxda ah.	– Ha ku cabbirin daawooyinka dareeraha ah qaaddooyinka cuntada.
– Akhri calaamadda si taxaddar ah oo aad u hubiso inaad siineyso qaddarka saxda ah.	– Ha siin daawo iyadoo mugdi ah. Iftiinka daar si aad u aragto qaddarka aad siinayso.

Haddii Dawo la Matago

- Kaniini, kapsal, iyo calaanjis – Haddii cunugga uu mataggo ama tufayo kaniiniga oo dhan, u oggolow inuu deganaado 15 ilaa 30 daqiiqo. Kadibna, mar kale sii isla qaddarka.
- Dareere – Haddii cunugga uu liqo daawada kadibna uu mataggo, ha siin qiyaas kale. Qaybo ka mid ah daawada waxay weli ku jiri kartaa caloosha. Sug ilaa waqtiga qiyaasta xigta la gaaro.

Dhibaatooyinka Suurtagalka ah

- Laabjeex
- Lallabbo
- Nabraha maqaarka
- Isbedelada shaqada kilyaha
- Matagid
- Dhiig-bax fudud

Haddii ay tani dhacdo, jooji siinta daawada oo wac bixiyaha daryeelka caafimaadka cunuggaaga.

Goorta la wacayo 911

Wac 911 si aad u hesho gargaar degdeg ah haddii ilmahaagu qabo mid ka mid ah calaamadahan falcelinta xasaasiyadeed:

- Ku dhibtoodo neefsashada
- Carabka oo bararo
- Bararka gacmaha, cagaha, ama canqowyada

Goorta Loo Baahan Yahay In La Waco Dhakhtarka

Wac dhakhtarka cunuggaaga ama daryeel bixiyaha caafimaad haddii uu cunuggu leeyahay waxyaabaha hoos ku xusan:

- Saxaro dhiig leh ama madow oo la mid ah laami (saxarada)
- Finan daran oo maqaarka ah
- Tufid dhiig ama walxo u eg budada bunka
- Qandho gaaraysa 103° F (39.4° C) ama ka badan
- Xanuun daran oo caloosha ah
- Dhiig-bax ama nabarro aan la garan sababtooda
- Wax kasta oo dhibaatooyin ah oo sii socda ama aad u dhib badan
- Haddii loogu qaato qandho, qandhadu ma baaba'in 3 maalmood gudahood

Isdhexgalka daawada iyo cuntada

Ha qaadan ibuprofen waxyaabaha soo socda la socda:

- **Khamriga** – wuxuu sababi karaa lalabo, matag, iyo boogo caloosha ah. Tani waa mid aad u khatar ah.
- **Daawooyinka laga helo farmashiyada iyadoon warqad dhakhtar loo baahnayn** – Daawooyin badan oo lagu daaweeyo qufaca, hargabka, xasaasiyadda, xanuunka, iyo hurdo la'aanta waxay ka kooban yihiin ibuprofen. Haddii aadan arrintaas ogayn oo aad cunugga si gooni ah ugu siiso ibuprofen, wuu qaadan karaa qaddar ka badan inta la oggol yahay. Akhriso calaamadda ama la tasho dhakhtarka ilmahaaga, bixiyaha daryeelka caafimaadka, ama farmashiistaha ka hor inta aanad siin ilmahaaga alaabooyinkan.
- **Aspirin** – Ha siin cunuggaaga ibuprofen haddii uu qaadanayo aspirin. Labada daawaba waxay kordhiyaan khatarta dhiig-baxa iyo boogaha caloosha.
- **Fiitamiinnada iyo kaabeyaasha** – Weydii dhakhtarka cunuggaaga ama daryeel bixiyaha caafimaad haddii ay suurtagal tahay in fiitamiinnada la siiyo iyadoo la adeegsanayo ibuprofen.

Kaydinta Daawada

- **Ku keydi dhamaan daawooyinka meel aysan gaari karin carruurta ama rabaayada.**
- Ku hay daawada dhaladii ama baakaddii asalka ahayd ee laga helay farmashiyaha.
- Si adag uxir dhalada kuna keydi meel mugdi ah oo qalallan. Iftiin iyo qoyaanka waxay yarayn karaan waxqabadka daawada.
- Ha isticmaalin daawada marka ay dhaafto taariikhda dhicitaanka ee ku daabacan dhalada.
- Ha ku keydin daawadan qabooyiyaha. Ku hay heerkulka qolka caadiga ah.
- Haku dhigin daawada suuliga qubeyska ama jikada meesha alaabta lagudhaqo korkeed.

Badqaabka Daawada

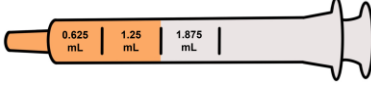
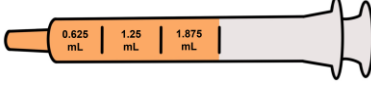
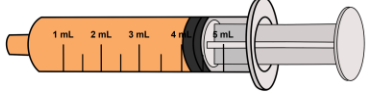
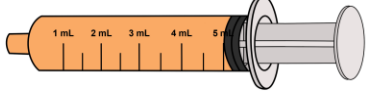
- Daawadaan waxaa loo qoray cunugaaga oo kaliya. Cid kale ha siinin.
- **Haddii cunuggaaga uu qaato daawo ka badan inta la oggol yahay, ama qof kale uu qaato daawada cunugga, marka hore wac Xarunta Sunta ee Central Ohio:** 1 (800) 222-1222 (TTY 614-228-2272). Waxay kuu sheegi doonaan waxa ay tahay inaad sameyso.
- U sheeg dhakhtarka cunuggaaga, daryeel bixiyaha caafimaad, ama farmashiistaha haddii uu cunuggaaga yeesho falcelin xasaasiyadeed ama mid aan caadi ahayn oo daawo ah.
- Ha isticmaalin daawadan haddii baakadka la furay.
- Ku hay dhammaan daawooyinka dhalo aan carruurta furi karin. Dhig meel aysan gaari karin carruurta iyo rabaayadaha.
- U sheeg macallinka cunugaaga, kalkaalisada dugsiga, tababaraha, xannaaneeyaha caruurtada, iyo dadka kale in ay qaadanayaan daawadan iyo wax yeelada ka dhalan kara oo ay tahay in lala socdo.
- Weydii farmashiistaha laba dhalo oo summadaysan haddii daawada la siinayo cunugga dugsiga ama xanaanada.
- La'imoow dhammaan daawooyinka cunuggaaga ee ku jira **dhalooyinkii asalka ahaa** marka aad u tagayso dhakhtar, qolka gurmada degdegga ah, ama isbitaalka.
- Mar walba hayso liiska daawooyinka uu hadda cunugaagu qaato. Waa inuu ka koobnaadaa daawooyinka warqad dhakhtar ku qoran, kuwa laga iibsado farmashiyaha iyada oo aan warqad loo baahnayn, daawooyinka dhirta iyo dabiiciga ah, iyo kaabayaasha.

- Baro magaca, sida loo qoro, iyo qaddarka daawada. Sidoo kale, bar cunugaaga hadii ay da'a kufilan jiraan. Waxaad u baahaneysaa inaad ogaatid xogtaan marka aad wacdid dhakhtarka ama faarmaasiga.
- Ku qas daawo kasta oo hadhay waxyaabo aan la rabin sida budada kafee ama ciidda sanduuqa bisadaha. Ku rid weel ama bac aan daadineyn. Markaas, ku tuur qashinka meel aysan carruurtu ama rabaayadaha gaari karin. Waxaad sidoo kale u keeni kartaa daawooyinka duugoobay mid ka mid ah farmashiyeyaasha Nationwide Children's Hospital inta lagu jiro saacadaha caadiga ah ee shaqada.

Qiyaasta Ibuprofen ee DAREERAHA ah

MUHIIM

- Daawadan waxay ku timaadaa midabbo, xoog, iyo qaabab kala duwan.
- **Kahor intaadan siin, had iyo jeer hubi qiyaasta.** Qiyaasta miisaanka waxaa lagu cabbiri karaa rodol (lbs) ama kiiloogaraam (kg).
- Waxaa laga yaabaa inaad u baahato siliinga kale oo aad ka hesho farmashiyaha iyadoo ku xiran qiyaasta.

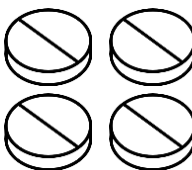
Miisaankooda	Da'da	Dhibcaha Ibuprofen-ka ee Dhalaanka (50 mg/1.25 mL)	Dareeraha Ibuprofen-ka ee Caruurta (100 mg/5 mL)
<i>* Haddii la awoodo, isticmaal miisaanka si loo go'aamiyo qiyaasta; haddii kale isticmaal da'da. *</i>			
0 illaa 11 lbs. (ilaa 5 kg)	0 ilaa 5 bilood	HA siinin ibuprofen caruurta ka yar da'ada 6 bilood.	
		Isticmaal siliingada baakadda ku jirta	Ka qaado siliingada farmashiyaha
12 illaa 17 lbs. (5 ila 7 kg)	6 ilaa 11 bilood	1.25 mL 	2.5 mL 
18 illaa 23 lbs. (8 ila 10 kg)	12 ilaa 23 bilood	1.875 mL 	4 mL 
24 illaa 35 lbs. (11 ila 15 kg)	2 ilaa 3 sano		5 mL 
			Isticmaal koobka baakadda
36 illaa 47 lbs. (16 ila 21 kg)	4 ilaa 5 sano		7.5 mL 
48 illaa 59 lbs. (22 ila 26 kg)	6 ilaa 8 sano		10 mL 
60 illaa 71 lbs. (27 ila 32 kg)	9 ilaa 10 sano		12.5 mL 
72 illaa 87 lbs. (33 ila 43 kg)	11 sano		15 mL 
88 lbs ama ka badan (40 kg ama ka badan)	12 jir ama kaweyn		20 mL (10 mL + 10 mL)  IYO

Rog bogga si aad u aragto kiniinnada ibuprofen ee carruurta la qaniino iyo kuwa dadka waaweyn.

Qiyaasta KINIINADA Ibuprofen-ka

MUHIIM

- Daawadan waxay ku timaadaa midabbo, xoog, iyo qaabab kala duwan.
- Kahor intaadan siin, had iyo jeer hubi qiyaasta.
- Qiyaasta miisaanka waxaa lagu cabbiri karaa rodol (lbs) ama kiiloogaraam (kg).

Miisaankooda	Da'da	Kiniinnada Carruurta ee Ibuprofen-ka la Qaniino (100 mg)	Kiniinnada Ibuprofen-ka (200 mg)
<i>* Haddii la awoodo, isticmaal miisaanka si loo go'aamiyo qiyaasta; haddii kale isticmaal da'da. *</i>			
0 illaa 11 lbs. (ilaa 5 kg)	0 ilaa 5 bilood	HA siinin ibuprofen caruurta ka yar da'ada 6 bilood.	
12 illaa 17 lbs. (5 ila 7 kg)	6 ilaa 11 bilood	HA siin kiniin carruurta 6 ilaa 23 bilood taasoo khatar ku ah dhuunta	
18 illaa 23 lbs. (8 ila 10 kg)	12 ilaa 23 bilood		
24 illaa 35 lbs. (11 ila 15 kg)	2 ilaa 3 sano	1 kiniin 	
36 illaa 47 lbs. (16 ila 21 kg)	4 ilaa 5 sano	1 ½ kiniini 	
48 illaa 59 lbs. (22 ila 26 kg)	6 ilaa 8 sano	2 kaniini 	1 kiniin 
60 illaa 71 lbs. (27 ila 32 kg)	9 ilaa 10 sano	2 ½ kiniini 	1 kiniin 
72 illaa 87 lbs. (33 ila 43 kg)	11 sano	3 kaniini 	1 kiniin 
88 lbs ama ka badan (40 kg ama ka badan)	12 jir ama kaweyn	4 kaniini 	2 kaniini 