



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

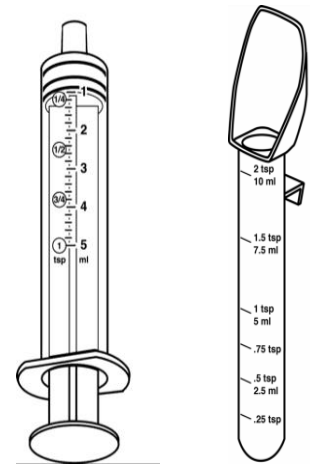
Helping Hand™

Health Education for Patients and Families

Daawada: Sida Afka Looga Siiyo Medicine: How to Give by Mouth (Somali)

Daawo siinta ilmaha yaryar iyo carruurta waxay noqon kartaa arrin aad u adag. Halkaan waxa ku qoran talooyinka qaar iyo tilmaamo ammaan ah oo laga yaabo inay kuu sahlaan siinta dawada:

- Akhri qoraalka ku yaala dawada wakhti kasta ka hor inta aanad siin dawada.
- Haddii daawadu tahay dareere, isticmaal aalada wax lagu cabbiro ama saliinge (Sawirka 1 aad). Waxaad qalabkaan ka heli kartaa farmashiyadaan. Marnaba ha cabirin daawooyinka biyaha ee qaadooyinka jikada.
- Sii qadarka saxda ah ee daawada dhakhtarku soo qoray.
- Waydii dhakhtarka cunugaaga, daryeel bixiyaha caafimaadka, ama farmashiilaha in daawada lagu qasi karo cuntooyin ama cabitaano. Cuntooyinka ama cabitaanada qaarkood waxay sababaan in daawadu aysan si fiican u shaqeyn.
- La joog cunugaaga inta uu ka laqaayo daawada oo dhan.
- Dawadaan waxaa looga talagalay cunugaaga oo kaliya.
Ha siin qof kale.
- Marna dawo ha ugu yeedhin "nacnac". Ugu sheeg dawo.



Sawirka 1 Isticmaal qalabka cabirista ee caruurta ee loogu talagalay dawooyinka hoore ah.

Tab/hab Fiican

Qaabka aad daawada u siineyso cunugaaga aad ayay muhiim u tahay. Tabta ama habka tooska ah ayaa ah caadiyan ah wax wanaagsan. Tan macnaheedu waa inaad ilmahaaga aad ka filaysid inuu qaato daawada sida aad uga filaysid inuu gashado jaakadiisa ka hor inta aannuu u bixin hawada qabow.

Sida loo siiyo ilmaha yaryar (Dhallaanka ilaa Hal Sanno)

Halkaan waxaad ka helaya qaabka ilmaha loo siiyo daawada. Dooro midka aad u maleynaysid inay u shaqeynayso nuunuugaaga. Haddii hal qaab aysan kuu shaqeyn, isku day inaad qaab kale.

- Qadarka saxda ah ee dawada ku soo nuug siringaha afka (siringe aan lahayn irbad). Ilmahaaga yar u oggolow inuu dawada ka nuugo siringaha. **Daawada si xoog ah ha ugu tuujin qaybta dambe ee dhuunta cunugaaga. Arrintaan waxa laga yaabaa in ilmaha ay ku keento hingisho.**
- Sii qadaro yaryar oo ah dawada si looga ilaaliyo inuu margado.
- Ilmahaaga u oggolow inuu liqo dhammaan daawada ka hor inta aanad siin in kale.
- Sii daawada ka hor intaadan siin cunto/caano haddii aan dhakhtarku kuu sheegin inaad sidaas sameyn. Cunugaagu wuxuu dareemayaa gaajo waxayna u badan tahay inuu laqo daawada. Waxaadna ku oggaanaysaa in cunugaagu dareemaayo gaajo kaliya inaad fiiriso inuu suulkiisa nuugaayo.
- Iska ilaali inaad dawo ku qastid cuntooyinka ay tahay in ilmahaagu qaato. Waxa laga yaabaa in ilmuhu bilaabo inuu naco cuntooyinka uu u baahan yahay.
- Qaar kamid ah daawooyinka ayaa la burburin karaa waxaana lagu qasi karaa cunto jilicsan. Waydii dhakhtarkaaga, kalkaalisada, ama farmashiilaha marka koowaad. Si aad u burburiso kaniiniga, saar laba qaado dhexdood kadibna xoog isku dheji qaadooyinka. Dawada ku qas qadar yar (1 ilaa 2 qaado shaah) oo ah suugada tufaaxa (applesauce) ama cambaruud (pears) oo ku sii qaado.
- Daawooyinka qaar waxa lagu dari karaa qadar yar oo ah juus ama biyo sonkor leh. Dawada ha ku shubin oo ha ku buuxin dhalo ama koob sababta oo ah waxa dhici karta in ilmahaagu aannuu cabin wax aad u badan.



Sawirka 2 Marka aad siinaysid dawo, nuunuugaaga ku hay boos u dhow sare joog.

Sida Daawo Loo Siiyo Ilmo Jira 1 Sanno iyo ka Weyn

Habdhaqanka aad ku siisid dawada si gaar ah ayuu muhiim ugu yahay caruurta yaryar. Kuwani waa siyaabo lagu bixiyo dawo. Tijaabi midka aad u maleynaysid inuu u shaqeynayo ilmahaaga. Haddii hal qaab aysan kuu shaqeyn, isku day inaad qaab kale.

- Sii daawada qalabka cabirista ee caruurta (Sawirka 1, bogga 1 aad).
- Waydii dhakhtarkaaga, daryeel bixiyaha caafimaadka, ama farmashiilaha kahor inta aadan burburin daawada aadana ku qasin cunto jilicsan, sida jalaatada, macmacaanka, ama jalaatooyinka. Ha isticmaalin cuntooyinka ay tahay in ilmahaagu qaato, sida hilib ama khudaar.
- Isku day inaad dawada ku qastid qadaro yaryar oo ah cunto oo leh dhadhan xoogan.

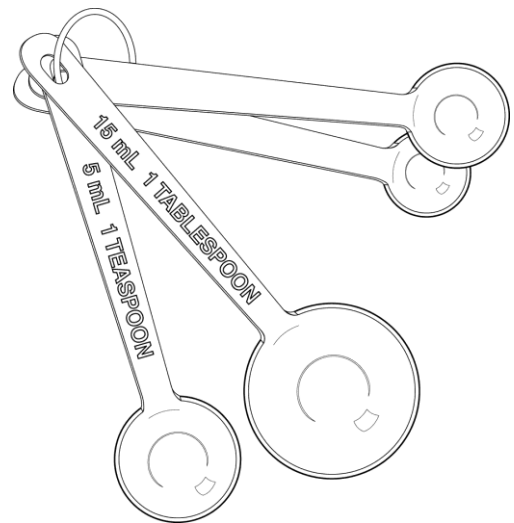
Tani waxay gargaar ka geysanaysaa in la qariyo dhadhanka cuntada. Waxa kale oo laga yaabaa in gargaar laga helo ku qasatidda cuntooyin macaan ama qabow.

- Dawooyinka qaar waxa lagu dari karaa qadar yar oo ah juus ama biyo sonkor leh. Dawada ku qas qadar yar (1 ilaa 2 qaado shaah) oo ah juus ama biyo sonkor leh. Ku sii qaado ama ilmahaagu u oggoolow inuu cabo. Daawada ha ku shubin koob buuxa haddii uusan cunugaagu cabin in badan. Raac tilmaamaha uu ku siiyo dhakhtarka cunugaaga, daryeel bixiyaha caafimaadka, ama farmashiilaha.
- Haddii cunugaagu uusan jeclayn dhadhanka daawada, sii jalaato kahor inta aadan siin. Jalaatadu waxay qaboojin doontaa qaybta dhadhanka, si daawadu aysan u yeelan dhadhan xun.
- U sharax cunugaaga sababta uu ugu baahan yahay inuu qaato daawada adiga oo isticmaalaya ereyo uu fahmi karo. Tusaale ahaan, “Daawadaan waxay ka dhigeysaa calooshaada inay joojiso xanuunka.”
- Marka ay macquul tahay, u oggoolow in cunugaagu gacan ka geysto qaadashada daawada. Cunugaagu wuxuu qaban karaa qaadada, koobka, ama siliingaha oo uu isagu isa siiyo.
- Amaan ilmahaaga wakhti kasta oo uu qaato daawada isaga oo aan ku dhibtoon. Koolo gaar ah oo la siiyo ayaa ilmaha qaar si fiican ugu shaqeysa.
- Isku day inaad iska indho tirtor dabeecada cunugaaga marka uu kula shaqeyn waayo.
- Marna dawo ha siin ilmaha isla ka dib marka aad edbisid. Waxa laga yaabaa inuu u qaato in daawadu tahay ciqaab.
- Marna ilmahaaga ha ugu hanjabin "cirbad" haddii uu qaadan waayo daawada.
- Sii cabitaan biyo ah cunugaaga ka dib marka qaato daawada.
- Haddii aadan haysan qaadada daawada ama saliingada farmashiilaha, isticmaal ku cabirida qaadada loo sameeyay karinta (Sawirka 3 aad).

Jadwalka Muujinaaya Cabbirka Qaadada

Qaadada CabiridaCabirka

1/4 qaadada shaaha	=	1.25 mL
1/2 qaadada shaaha	=	2.5 mL
3/4 qaadada shaaha	=	3.75 mL
1 qaadada shaaha	=	5 mL
1 1/2 qaadooyinka shaaha	=	7.5 mL
2 qaadooyinka shaaha	=	10 mL
1 qaado	=	15 mL
1 waqiyad	=	30 mL



Sawirka 3 Ku cabirida qaadooyinka karinta.