

Prednisone iyo Prednisolone (Prelone[®], Pediapred[®], Deltasone[®], Orapred[®])

Prednisone and Prednisolone (Prelone[®], Pediapred[®], Deltasone[®], Orapred[®]) (Somali)

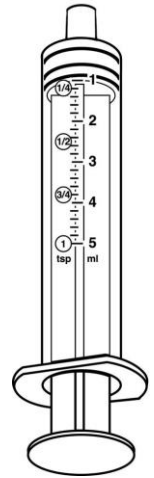
Prednisone (**bredh**-nah-sown) iyo prednisolone (pred-**nis**-uh-lone) waa dawooyinka loo yaqaan corticosteroids (**kor**-tuh-ko-**stair**-roidz). Daawooyinkaan sida caadiga ah waxaa loo yaqaan steroids. Magaca ganacsi ee prednisone waa Deltasone[®]. Prednisolone waa magaca guud ee Orapred[®], Pediapred[®], iyo Prelone[®].

Prednisone iyo prednisolone waa sida hormoonada oo kale oo uu jirka sameeyo. Jirka waxaa laga yaaba inuusan sameen hormoonno kufilan inta ilmahaagu qaadanaayo dawada prednisone ama prednisolone. Xaaladaha qaar, qiyaasta prednisone iyo prednisolone waa la dhimi karaa. Markastoo layareeyo qaadashada daawada prednisone ama prednisolone, jirka wuxuu si tartiib ah ubilaabayaa inyuu dib usameeyo wax badan oo ah hormoonnadiisa. Dawooyinkaan waxaa loo isticmaalaa inay caawiso falcelin difaaca jirka ee sababay xanuunka ama dhaawaca. Iyadoo loo eegayo waxa ilmahaaga lagu daweynayo, calaamadahoodu waa in la waayo ama ay ka bogsoodaan dhowr maalmood ama toddobaadyo gudohood.

Sida Loo Siiyo Daawooyinkan

- Haddii ilmahaagu qaato daawadan kaliya hal mar maalintii ama hal mar maalin kasta oo kale, sii subaxdii marka uu cuno quraacda.

- Isticmaal qalabka cabbiraadda carruurta ama siliingaha afka si aad u cabbirto qiyaasta saxda ah ee dawada dareeraha ah (Sawirka 1). Hal ka dalbo farmashiga haddii aan lagu siinin. Ha ku cabbirin daawooyinka dareeraha ah qaadooyinka jikada.
- Sii **cabbirka saxda** ee dawada la amray.
- La sii dawada cunto ama cuntada dabadeed.
- Waa muhiim aad u ah inaad dhamayso dhammaan daawada loo qoray ilmahaaga. Ha joojin daawada xilligeeda ka hor, xitaa haddii uu ilmuhu fiicnaado.



Sawirka 1
Isticmaal sirinjaha afka ah si aad ilmahaaga u siiso daawada.

Haddii aad Illowday inaad Siiso Daawada

Hadii aad hilmaamtid inaad siisid qiyaasta daawadan, sii sida ugu dhaqsiiyaha badan ee usuurto gali karto. Haddii ay ku jirto 4 saacadood ka hor waqtiga qiyaasta xigta, ha siin gabi ahaanba daawada ka seegay. Ha labanlaabin qiyaasta xigta. Bedelkeeda, ku noqo jadwalkaaga dhooska daawada ee caadiga ah.

Haddii aad wax su'aalo ah ka qabto tan, ka hubi dhakhtarka ilmahaaga ama farmashiistaha.

Haddii Dawo la Matago

Haddii daawada la matago isla markiiba kadib marka la siiyo, waxaa suuragal ah in qaar ka mid ah daawadu weli ku jirto caloosha. Ha ku celcelin dawo siinta iney kaabsal ama kiniini tahay maahee oo aad arki karto in waxa oo dhan la matagay.

Kaydinta Daawada

- **Ku keydi dhamaan daawooyinka meel aysan gaari karin carruurta ama rabaayada.**
- Kiniinnada iyo daawada dareeraha ah waxaa lagu kaydin karaa heerkulka qolka, laakiin in qaboojiyaha lagu hayo daawada dareeraha ah waxay kaa caawin kartaa inay dhadhamo fiican yeelato.
- Ku hay daawada dhalada asalka ah ee farmashiyaha laga keenay ilaa aad ka buuxinayso sanduuqa kaniiniyada.
- Qoyaanka iyo Khafiifka ayaa daawada kadhiga mid aan shaqeyn sidoo kale. Ku hay dhalada si adag oo si fiican u xiran, kuna kaydi meel mugdi ah oo qalalan. Ha ku kaydin daawada gudaha musqusha ama dusha sare ee saxanka biyaha jikada.

- Haddii aad daawada ku qaado boorsadaada, ku rid weelka loogu talagalay daawada ilmaha. Dhig boorsadaada meel aysan gaari karin carruurta iyo xayawaanada rabaayaada ah.

Isdhexgelka Daawada

- Ha siinin dawooyinka aan dhakhtar qorin (OTC), sida Tylenol®, aasbiriin, antacids, ama dawada qufaca, adigoon la tashan dhakhtarka ilmahaaga ama farmashiistaha marka hore.
- Haddii ilmahaagu qaadanayo dawo kale ama dawo dhireed, u sheeg dhakhtarka, bixiyaha xanaanada caafimaadka, iyo farmashiistaha. Dawooyinka qaar waa inaan lala qaadan prednisone ama prednisolone. Haddii ay jiraan, ilmahaaga waa in si dhow isha loogu hayo. Kuwani waxey isugu jiraan:
 - Asbiriin
 - Daawada kahortaga aashitada
 - Daawada loo isticmaalo xidid dhiig baxa
 - Daawo dhireed xoojisa difaaca jirka
 - Daawada qaaxada/tiibishada
 - Daawada nidaamka jirka (bukaan kujira talaal)
 - Furosemide (Lasix®)
 - Qalajiyayaasha qaarkood
 - Daawada loo isticmaalo dhiikarka
 - Talaalka qaar (hadii aad qaadaneeysid prednisone ama prednisolone waqti-fog)
- Dawooyinka macaanka (prednisolone iyo prednisone waxay kordhin karaan sonkorta dhiiga)
- Ilmahaaga waa in uusan cabbin cabbitaanno badan oo ay ka mid yihiin soodhaha, cabbitaannada shukulaatada leh, shaaha, ama kafeyga inta uu qaadanayo daawadan.
- Haddii aad qabto su'aalo kale oo ku saabsan prednisone, prednisolone, iyo dawooyinka kale ee ilmahaagu qaato, la hadal dhakhtarka ilmaha, kalkaalisada, ama farmashiistaha.

Digniinno

- Hadii canugaaga xasaasi kuyahay daawada prednisone ama prednisolone, waa **inaan lasiin** daawadaan.
- **Marnaba ha u ogolaan ilmahaagu inuu joojiyo qaadashada prednisone ama prednisolone ama badalo qiyaasta adiga oo aan marka hore la hadlin dhakhtarkooda.**
- Ogeysii dhakhtarka ilmahaaga haddii ay qabaan mid ka mid ah kuwan soo socda:
 - Tiibisho (TB)
 - Dhiig karka sareeyo
 - Kalliyo xanuun
 - Cilada qanjirka tayroodhka
 - Suuxdin
 - Macaan

Suurta galka Waxyeelooyinka-Mudada-Gaaban

- Lalabo, matag
- Dhiikarka oo kordhay
- Finan
- Barar wajiga
- Kordhid cunto cunista iyo miisaanko kordhay/siyaaday
- Isbedel niyada/dareenka qofka
- Hurdada oo dhiba (Hadii lasinaayo kaniiniga habeenki)
- Sonkorta dhiigga oo korodhay, sida carruurta qaba xanuunka macaanka

Waxyeelooyinka Suurtogalka ah ee Isticmaalka Muddada Dheer

Dhibaatooyinka kasoo darso badankood wa iney baxaan marka dawada lajojiyo.

Dhibaatooyinka soo raaca ee isticmaalka muddada dheer, la hadal dhakhtarka ilmahaaga ama bixiyaha xanaanada caafimaadka. Caadi ahaan waxay ka hortagi karaan ama dib u calin karaan dhibaatooyinkan iyagoo baddalaya qiyaasta ama siinaya dawooyin kale si looga hortago waxyeelooyin. Haddii aad wax su'aalo ah ka qabto waxyeelooyin soo raacda, weydii dhakhtarka ilmahaaga, bixiyaha daryeelka caafimaadka, ama farmashiistaha.

Qaar ka mid ah waxyeelooyinka suurtagalka ah waxaa ka mid noqon kara:

- Qatarta cudurka oo kordhay
- Koritan gaabis ah
- Laf si fudud ujabta (lafaha jileec)
- Boogaha caloosha iyo bararka
- Sonkorta dhiiga ee sareysa (gulukoos)

Goorta la wacayo 911

Wac 911 si aad u hesho gargaar dag-dag ah haddii ilmahaagu qabo mid ka mid ah calaamadahan falcelinta xasaasiyadda:

- Ku dhibtoodo neefsashada
- Bararka carrabka, gacmaha, cagaha, ama canqawiyada

Goorme Ayaa La Wici karaa Dhakhtarka

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

- Finanka maqaarka (**JOOJI siinta dawada isla markaaba oo wac.**)

- Xanuun caloosha ah oo daran ama soo noqnoqda
- Calaamado caabuq: Qandho ka badan 100° F (37.8 C) oo laga cabbiro gacanta hoosteeda, cunno xanuun aad u daran, xanuun dhagta ah, qufac, ama nabaro aan bogsanayn
- Ilmahaaga waxa kudhacay busbus ama is nadaamis
- Hurdo ama daciifnimo
- Isbeddelada niyada ama dhaqanka
- Isbadalka aragtida
- Dhaawac daran ama jiro
- Matagid
- Kaadi badan oo ka badan xadigga caadiga ah (Tani waa calaamad muujinaysa sonkorta dhiigga oo sarreysa.)
- Dhibaatooyinka soo raaca ee sii soconaya ama aad u dhib badan
- Xaaladooda caafimaad isma bedelin

Badqaabka Daawada

- **Waligaa ha la wadaagin daawo dadka kale.** Daawadaan waxaa loogu talagalay ilmahaaga oo kaliya. Cid kale ha siinin.
- La tasho dhakhtarka ilmahaaga ama bixiyaha daryeelka caafimaadka ka hor inta aadan siin wax daawooyin ah ama talaal ah (tallaal) inta aad qaadanayso prednisone ama prednisolone.
- **Buuxi warqada daawada lagu qoray ugu yaraan 2 maalmood** ka hor intaadan siin dawada ugu dambeysa haddii cunugaagu uu qaadanayo daawadan muddo dheer.
- Baro magaca, qoraalka iyo qiyaasta daawada. Bar cunugaaga haddii uu gaaray da'da uu wax fahmi karo.
- U sheeg dhakhtarka ilmahaaga iyo farmashiistaha haddii ay dareen-celin la yaab leh ama xasaasiyad ku leeyihiin dawo kasta.
- Haddii baaritaanka dhiigga la sameeyo iyadoo prednisone ay ku jirto jirka ilmaha, dawadu waxey badali kartaa natiijooyinka baaritaannada qaarkood.
- 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.

- La imoow dhamaan daawooyinka cungaaga ayagoo kujira **dhalooyinkooda rasmiga ah** mar kasta oo uu cunugaagu dhakhtarka u tagaayo, ama aadaayo qolka xaaladaha degdeg ah, ama isbitaalka la dhigaayo. Tani waxay caawini dhaqaatiirta ama adeeg bixiyayaasha aan cunugaaga aqoonin.
- 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 kaabeyaasha.
- Usheeg dhammaan dhakhaatiirta kale ama dhakhaatiirta ilkaha ee daweynaya cunugaaga haddii kabaabisada ama kabaabiyenta ay goor dhow la qaatay ama mudo wakhti dheer. Waxyeelada dawadan waxey jirta kujiri doontaa dhowr bilood kadib marka lajoojiyo qaadasheeda.
- **Hadduu ilmahaagu wax badan ka qaato daawadan, ama hadduu qof kale qaato daawadan, ka wac Central Ohio Poison Center** lambarka 1 (800) 222-1222. Waxay kuu sheegi doonaan waxa ay tahay inaad sameyso.
- Marka aan daawada loo baahnayn, ku dar inta ka hartay waxyaabo aan la rabin sida budada qaxwada ama qashinka bisadaha. Waxyaabaha aad isku dartay ku shub waal ama boors aan daadineynin. Ku tuur weelka qashinka meel aanay carruurta iyo xayawaanku gaari karin. Waxaad sidoo kale u keeni kartaa daawada sanduuqa lagu rido daawooyinka ee farmashiyaha Nationwide Children's si aad uga takhalusto.