



*When your child needs a hospital, everything matters.™*

**Helping Hand™**

## **Qaadida Baaritaanka Sonkorta Tilmaamaha Bukaanka Socodka Glucose Tolerance Test Collection Outpatient Guidelines**

Glucose waa nooca sonkorta. Haddii canugaaga uu qabo aastaamaha sonkorta ama yaraanta sonkorta dhiiga (dhiiga ku yar sonkorta), baaritaanka sonkorta waa la sameeyay. Baaritaankaan wuxuu muujinayaa sida wanaagsan ee jirka u isticmaalo sonkorta.

### **Sida loo diyaariyo baaritaanka**

#### **How to prepare for the test**

- Iska hubi in canugaaga leeyahay cunta dheelitiran oo 3 maalmood ka hor baaritaanka.
- Canugaaga waa inuusan haysan wax la cabo ama la cuno (oo ay ku jiraan xanjo, mintis, ama nanac) illaa 8 saacadood ka hor baaritaanka. Si kastaba, way wanaagsantahay inaad biyo haysatid aad cabtid haddii canuga oomo.
- La imow buuggaag aad jecevorite book, jeceshahay, ama boombalaha guriga si ay ugu wehliso canugaaga inta lagu jirobaaritaanka.

### **Sida baaritaanka loo sameeyo**

#### **How the test is done**

1. Farsamo yaqaanka ha ogaado inta canugaaga uu soonaa (waqtiga ugu dambeeyo canuga cuno ama cabay).
2. Farsamo yaqaanka wuxuu sarayaa farta canugaaga, ama sawir tusaalaha xididka gacanta si loo helo aasaaska tijaabada dhiiga.
3. Farsamo yaqaanka wuxuu cabirayaa canugaaga si ay u ogaadaan inta biyaha dhadhanka nanaca la siiyo.
4. Farsamo yaqaanka ayaa kadib cabsiinayo liimada macaan, oranjiga, ama dhadhanka biyaha koolada. Biyaha waxay u baahanyihiin inay ku dhameeyaan 5 daqiiqo gudahiisa. Waxay ku xirantahay xiliga dhaqtarka codsado, tijaabada dhiiga waxaa la sameynayaa dhoor jeer inta lagu jiro baaritaanka sarmada farta ama xididka. Farsamayaqaanka wuxuu kuu sheegi karaa inta muunada dhiiga la qaadayo iyo waqtiyada.
5. **Canugaaga waa inuusan haysan wax uu cuno ama wax kale ee biyaha macaan la siinin, illaa baaritaanka way dhammaatay.**

*Ka sii socda Bogga 2*

## **Sida baaritaanka loo sameeyo, sii socda**

### **How the test is done, continued**

6. **Haddii canugaaga uusan laqi karin dhammaan biyaha macaan, ama haddii isaga ama iyada matago, baaritaanka waxaa la sameynayaa maalin kale.**
7. Canugaaga laga yaabo inuu u baahanyahay iyo xanaaqa inta lagu jiro baaritaanka. Waxay ku caawineysaa haddii aad qorsheysid inaad haysid maskaxda canugaaga way mashquulsantahay illaa isaga ama iyada ay cuni karaan.

Haddii canugaaga uu qabo heerka baaritaanka insulin sidoo kale, waxaad waxaa lagu dirayaa Xarunta caafimaadka Faleebada ee Nationwide Children's Hospital.

Kalkaalisoo ayaa ka gelineyso tuubada IV xididka canuga inta lagu jiro baaritaanka.

Kadib tijaabada dhiiga ee sonkorta iyo heerarka insulin waa laga saarayaa IV.

Haddii aad qabtid wax su'aalo ah, fadlan weydii dhaqtarka canugaaga, ama kalkaalisada.

**Wixii tilmaamaha Xarunta Adeega Sheybaarka, fadlan soo wac Adeegyada Sheybaarka ee (800) 934-6575 ama booqo [NationwideChildrens.org/Lab](https://www.nationwidechildrens.org/lab).**