



NW London

know diabetes

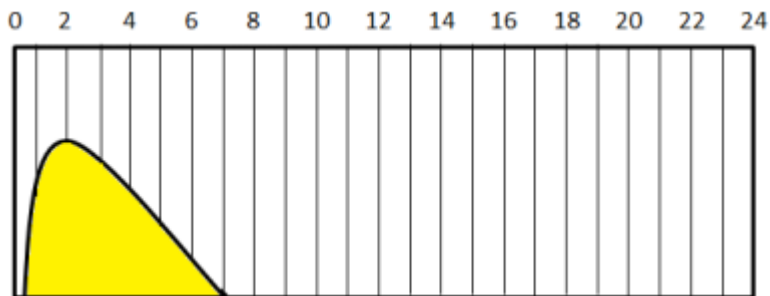
MACLUUMAADKA DAAWADA INSULIN-

Waxaad halkan ka heli doontaa macluumaad ku saabsan noocyada kala duwan ee daawada insulin (garaafyadu waxay muujinayaan falka daawada insulin marka loo eego saacadaha ka soo wareegay tan iyo mudistii).

DAAWADA INSULIN EE DHAKHSO WAX U TARTA

Daawada Insulin ee Milmi karta

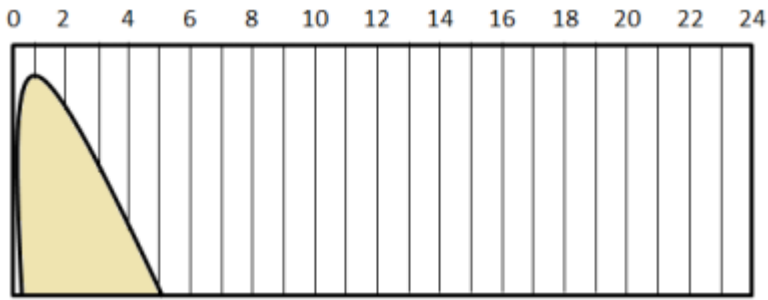
Actrapid
Humulin S
Hypurin Porcine Neutral
Insuman Rapid



Marka jirka lagu mudo waxay gashaa dhiigga waxayna waxtarka ku bilowdaa 30 daqiiqo gudahood, iyadoo ugu waxtar badan inta u dhexeysa 2-4 saacadood ka dib mudista waxayna socotaa ilaa 8 saacadood. Caadi ahaan jirka lagu mudo 20-30 daqiiqo ka hor cuntooyinka ugu muhiimsan.

Daawada Insulin u Dhigan ee Dhakhso Wax u tarta

Humalog
Novorapid
Apidra

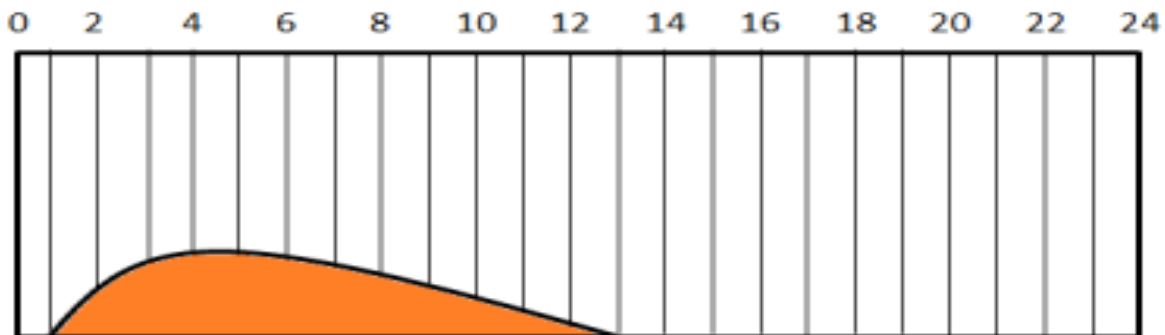


Iyadoo lagu beddelo daawada Insulin ee milmi karta, Daawada insulin u Dhigan ee Dhakhso Wax u tarta waxaa ugu fiican in jirka lagu mudo 10 - 15 daqiiqo ka hor waqtiyada cuntada inkastoo shakhsiyaadka qaarkood ka jecel yihiin in ay isku mudaan waqtiga ay wax cunayaan ama ka dib. Waxay waxtarka ku bilowdaa 15 daqiiqo gudahood ka dib marka jirka lagu mudo, waxayna ugu waxtar badan tahay inta u dhexeysa 50-90 daqiiqo waxayna saamayn ku sii yeelan kartaa gulukooska dhiigga 2 ilaa 5 saacadood, taasoo ku xiran qiyaasta daawada insulin.

DAAWOYINKA INSULIN EE AASAASIGA AH

Daawada Insulin ee Meel-dhexaad wax ku tarta

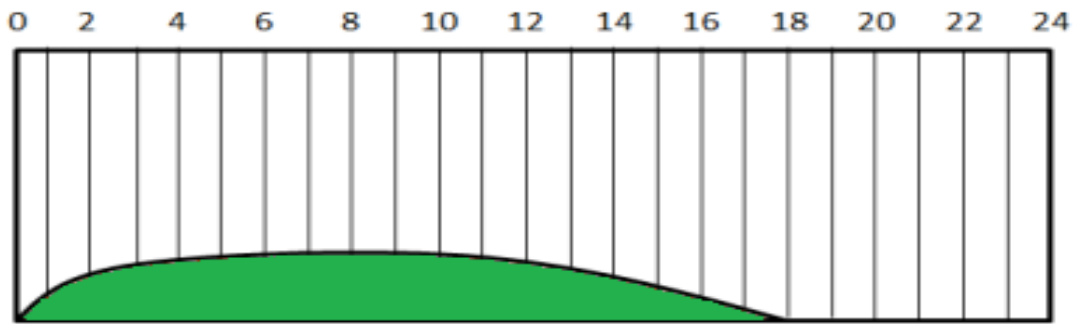
- Insulatard
- Humulin I
- Hypurin Porcine Isophane
- Insuman Basal



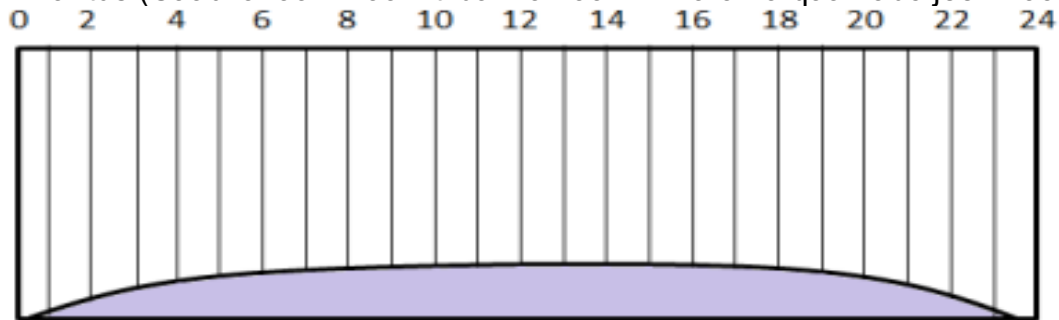
Daawooyinka Insulin ee Meel dhexaad wax ku tarta waxaa ka muuqata ciiro, waxayna u baahan yihiin in la isku qaso ka hor inta aanan jirka lagu mudin. Inta ugu badan daawooyinkan insulin waxaa la qaataa labo jeer maalintii subaxdii iyo weliba waqtiga hurdada. Hase yeeshee waxay weliba noqon kartaa maalintiiba mar. Waxay waxtarka ku bilaabaan 2 saacadood ka dib marka jirka lagu mudo, waxay ugu waxtar badan yihiin 4-6 saacadood ka dib waxayna socdaan 8-14 saacadood.

Daawada u dhigan ee Waqti dheer Wax tarta

- Levemir (Waxaa la qaadan karaa hal jeer ama labo jeer maalintii)



- Lantus (Caadi ahaan maalintiiba mar laakiin mararka qaar labo jeer maalintii)



Daawooyinka u dhigan ee waqti dheer wax tara midabkoodu waa caddaan, waxaa lagu beddeli karaa Daawada meel-dhexaad wax ku tarta waxayna socdaan waqti siyaado ah, iyagoo waxtarka bilaaba 2 saacadood ka dib marka jirka lagu mudo oo socda 18-24 saacadood.

DAAWOYINKA INSULIN EE ISKU QASAN

Daawada insulin ee dhakhso wax u tarta iyo midda waqti dheer wax tarta oo la isku qasay oo kala xoog duwan.

Daawada insulin ee aadamaha ee isku qasan

- Humulin M3
- Insuman Comb 15
- Insuman Comb 25
- Insuman Comb 50

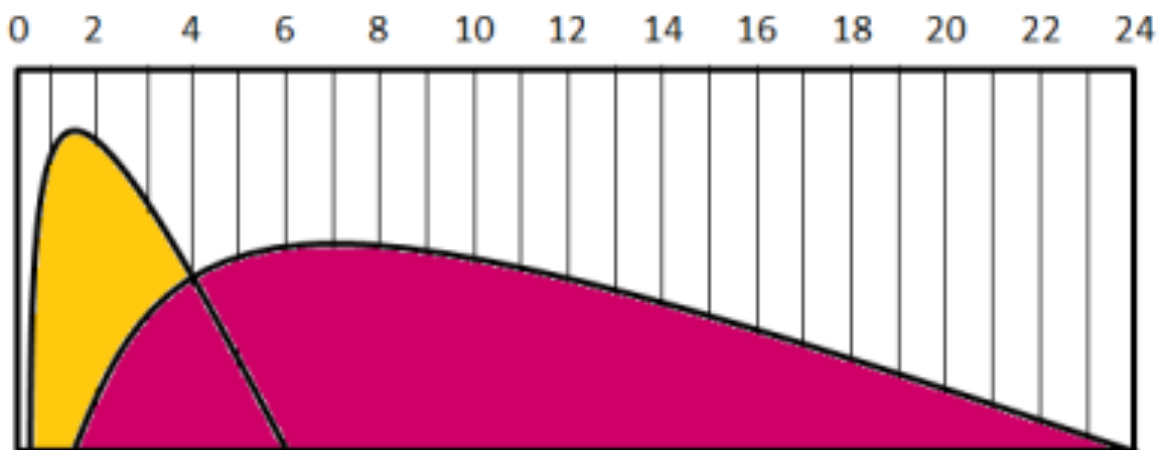
Caadi ahaan la qaato labo jeer maalintii jirka lagu mudo qiyaas ahaan 30 daqiiqo ka hor quraacda iyo cashada.

Daawada u Dhigan ee Isku qasan

- Novomix 30
- Humalog mix 50 (weliba la qaadan karo 3 x maalintii quraacda, qadada, cashada haddii kooxdaada cudurka macaanku ku taliso)
- Humalog mix 25

Daawooyinka u dhigan ee isku qasan si ka dhakhso badan ayay wax u taraan; waxaa caadi ahaan la qaataa labo jeer maalintii waxaana jirka lagu mudaa 5 - 15 daqiiqo ka hor waqtiyada cuntada inkastoo shakhsiyaadka qaarkood ka jecel yihiin in ay isku mudaan waqtiga ay wax cunayaan ama ka dib.

Daawada Insulin	Bilowga	Ugu waxtar badan	Muddada
Fiasp (Novorapid)- milanka ka dhakhsa badan ee daawada insulin aspart	4 daqiiqo	1 – 3 saacadood	3 – 5 saacadood
Novorapid, Humalog Apidra 100 halbeeg/m	5 - 15 daqiiqo	50 - 90 daqiiqo	2 - 5 saacadood
Actrapid, HumulinS, Hypurin Neutral	30 daqiiqo	2 - 4 saacadood	Ilaa 8 saacadood
Insulatard, Humulin I, Hypurin Isophane 100 halbeeg/ml	2 saacadood	4 - 6 saacadood	8 - 14 saacadood
Levemir 100 halbeeg/ml (Insulin detemir)	2 saacadood	Ma leh waqti cad oo ugu waxtar badan	Ilaa 18 saacadood
Lantus 100 halbeeg/ml (Insulin glargine)	2 saacadood	Ma leh waqti cad oo ugu waxtar badan	Ilaa 18 - 24 saacadood
Abasaglar 100 halbeeg/ml	2 saacadood	Ma leh waqti cad oo ugu waxtar badan	Ilaa 18 - 24 saacadood
Toujeo (Insulin glargine 300 halbeeg/ml)	6 saacadood	Ma leh waqti cad oo ugu waxtar badan	ka badan 24 saacadood
Tresiba (insulin degludec) lagu heli karo adayg 2 heer ah: 200 halbeeg/mL iyo 100 halbeeg/mL	30-90 daqiiqo	Ma leh waqti cad oo ugu waxtar badan	42 saacadood
Xultophy = Basal Insulin iyo GLP1 (insulin degludec/liraglutide)	30-90 daqiiqo	Ma leh waqti cad oo ugu waxtar badan	42 saacadood



Si aad u hesho macluumaad dheeraad ah oo ku saabsan daawada insulin iyo qalinnada daawada insulin raac iskuxiraha hoose,

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