

Sonkorta dhiigga ee Hoos u dhacda uurka

Sonkorta dhiigga oo hoos u dhacda waxaa kaloo loo yaqaanaa hypoglycemia, insulin shock, iyo falcelinta insulin-ka. Waxay ka dhigan tahay in jirka aysan ku jirin sonkor dhiig oo ku filan, oo loo yaqaano glucose. Glucose-ka waa shidaalka ugu weyn ee loo baahan yahay in lagu quudiyo unugyada jirka. Wakhtiga uurka, heerka sonkorta dhiigga ee caadiga ah wuxuu u dhexeeyaa 60 ilaa 120. Sonkorta dhiigga oo hoos udhacda waxay ka dhigan tahay in gulukoosku uu ka hooseeyo 60 ama ka hooseeya 70 haddii aad qaadato insulin.

Khatarta sonkorta dhiigga oo hoos u dhacda

Sonkorta dhiigga oo hoos u dhacda waxay u badan tahay inay dhacdo markaad:

- Qaadato dawada insulin-ka ama sokorowga afka oo aad u badan.
- Ka boodo, maqnaato, ama dib dhigto cuntooyinka.
- Sameyso jimicsi aad u badan ama jimicsi aan qorsheysnayn.

Waxaa kaloo laga yaabaa in ay jiraan waqtiyo aadan garaneynin sababta ay sonkorta dhiiggaagu u hooseeyo.

Calaamadaha sonkorta dhiigga oo hoos u dhacda

Sonkorta dhiigga oo hoos u dhacda ayaa qof kasta si kala duwan u saameysa. Dadka qaar baa haysta calaamado digniin ah, dadka qaarna aysan heysan. Waxay aad ugu badantahay dadka sannado badan sokorowga qabay in aanay lahayn astaamo digniin ah. **Baro sida aad dareemayso marka sonkorta dhiiggaagu ay aad u yartahay.**

Mararka qaar sonkorta dhiigga oo hoos u dhacda si tartiib ah ayey ku dhacdaa halka mararka kalana uu daqiiqado gudahood ku dhacdo. **Calaamadaha waxaa laga yaabaa inay ogaadaan dadka kale ka hor intaadan ogaan. Kala hadal qoyskaaga iyo asxaabtaada calaamadahaaga sonkorta dhiigga oo hoos u dhacdo, taasoo ay ka mid noqon karaan:**

- Dareen gariirid
- Dareen dawakhsanaan ama madax khafiif ah
- Wadnaha oo degdeg garaacma
- Dareemida dareen qalafsan ama guracan
- Dareemid daciif ama daal
- Kabuubyo ku wareegsan afka ama bushimaha
- In aan la hadli karin
- Dareemid gaajo
- Dareemid neerfoos
- Madax xanuun
- Aragga shuwaac gala
- Aan si cad u fekereynin
- Dhidid



Daawaynta sonkorta dhiigga oo hoos u dhacda

Tallaabooyinka muddada gaaban ee la doonayo in la qaado:

- **Haddii sonkorta dhiiggaagu ay tahay 50 ilaa 60, cun ama cab cuntada qaar oo leh sonkor (15 garaam oo karboon ah), Sida:**
 - Calaanji 3 kiniiniga glucose ama xirmo 1 ah oo ah afka laga qaado glucose gel
 - 1 qaado oo sonkor ah
 - 1/2 koob (4 ounces) oo casiir ah ama sooda caadi ah (ma aha diet)
 - 3 murabac oo buskudka graham crackers ah
 - 2 qaado oo malab ama sharoobo ah
 - 5 ilaa 6 digirta yar yar ee jelly ah
 - 2 ilaa 3 nacyo gumdrop ama qasab jelly oo caadi ah
- **Sug 15 daqiiqo oo ka cabir sonkorta dhiiggaaga.**
 - Haddii ay sonkorta dhiiggaagu weli ka yar tahay 60, ama haddii aad dareensan tahay wax ka fiican, cun oo cab cunto kale oo ku jirta liiska.
- **Sug 15 daqiiqo oo kale oo dib u cabir sonkorta dhiiggaaga.**
 - Haddii ay sonkorta dhiiggaagu tahay 40 illaa 50, cun ama cab 30 garaam ama 2 xamuul oo ah carbohydrate-ka liiska kor ku xusan. Sug 15 daqiiqo oo dib u cabir sonkorta dhiiggaaga. Haddii ay sonkorta dhiiggaagu weli ka yar tahay 60, ama haddii aad dareensan tahay wax ka fiican, cun oo cab cunto kale oo ku jirta liiska. Sii wad inaad dib u hubiso sonkorta dhiiggaaga 15-ka daqiiqo kasta illaa ay caadi ka noqoneyso.
 - Haddii ay sonkorta dhiiggaagu ka hoosayso 40 si dhakhso ah wax u qabo. Isticmaal jelka glucose- ee deg dega ah ee farmashiyaha. Sug 15 daqiiqo oo dib u cabir sonkorta dhiiggaaga. Haddii ay sonkorta dhiiggaagu weli ka yar tahay 60 ama haddii aadan dareemin raysasho, cun oo cab cabitaan ama cunto liiska ku jira. Sii wad inaad dib u hubiso sonkorta dhiiggaaga 15-ka daqiiqo kasta illaa ay caadi ka noqoneyso.
 - Haddii aad iska hubiso sonkorta dhiiggaaga ayna tahay 60 ama ka badan walina aadan dareemin raysasho, wac 911. Waxa laga yaabaa in aysan dhibaato ku ahayn sonkorta dhiiggaaga, waxaana laga yaabaa in aad u baahato caawimo intaas ka badan.
- **Iska ilaali in aad si xadhaaf ah u daaweyso.** Haddii aad argagaxdo oo aad bilowdo in aad wax cunto ama wax u cabto ilaa aad si fiican u dareemaysid, waxaa laga yaabaa in sonkorta dhiiggaagu aad u sare kacdo.
- **Marka ay caadi ku soo laabato sokortaada,** cun cunto ama cunto fudud oo leh cunno-kaarbo-haydareytis iyo cuntooyinka borotiinka ah ee adag si looga hortago mustaqbalka sonkorta dhiigga oo hoos u dhacda.
- **Wac daryeel bixiyahaaga caafimaad haddii aad toddobaadkiiba aad sonkorta dhiiggaaga hoos u dhacdo wax ka badan 2 goor.**

Tallaabooyinka muddada dheer ee la qaado:

- **Raac qorshahaaga daaweynta.** Dib u eeg diiwaanka sonkorta ee dhiiggaaga, daawooyinka sonkorowga, qorshayaasha nafaqada, iyo hawlaha dhowrkii maalmood ee u dambeeyay. Raadi wixii isbeddel ah oo sharaxaadda macaanka dhiigga ee hooseeya.
 - U hubi heerka sonkorta dhiiggaaga sida la faray (4 ilaa 8 jeer maalintii) oo diiwaan gali natiijooyinka diiwaanka sonkorta ee dhiiggaaga.
 - Daawooyinka insulin-ka iyo sonkorowga afka u qaado sida loo faray. Ha qaadan daawo dheeraad ah, haddii aanu ku amray inuu sidaas yeelo bixiyahaaga.
 - La soco qorshahaaga nafaqada. Cun cunto iyo cunto fudud isku hal wakhti maalin kasta. Ha seegin, boodin, ama dib u dhigin cuntada.
 - U jimicso sida lagu taliyey.

- **U wado cuntooyinka sida kiniiniyada glucose-ka, glucose-gels ama casiirka waqti walba oo shaqada ah, gaarigaaga iyo marka aad jimcineyso.**
- **Wac bixiyahaaga haddii aad qabto sonkorta dhiigga oo yaraatay wax ka badan 2 jeer usbuucii gudahiis ama isbeddello ballaaran oo ka yimaada sonkorta dhiigga oo sareysa ilaa aad u yar tahay.**

Dadka kale ha ogaadeen inaad qabto cudurka sonkorowga

Xaaskaaga, xubnaha qoyskaaga, dadka aad isku guri degantihiiin, iyo dadkaad isla shqeysaan waa in ay ogaadaan in aad qabto cudurka sokorta. Adiga ayey ku jirtaa inaad go'aansato cidda aad u sheegeysid iyo inta aad ka sheegeysid cudurka sokorta. Waa in ay ogaadaan in aad qabi karto sonkorta dhiigga oo hoos u dhacda iyo waxa ay qaban karaan marka ay dhacdo.

Marwalbo xiro nooc kamid ah aqoonsi caafimaad, sida jijin caafimaad oo Aqoonsi ah ama in aad qaadatid kaarka jeebka.

Glucagon

Haddii aad qaadatid insulin, qof qoyska ka tirsan, qol aad wada degantihiiin ama aad wada shaqaysaan waa in uu barto sida dad loo siiyo glucagon. Glucagon waa hoormoon kiciya sonkorta dhiiggaaga.

Waxaa daawo ahaan loogu isticmaalaa sonkorta dhiigga oo aad u daran marka laga yaabo in lagu helo adigoo miyir daboolmay. Dareeraha iyo raashinka waa in aan marnaba la siin qof aan feejigneyn ama soo jeedin.

Bixiyahaaga ayaa bari doona xaaskaaga, xubin qoyskaada ka tirsan, ama saaxiibka sida loo siiyo glucagon. Waxad u baahan doontaa in dhakhtar kuu qoro. Glucagon waxaa loo helaa sida cirbad (shot) ama sida budada sanko.

- Soo qaado warqad daawo ah oo ka timaada bixiyahaaga glucagon.
- Wado glucagon ta. Haddii aad isticmaasho xirmo, weydiiso inaad hesho xirmooyin badan oo ku haysato guriga, shaqada ama iskuulka.
- Dooro xubin qoyska, asxaabta iyo dadkaad wada shaqeysaan oo ku siin kara dawadan dagdaga ah. Tus kaaliyeyaashan meesha aad daawada ku heyso kaddibna bar sida loo isticmaalo.

Duritaanka Glucagon

Glucagon waxey u timaado sida midkood:

- Siliingo hore loo buuxiyay, ama
- Xirmo dareere ku dhex jirta siliingo iyo budo ku jirta fiijilka. Dareeraha iyo budada waa la isku qasaa oo irbad yar ayaa lagu duraa. Waa in la bixiyaa isla markiiba marka la isku qaso.

Dadka aad codsatay in ay kaa caawiyaan waxay u baahan yihiin in ay bartaan duris ku saabsan sida laguugu duro waqti ka hor. Waa inay ku tababartaan iyagoo ku siinaya cirbida insulin, si ay u awoodaan inay wax ka qabtaan xaalad degdeg ah.

Tilmaamaha siliingada Glucagon-ta horey loo buuxiyey :

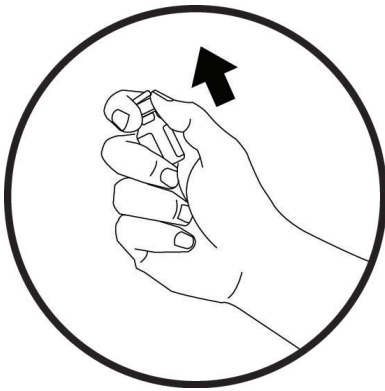
Kuwani waa tilmaamaha guud ee bixinta duritaanka glucagon haddii aad qabtid siliingo hor loo buuxiyey. Weydii farmashiistahaaga ama kalkaalisada caafimaadka haddii aad wax su'aalo ah qabto.

1. Ka soo bixi daboolka irbad si toos ah siliingada.
2. Qanaruuf maqaarka goobta la doortay (gacanta sare, caloosha, ama bowdada). U hay qanjaruufka cirbadda oo dhan.
3. Ku dhex geli irbadda maqaarka adoo isle'gelaya xagal 90 digrii ah.

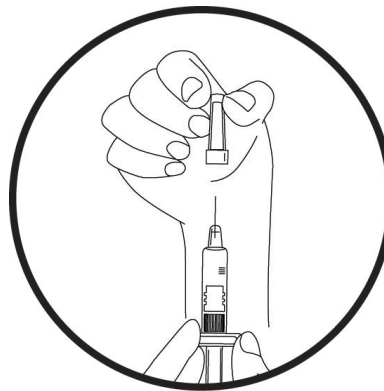
4. Hoos u riix cabudhka ilaa uu gaarayo in aad ku durto daawada oo dhan.
5. Maqaarka ka saar siliingada, si toos ah kor uga qaad meesha la duray.
6. Qofka u jeed dhankooda. Matag ayaa laga yaabaa inay dhacdo kadib marka glucagon la siiyo.
7. Wac 911.
8. Siliingada ku tuur irbad qashin lagu tuuro. Ha ku tuurin qashinka dhexdiisa.

Tilmaamaha xirmada Glucagon:

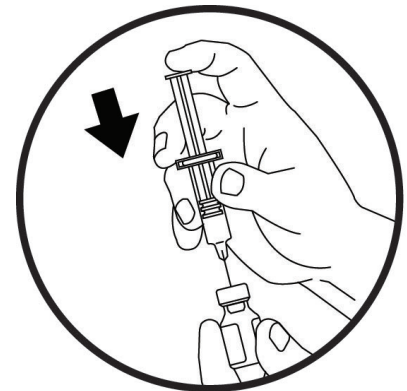
Kuwani waa tilmaamo guud oo lagugu duro glucagon haddii aad qabto xirmo. Hubi tilmaamaha xirmadaada ka dibna weydii farmashiistahaaga ama kalkaalisada/ kalkaalisada caafimaadka haddii aad qabto wax su'aalo ah.



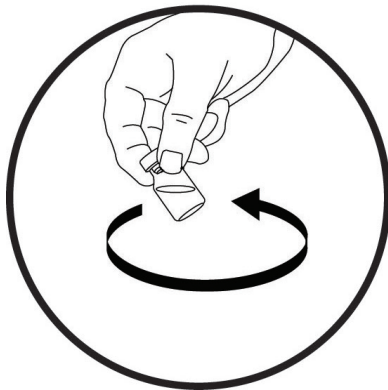
1. Ka saar daboolka weelka leh budada glucagon.



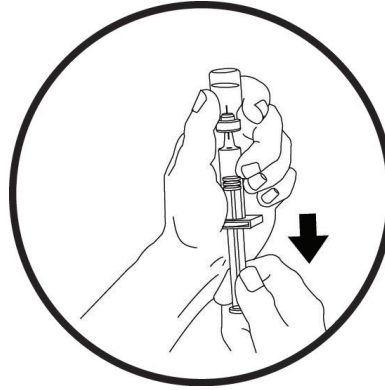
2. Ka saar daboolka irbadda ku dul taal siliingada.



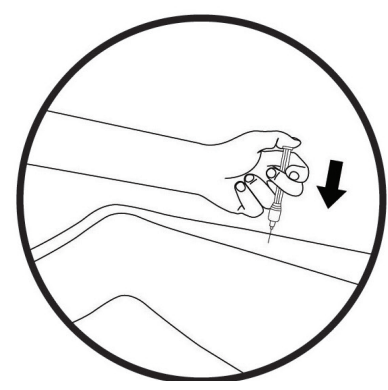
3. Ku shub dhammaan dareeraha ku jira siliingada weelka budada ku jirto.



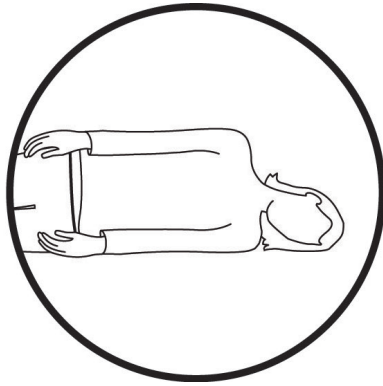
4. Siliingada ka saar ama ku hay fijilka, si waafaqsan tilmaamaha xirmadaadaada. si tartiib ah u ruux fijaanka ilaa qasku ka cadaado. Haddii aad irbaddu ku hayso fijaanka intaad isku qasayso, taxaddar in aadan xoorin.



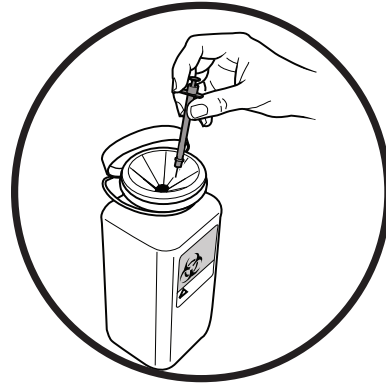
5. Si tartiib ah dareeraha ugu gedi siliingada. (Kani waxaa leh qof weyn. Caruurta waxaa laga yaabaa inay helaan dawooyin cadad taa ka duwan).



6. Irbadda toos ugu dur gacanta sare, lugta sare, ama barida. Dhaqaajiyaha hoos ugu riix si aad daawada u siisid, ka dibna irbadda ka saar.



7. Qofka u jeed dhankooda. Matag ayaa laga yaabaa inay dhacdo kadib marka glucagon la siiyo. Wac 911.



8. Irbadda iska tuur oo ku dhex rid sanduuq irbad lagu tuuro. Ha ku tuurin qashinka dhexdiisa.

Sawirrada loo adeegsaday ogolaansho ka timid Eli Lilly and Company. © Copyright Eli Lilly and Company. Dhamaan Xuquuqda Ayaa la Xafiday.

Glucagon Budada Sanka

Budada Glucagon waxaa lagu iibiyaa magaca **BAQSIMI**. Waxay ku timaadaa weel la duubay si looga hortago inay u bandhiganto qoyaan. Tubbada oo kaliya furo, haddii aad u baahan tahay in aad daawadaas isticmaasho. Daawadan waa in sanka lagaa siiyaa oo kaliya. **Hubi in daryeelahaaga, qoyskaaga, iyo asxaabtaadu og yihiin meesha aad ku hayso daawadan oo dib ha u eegaan tilmaamahan. Waxay u baahanyihiin in ay ogaadaan sida loo isticmaalo dawadan ka hor inta aanay xaalad deg deg ah kugu dhicin.**

- Kaydi tuubada la shaabadeeyey ilaa iyo inta aad u diyaar garowdo isticmaalka. Iska ilaali heerkulka ka sareeya 86 digrii F ama 30 digrii C.
- Bedel kahor inta uusan bilaaban taariikhda uu dhacayo tubbada ama xirmada.
- Daawadan ka dhig mid aanay gaarin carruurta iyo xayawaanka la rabaayadeysto.

Sida loo isticmaalo budada sanka ee glucagon:

1. Soo jiid xariijinta gaduudan si aad tuubada uga soo saartid duubka.
2. Fur daboolka tuubada oo qalabka iska saar, adigoo ka taxaddaraya in aadan riixin cabbeeyaha.
3. Ku qabo aaladda meel u dhaxaysa farahaaga iyo suulkaaga. Khadka cagaaran waa in uu ahaadaa suulkaaga iyadoo ay farahaaga saaranyihiin labada dhinac ee qalabka caaradda u ah.
4. Si tartiib ah caaradda u gali 1 dhinacoo sankaqofka ah ilaa inta ay farahaagu sanka ka taabtaan.
5. Si adag ugu riix cabbeeyaha suulkaaga ilaa khadka cagaaran ugu baaba'o qalabka.
6. Qofka u jeed dhankooda. Matag ayaa laga yaabaa inay dhacdo kadib marka glucagon la siiyo. Wac 911.
7. Ku tuur aaladda iyo tuubada la isticmaalay ee qashinka ku jira ama ku dhex tuur sanduuqa irbad lagu tuuro.

Wixii macluumaad dheeraad ah iyo sawirro loogu talagalay sida loo isticmaalo budada sanka ee glucagon (BAQSIMI), tag <http://pi.lilly.com/us/baqsimi-us-ifu.pdf>.

Low Blood Sugar in Pregnancy

Low blood sugar is also called hypoglycemia, insulin shock, and insulin reaction. It means that there is not enough blood sugar, called glucose, in the body. Glucose is the major fuel needed to feed the body's cells. During pregnancy, a normal blood sugar level is between 60 and 120. Low blood sugar means that glucose is below 60 or below 70 if you are on insulin.

Low blood sugar risk

Low blood sugar is more likely to occur when you:

- Take too much insulin or oral diabetes medicine.
- Skip, miss, or delay meals.
- Do too much exercise or unplanned exercise.

There may also be times when you do not know why your blood sugar is low.

Signs of low blood sugar

Low blood sugar affects each person differently. Some people have warning signs while other people have none. It is more common in people who have had diabetes for many years to not have warning signs. **Learn how you feel when your blood sugar is too low.**

Sometimes low blood sugar develops slowly while other times it happens within minutes. **Signs may be noticed by others before you notice them. Talk to your family and friends about your signs of low blood sugar, which may include:**

- Feeling shaky
- Feeling dizzy or light-headed
- A fast heartbeat
- Feeling moody or grumpy
- Feeling weak or tired
- Numbness around mouth or lips
- Being unable to speak
- Feeling hungry
- Feeling nervous
- A headache
- Blurred vision
- Not thinking clearly
- Sweating



Treatment for low blood sugar

Short term actions to take:

- **If your blood sugar is 50 to 60, eat or drink some food with sugar (15 grams of carbs),** such as:
 - Chew 3 glucose tablets or 1 package of oral glucose gel
 - 1 tablespoon of sugar
 - ½ cup (4 ounces) of juice or regular soda (not diet)
 - 3 squares of graham crackers
 - 2 teaspoons of honey or syrup
 - 5 to 6 mini jelly beans
 - 2 to 3 gumdrop candies or regular size jelly beans
- **Wait 15 minutes and check your blood sugar.**
 - If your blood sugar is still less than 60, or if you are not feeling better, eat or drink another serving of food or drink from the list.
- **Wait another 15 minutes and recheck your blood sugar.**
 - If your blood sugar is 40 to 50, eat or drink 30 grams or 2 servings of carbohydrate from the list above. Wait 15 minutes and recheck your blood sugar. If your blood sugar is still less than 60, or if you are not feeling better, eat or drink another serving of food or drink from the list. Continue to recheck your blood sugar every 15 minutes until it is in the normal range.
 - If your blood sugar is below 40, act quickly. Use instant glucose gel from the pharmacy. Wait 15 minutes and recheck your blood sugar. If your blood sugar is still less than 60, or if you are not feeling better, eat or drink a serving of food or drink from the list above. Continue to recheck your blood sugar every 15 minutes until it is in the normal range.
 - If you check your blood sugar and it is 60 or more and you are still not feeling better, call 911. It may not be a problem with your blood sugar and you may need more help.
- **Be careful not to over treat.** If you panic and start to eat or drink until you feel better, your blood sugar may go too high.
- **When your blood sugar has returned to normal,** eat a meal or snack with complex carbohydrates and protein foods to prevent future low blood sugar levels.
- **Call your healthcare provider if you have low blood sugar more than 2 times in a week.**

Long term actions to take:

- **Follow your treatment plan.** Review your blood sugar record, diabetes medicines, nutrition plans, and activity of the last few days. Look for any changes that may explain low blood sugar.
 - Check your blood sugar level as directed (4 to 8 times a day) and record the results in your blood sugar record.
 - Take your insulin and oral diabetes medicines as directed. Do not take extra medicine unless directed to do so by your provider.
 - Follow your nutrition plan. Eat meals and snacks at the same time each day. Do not miss, skip, or delay meals.
 - Exercise as directed.

- **Keep food like glucose tablets, glucose gels, or juice with you at all times** at work, in your car, and when you exercise.
- **Call your provider if you have low blood sugar more than 2 times in a week or wide swings from high to low blood sugar.**

Let others know you have diabetes

Your spouse, family members, roommates, friends, and coworkers should know that you have diabetes. It is up to you to decide who you tell and how much you tell them about diabetes. They should know that you can have low blood sugar and what they can do when it happens.

Always wear some form of medical identification, such as a medical ID bracelet or carry a wallet card.

Glucagon

If you take insulin, a family member, roommate, or coworker should learn how to give glucagon. Glucagon is a hormone that raises your blood sugar. **It is used as a medicine for severe low blood sugar when you might be found unconscious.** Liquids and food should never be given to someone who is not alert or awake.

Your provider will teach your spouse, family member, or friend how to give glucagon. You will need a prescription. Glucagon is available as an injection (shot) or as a nasal powder.

- Get a prescription from your provider for glucagon.
- Keep glucagon with you. If you use a kit, ask about getting more kits to keep at home, work, or school.
- Pick family, friends, and coworkers who could give you this emergency medicine. Show these helpers where you keep the medicine and have them learn how to use it.

Glucagon Injection

Glucagon comes as either:

- A prefilled syringe, or
- A kit that has liquid in a syringe and powder in a vial. The liquid and powder is mixed together and injected with a small needle. It has to be given immediately after being mixed.

People you have asked to help you need to learn about how to give you an injection ahead of time. They should practice by giving you an insulin shot, so they are able to take action in an emergency.

Glucagon prefilled syringe instructions:

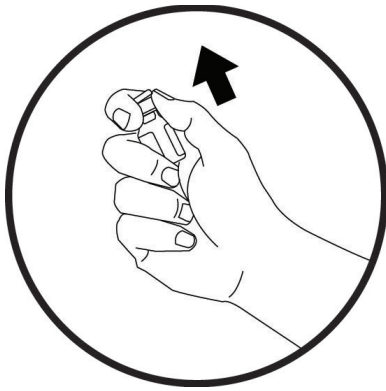
These are general instructions for giving a glucagon injection if you have a prefilled syringe. Ask your pharmacist or nurse if you have any questions.

1. Pull the needle cap straight off the syringe.
2. Pinch the skin of the chosen site (upper arm, stomach, or thigh). Hold the pinch for the entire injection.
3. Insert the needle into the skin at a 90 degree angle.

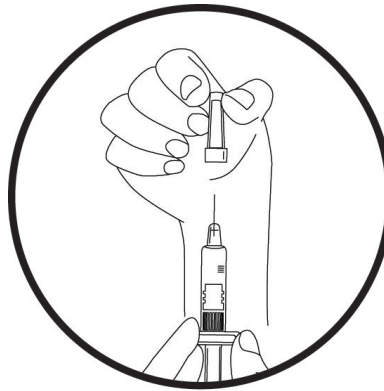
4. Push the plunger down as far as it will go to inject all of the medicine.
5. Remove the syringe from the skin, lifting it straight up from the injection site.
6. Turn the person on their side. Throwing up (vomiting) may happen after glucagon is given.
7. Call 911.
8. Throw away the syringe in a needle disposal box. Do not throw it away in the trash.

Glucagon kit instructions:

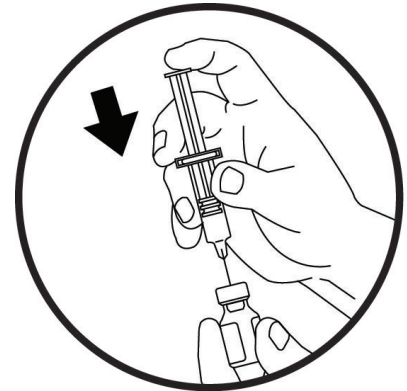
These are **general instructions for giving a glucagon injection if you have a kit**. Check your own kit's instructions and ask your pharmacist or nurse if you have any questions.



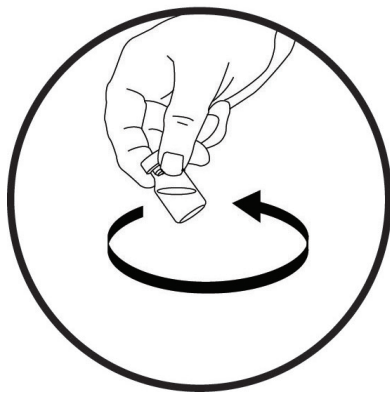
1. Remove the cap from the vial with the glucagon powder.



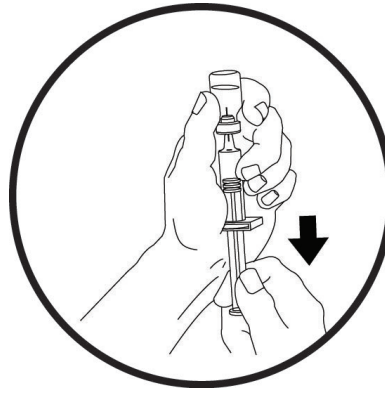
2. Remove the cap from the needle on the syringe.



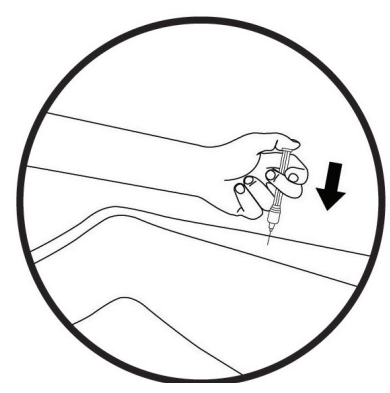
3. Inject all liquid in the syringe into the vial with the powder.



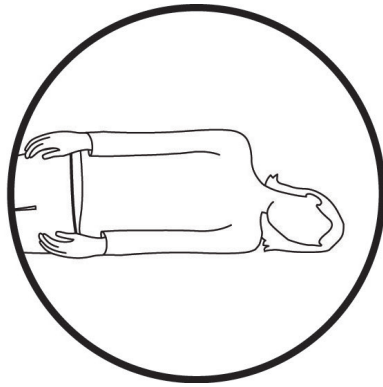
4. Remove the syringe or keep it in the vial, according to your kit's instructions. Swirl the vial gently until the solution is clear. If you keep the needle in the vial while mixing, be careful not to bend it.



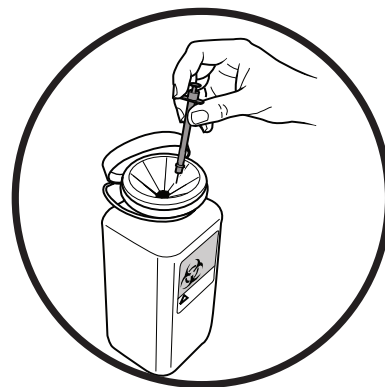
5. Slowly withdraw all the liquid into the syringe. (This is for an adult. Children may get a different amount of medicine).



6. Stick the needle straight into the upper arm, upper leg, or buttocks. Push the plunger down to give the medicine, and then remove the needle.



7. Turn the person on their side. Throwing up (vomiting) may happen after glucagon is given. Call 911.



8. Throw away the needle in a needle disposal box. Do not throw it away in the trash.

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Glucagon Nasal Powder

Glucagon powder is sold under the brand name **BAQSIMI**. It comes in a wrapped container to prevent exposure to moisture. Only open the tube when you need to use the medicine. This medicine is only to be given in the nose. **Make sure your caregiver, family, and friends know where you keep this medicine and have them review these instructions. They need to know how to use the medicine before an emergency would happen to you.**

- Store the sealed tube until ready for use. Avoid temperatures over 86 degrees F or 30 degrees C.
- Replace before the expiration date on the tube or package.
- Keep this medicine out of reach of children and pets.

How to use the glucagon nasal powder:

1. Pull the red strip to remove the shrink wrap from the tube.
2. Open the lid of the tube and remove the device, being careful not to push the plunger.
3. Hold the device between your fingers and your thumb. The green line should be by your thumb with your fingers on either side of the tip of the device.
4. Gently insert the tip in 1 side of the person's nose until your fingers touch the nose.
5. Push the plunger firmly with your thumb until the green line disappears into the device.
6. Turn the person on their side. Throwing up (vomiting) may happen after glucagon is given. Call 911.
7. Throw away the used device and tube in the trash or in a needle disposal box.

For more information and images for how to use glucagon nasal powder (BAQSIMI), go to <http://pi.lilly.com/us/baqsimi-us-ifu.pdf>.