

# Qaadashada Insulin ee Sonkorowga Inta Urka Socdo

## Waxyaabo aytahay in laga ogaado insulin-kaaga

### Kaydinta

**Ku kaydi qalinka insulin ee aan la furin qaboojiyaha.** Ka fogow inaad insulin-kaaga u bandhigto heerkul aad u xad dhaaf ah (kulul ama qabow) iyo qorrax toos ah. MARNA daawooyinkaaga ha uga tagin gaariga. Ka taxaddar inaad insulin-kaaga barafeyn.

**Kadib markii qalin insulin la isticmaalo markii ugu horreysay, si ammaan ah ayaa lagu kaydin karaa heerkulka qolka, laakiin kaliya waqti go'an.** Inta badan qalinka waxaa la hayn karaa qiyaastii 28 ilaa 31 maalmood, laakiin qaar si badqabta ayaa loo hayn karaa waqti intaa ka dheer. **Had iyo jeer la xiriir farmashiistaha si aad u ogaato goorta qalinka la tuuro.**

Daawooyinka soo socda ee ku jira qalimaanta waxay ku habboon **yihiiin 14** maalmood oo kaliya heerkulka qolka:

- Qalinka Humulin N
- Qalinka Novolin N

### Noocyada Insulin-ka

- **Dhaqdhaqaaqa degdega ah (waqtiga cuntada): Admelog, Fiasp, Humalog, Lyumjev, iyo Novolog.** Insulin-kan waa **nadiif**. Qaado insulin-kaaga 5 ilaa 10 daqiiqo gudahood markaad cunteysid. Fiasp iyo Lyumjev waxaa la qaadan karaa ilaa 20 daqiiqo kadib cunista.

Waxaan kugula talineynaa inaad:

1. Diyaariso qalinka duriinka ee insulinta.
2. Saxan ku ridato cuntadaada.
3. Insuliinta isku durto.
4. Isla markiiba wax cunto.

Ha qaadan wakhtigaaga cuntada insulin (cad) haddii aadan awoodin inaad wax cuntid. **Wac xafiiskayaga si aad u hesho tilmaamo haddii loo baahdo.**

- **Dhaqdhaqaaqa gaaban: Joogto (Humulin R, Novolin R).** Qaado insulin-kaaga 30 ilaa 45 daqiiqo ka hor intaadan cunin.
- **Dhaqdhaqaaqa dhexe: Insuliinta Dhexe ee Sonkorta lagu Maareeyo (Neutral Protamine Hagedorn, NPH) (Humulin N, Novolin N).** Insulin-kan waa **mid daruur u eh** oo u baahan in la isku qaso. U qaado insulintaada 1 ama 2 jeer maalintii hadba sidii uu dhakhtarka kuugu soo qorey, subaxdii iyo / ama waqtiga jiifka. Insulintaan ma aha mid ku xiran cunnada. Saameyntiisu waa mid aayar ah. .
- **Dhaqdhaqaaq dheer (aasaasi): Basaglar, Lantus, Rezvoglar, Semglee, iyo Toujeo.** Insulin-kan wuxuu shaqeeyaa qiyaastii 24 saacadood. Qaado insulin-kaaga waqti isku mid ah maalin kasta.

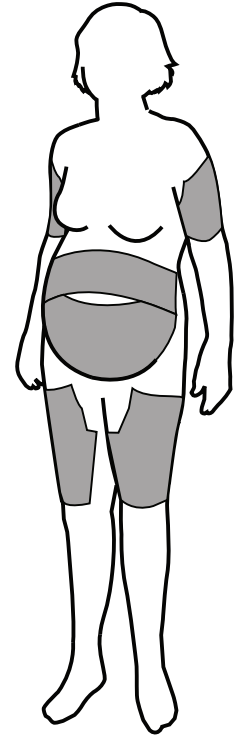
## Sida loo siiyo insulin naftaada

### Diyaar noqo

#### 1. Dooro goob aad durto, meel ka mid ah jirka.

Insulin-kaaga ku dur isla aaggaas 7 ilaa 10 maalmood ka hor intaadan meel cusub u beddelin. Isticmaal goob qiyaastii injir u jirta meesha ugu dambaysa ama hal dhinac oo jirka ah ilaa dhinaca kale si aad u durto cirbada xigta. Ka fogow haduunta caloosha 2 inji.

Insulinta qaabab kala duwan ayay u gashaa jirkaaga oo dhan. Nuugista ugu dhaqsaha badan waa calooshaada, kadibna gacmaha, bowdada, iyo bariyaha sare.



#### 2. Soo uruuso daawadaada:

- Qalinka insulinka
- Cirbida qalinka
- Suufka alkolada
- Weelka lagu uruuriyo waxyaalaha dadka dura

#### 3. Gacmahaaga si fiican ugu dhaq saabuun iyo biyo.

### Raac talooyinkan badbaadada

MARNA ha isticmaalin cirbadaha qalinka mar labaad MARNA ha uga tagin cirbadaha qalinka iyagoo ku dhegan qalinka. Tani waxay u horseedi kartaa khatarta infekshanka oo sii kororta iyo cuncunka goobta la durey.

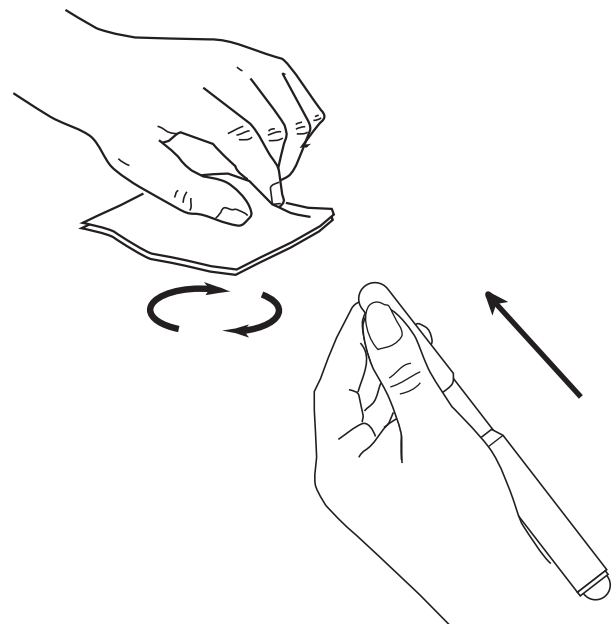
Hayso ugu yaraan agabka usbuuc kasta mar walba.

### Naftaada sii insulin

Si aad u barato sida loo siiyo insulin naftaada, daawo muuqaalka "How to Use an Insulin Pen (Sida Loo Isticmaalo Qalin Insulin)" adigoo booqanaya [go.osu.edu/acm0228](https://go.osu.edu/acm0228) ama adigoo iskaaninaya QR code-kan. Waxaad sidoo kale raaci kartaa tallaabooyinkan:



1. Aagga duritaanka ku nadiifi suufka aalkolada adigoo sameeynaya dhaqdhaqaaq wareeg ah. U oggolow aalkolada inay qallalsho.



2. Qalinka ka saar daboolka. Waad arki kartaa insulinta ku jirta qalinka.

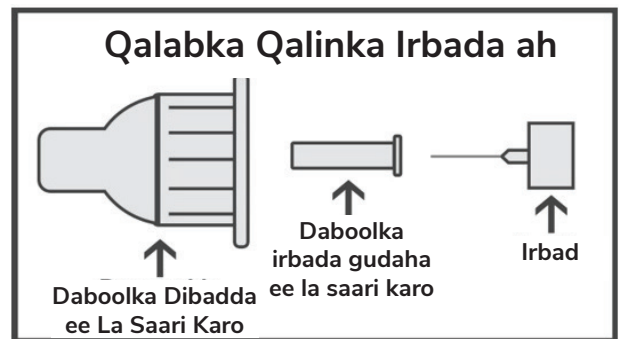
3. **Haddii aad isticmaalayso insulinta daruurta u eg ee (NPH), si tartiib ah uga bedel qalinka gacmahaaga dhexdeeda ama kor iyo hoos u rog si aad insulin-ka u gasto.**

4. Dhamaadka qalinka ku nadiifi suuf aalkolo leh meesha ay cirbaddu ku fadhiisato.

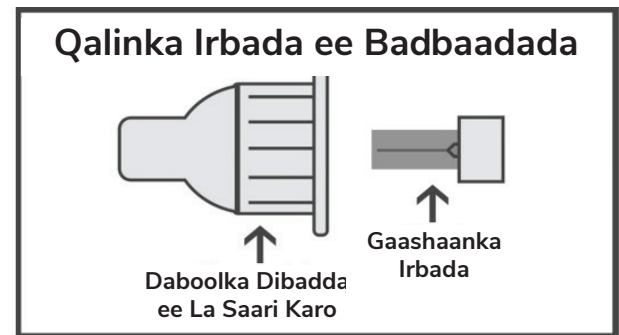
5. Geli cirbad cusub adiga oo ka saaraya warqada ku daboolan oo ku xiraya qalinka. Waa inay ahaato mid adag laakiin aan aad u dhaganayn.

6. Diyaarso cirbadda qalinka:

- **Haddii aad isticmaalayso irbad qalin caadi ah, ka saar labadaba daboolka dibadda iyo daboolka irbada gudaha,** si aad u aragto irbadda.



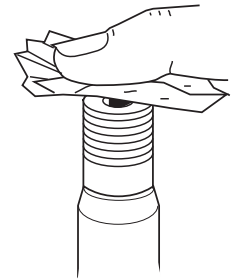
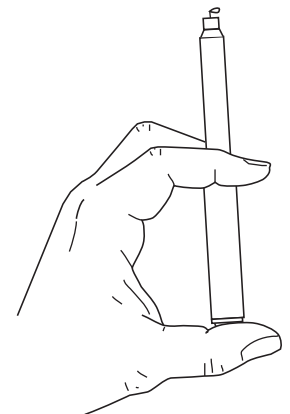
- **Haddii aad isticmaalayso irbad qalin badbaado leh, ka saar daboolka dibadda oo kaliya.** Gaashaanka irbada gudaha wuu ku jiriya. Badanaa waa nooca irbada ee isbitaalada lagu isticmaalo.



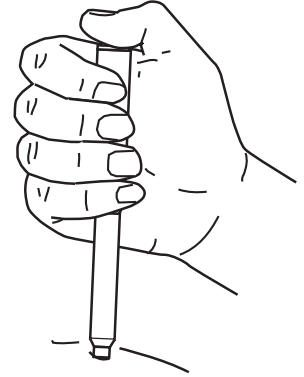
Weydii farmashiistahaaga, kalkaaliyahaaga, ama macallinkaaga sonkorowga haddii aad su'aalo ka qabto arrintan ama eeg tilmaamaha soo saaraha si aad u hesho macluumaad dheeraad ah.

7. Hawada cirbada ku jirta ka saar ama diyaari qalinka.

- Wareeji batoonka qiyaas daaweedka illaa 2 wareeg.
- Qalinka cirbada ku jirto kor u haay oo gudaha u riix goomada Ka taxaddar ciribta irbada si aad u hesho dhibic insulin ah.
- Waxaad ubaahan kartaa inaad ku celiso wareejinta 2 wareeg oo aad riixdid dhowr jeer ilaa aad ka aragtid dhibicda cirbadda, si aad u ogaato in qalinka aanu ku jirin hawo.
- Garaac qiyaas daaweedka insuliinta adigoo batoonka u wareejinaaya dhanka midig ilaa aad ka aragto tirada saxda ah ee qiyaastaada.



8. Cirbadda si toos ah u geli maqaarka xagal 90-digrii ah adigoo ku boobsiinaayo. Cirbadda ku riix maqaarka.
9. Adigoo isticmaalaya suulkaaga, batoonka si tartiib ah hoos ugu riix si aad ugu durto insulininta. Cirbadda sidaas ku haay illaa aad ka tiriso illaa 10 ka hor inta aadan ka saarin. Hubso in qalinku uu ku laabto eber, ka dibna ka soo saar cirbadda.
10. Ka hubi meesha aad durtey casaan, dhiigbax, ama nabarro.
11. Cirbadda ka saar qalinka, adigoo isticmaalaaya daboolka cad ee weyn si aad uga furtid. Ku tuur weelka qashinka ee lagu rido waxyaalaha dadka dura.
12. Daboolka dib ugu celi qalinka insulininta.



## Sonkorta dhiigga oo hooseeya

### Talooyin Guud

- Raac qorshahaaga cuntada ee ah inaad qaadato 3 cunto caadi ah iyo 3 cunto fudud ah maalin kasta si aad uga hortagto sonkorta dhiigga oo hoos u dhacda.
- Ka soo iibso farmashiyahaaga kaniiniyada gulukooska si aad u daweyso sonkorta dhiigga ee hooseeya.
- Hayso qalabkaaga baaritaanka, kiniinada glucose-ka, iyo 2 ilaa 3 cunto fudud mar walba.

### Calaamadaha sonkorta dhiigga oo hooseeya

Calaamadaha waxaa laga yaabaa in dadka kale ay ogaadaan ka hor intaadan ogaan. Calaamadaha waxaa ka mid ah:

- |                                    |  |                        |
|------------------------------------|--|------------------------|
| • Dareen gariir ah                 | • Dareen daciifnimo ama daal               | • Dareen neerfoos      |
| • Madax wareer ama madax fudeed ah | • Dareen la'aan afka ama bushimaha agtiisa | • Madax xanuun         |
| • Garaac wadne degdeg ah           | • Inaan hadli karin                        | • Indho shucaac gala   |
| • Dareen niyad jabsan ama xanaaq   | • Dareemida gaajo                          | • Aan si cad u fikirin |
|                                    |  | • Dhidid               |

### Haddii aad leedahay calaamadahan ama aad u malaynayso sonkorta dhiiggaagu hooseeyo:

Hubi heerka sonkorta dhiiggaaga oo ku qor lambarka diiwaankaaga sonkorta dhiigga si aad ula wadaagto bixiyahaaga caafimaadka.

- **Haddii sonkorta dhiiggaagu yahay 50 ilaa 60, cun ama cab cuntooyin sonkor leh (15 garaam oo karbohaydrytyo ah), sida:**
  - Calali 3 kiniin oo glucose ah ama 1 xirmo oo gel glucose afka ah ah
  - 1 qaado sonkor ah
  - 1/2 koob (4 ounces) oo casiir ama soda caadi ah (ma aha mida dietka)
  - 3 laba jibbaaran oo buskudka Graham ah
  - 2 qaado shaah oo malab ama sharoobo ah
  - 5 ilaa 6 digirta mini jelly
  - 2 ilaa 3 nacnac gumdrop ah ama jelly beans cabbirka caadiga ah

- **Sug 15 daqiiqo oo hubi sonkorta dhiiggaaga. Haddii sonkorta dhiiggaagu wali ka yar tahay 60, ama aadan fiicnaan dareemeyn, cun ama cab cunto ama cabitaan kale oo liiska ka mid ah.**
- **Sug 15 daqiiqo oo kale oo mar kale hubi sonkorta dhiiggaaga.**
  - **Haddii sonkorta dhiiggaagu uu yahay 40 ilaa 50**, cun ama cab 30 garaam ama 2 qaybood oo karbohaydrayt ah oo liiska ku jira. Sug 15 daqiiqo oo dib u baar sonkorta dhiiggaaga. Haddii sonkorta dhiiggaagu wali ka yar tahay 60, ama aadan fiicnaan dareemeyn, cun ama cab cunto ama cabitaan kale oo liiska ka mid ah. Sii wad inaad mar kale hubiso sonkorta dhiiggaaga 15 daqiiqo kasta ilaa ay gaarto heerka caadiga ah.
  - **Haddii sonkorta dhiiggaagu ka hooseeso 40**, si dhaqso ah wax u samee. Isticmaal gelka glucose ee degdega ah ee farmashiyaha laga helo. Sug 15 daqiiqo oo dib u baar sonkorta dhiiggaaga. Haddii sonkorta dhiiggaagu wali ka yar tahay 60, ama aadan fiicnaan dareemeyn, cun ama cab cunto ama cabitaan oo liiska ka mid ah. Sii wad inaad mar kale hubiso sonkorta dhiiggaaga 15 daqiiqo kasta ilaa ay gaarto heerka caadiga ah.
  - **Haddii aad hubiso sonkorta dhiiggaaga oo ay tahay 60 ama ka badan oo aadan weli fiicnaan dareemin, wac 911.** Waxaa laga yaabaa inaysan ahayn dhibaato ka jirta sonkorta dhiiggaaga, waxaana laga yaabaa inaad u baahato caawimaad dheeraad ah.
- **Ka taxaddar inaad si xad dhaaf ah u daaweyn.** Haddii aad argagaxdo oo aad bilowdo inaad cunto ama cabto ilaa aad fiicnaato, sonkorta dhiiggaaga ayaa aad u sareyn karta.
- **Marka sonkorta dhiiggaagu uu caadi noqday**, cun cunto ama cunto fudud oo leh karbohaydraytyo adag iyo borotiin si looga hortago heerarka sonkorta dhiigga ee hoos u dhaca mustaqbalka.
- **Wac bixiyahaaga haddii sonkorta dhiigga ay hoos u dhacdo in ka badan 2 jeer toddobaadkiiba.**

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Kheyraadkan waa ujeedooyin macluumaad oo keliya. La hadal daryeel bixiyahaaga caafimaadka haddii aad qabtid wax su'aalo ah oo ku saabsan daryeelkaaga. Wixii waxbarasho dheeraad ah, kala xiriir Maktabadda Macluumaadka Caafimaadka 614-293-3707 ama [health-info@osu.edu](mailto:health-info@osu.edu).

# Taking Insulin for Diabetes During Pregnancy



THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

## Things to know about your insulin

### Storage

**Store unopened insulin pens in the refrigerator.** Avoid exposing your insulin to extreme temperatures (hot or cold) and direct sunlight. NEVER leave your supplies in a vehicle. Be careful to not let your insulin freeze.

**After the insulin pen is used for the first time, it can be safely stored at room temperature, but only for a specific time.** Most pens can be kept for about 28 to 31 days, but some can be safely kept longer. **Always check with your pharmacist to know when the pen should be thrown away.**

The following medicines in pens are only good for **14 days** at room temperature:

- Humulin N pen
- Novolin N pen

### Types of Insulin

- **Rapid acting (meal time): Admelog, Fiasp, Humalog, Lyumjev, and Novolog.** This insulin is **clear**. Take your insulin within 5 to 10 minutes of eating. Fiasp and Lyumjev may be taken up to 20 minutes after eating.

We recommend that you:

1. Get your insulin pen injection prepared.
2. Plate your meal.
3. Inject your insulin.
4. Then eat right away.

Do not take your meal time (clear) insulin if you are not able to eat. **Call our office for instructions if needed.**

- **Short acting: Regular (Humulin R, Novolin R).** Take your insulin 30 to 45 minutes before eating.
- **Intermediate acting: NPH (Humulin N, Novolin N).** This insulin is **cloudy** and needs mixed. Take your insulin 1 or 2 times a day as directed in the morning and/or at bedtime. This insulin is not food dependent. Its effect is slower.
- **Long acting (basal): Basaglar, Lantus, Rezvoglar, Semglee, and Toujeo.** This insulin works for about 24 hours. Take your insulin at about the same time every day.

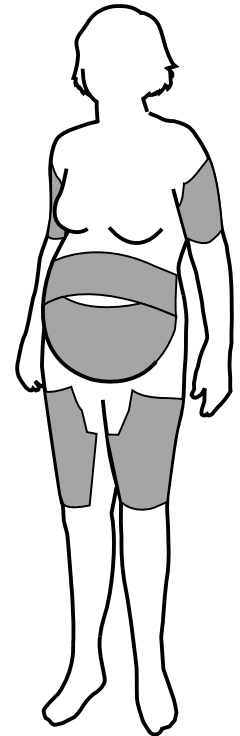
## How to give yourself insulin

### Get Ready

#### 1. Select a site for your injection on an area of the body.

Give your insulin in the same area for 7 to 10 days before changing to a new place. Use a site about an inch away from the last site or from one side of the body area to the other for the next injection. Avoid your belly button by 2 inches.

Insulin is absorbed differently throughout your body. Fastest absorption is in your abdomen followed by arms, thighs, and upper buttocks.



#### 2. Gather your supplies:

- Insulin pen
- Pen needle
- Alcohol pad
- Sharps disposal container

#### 3. Wash your hands well with soap and water.

### Follow These Safety Tips

NEVER reuse pen needles and NEVER leave pen needles attached to the pen. This can cause an increased risk of infection and irritation at the site of injection.

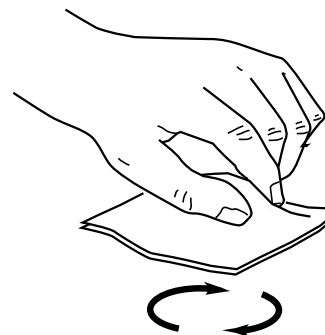
Keep at least a week's worth of supplies on hand at all times.

### Give Yourself Insulin

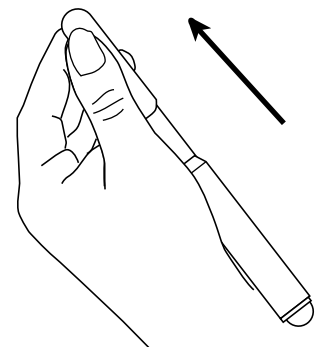
To learn how to give yourself insulin, watch the video “How to Use an Insulin Pen” by visiting [go.osu.edu/acm0228](https://go.osu.edu/acm0228) or by scanning this QR code. You may also follow these steps:



1. Clean the area with an alcohol pad using a circular motion. Let the alcohol air dry.

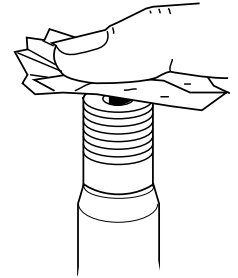


2. Remove the cover from the pen. You will be able to see the insulin in the pen.



3. **If you are using a cloudy insulin (NPH),** gently roll the pen between your hands or turn it up and down to mix the insulin.

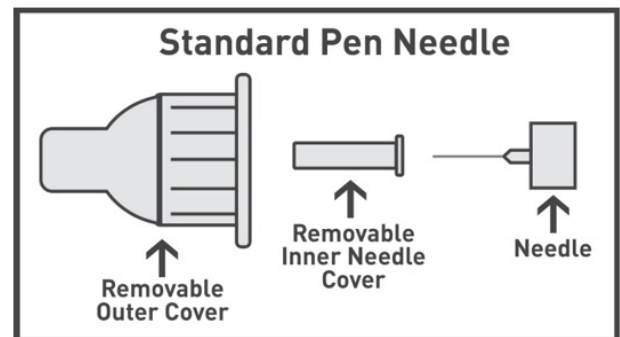
4. Clean the end of the pen with an alcohol pad where the needle twists on.



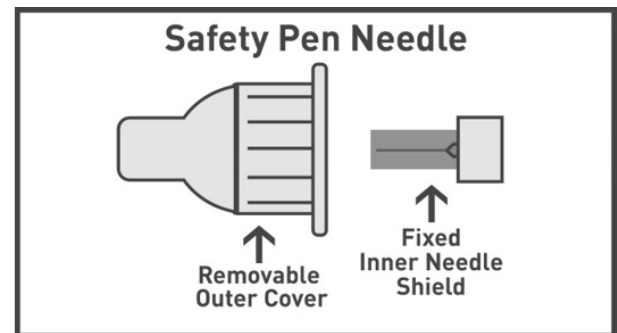
5. Attach a new needle by peeling back the paper cover and screwing it onto the pen. It should be snug but not too tight.

6. Prepare the pen needle:

- **If you are using a standard pen needle, remove both the outer cover and inner needle cover,** so you can see the needle.



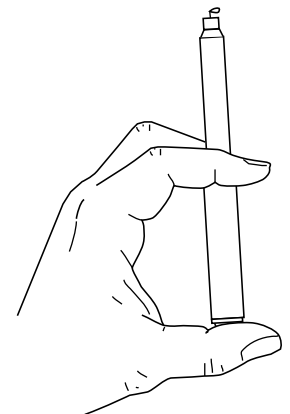
- **If you are using a safety pen needle, remove the outer cover only.** The inner needle shield stays in place. Most often these are the type of needle used in hospitals.



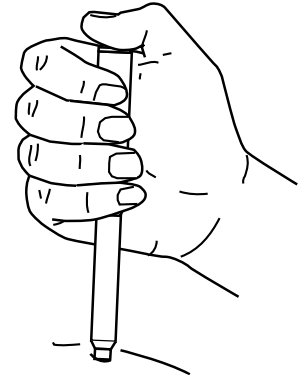
Ask your pharmacist, nurse, or diabetes educator if you have questions about this or check the manufacturer's instructions for more information.

7. Clear the air out of the pen or prime the pen.

- Turn the knob dose dial to 2 units.
- Hold the pen with the needle up in the air and push the dial knob in. Watch the tip of the needle for a drop of insulin.
- You may need to repeat the dialing to 2 units and push a few times until you see the drop on the needle, so you know you have no air in the pen.
- Dial in your insulin dose by turning the knob clockwise until you see the right number for your dose.



8. Put the needle straight into the skin at a 90-degree angle in a quick motion. Push the needle all the way into the skin.
9. Using your thumb, push the knob down slowly to inject the insulin. Hold the needle in place for a count of 10 before removing. Check that the pen is back to zero, and then pull out the needle.
10. Check the area for any redness, bleeding, or bruising.
11. Remove the needle from the pen, using the big clear cap to unscrew it. Throw it into your Sharps disposal container.
12. Put the cover back on your insulin pen.



## Low blood sugar

### General Tips

- Follow your meal plan of 3 meals and 3 snacks each day to prevent low blood sugar.
- Buy glucose tablets from your pharmacy to treat low blood sugar.
- Have your testing supplies, your glucose tablets, and 2 to 3 snacks with you at all times.

### Signs of Low Blood Sugar

Signs may be noticed by others before you notice them. Signs 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

### If you have these signs or think your blood sugar is low:

Check your blood sugar level and write down the number in your blood sugar record to share with your healthcare provider.

- **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. 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. 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 provider if you have low blood sugar more than 2 times in a week.**

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This resource is for informational purposes only. Talk to your healthcare provider if you have any questions about your care. For more education, contact the Library for Health Information at 614-293-3707 or [health-info@osu.edu](mailto:health-info@osu.edu).