

Diiwaangelinta Gulukooska Dhiigga Cuntada iyo Insulin ee Guri Tagidda

Magaca: _____

Taariikhda: _____

Fadlan fiiri ama hubi gulukooska dhiigga ka hor waqtiyada cuntada, waqtiga hurdada, iyo inta u dhexeysa 1 - 3 subaxnimo

Saacadda								
Gulukooska dhiigga								
Cuntooyinka la doorto iyo tirada kaarb ee garaam ah								
Qiyaasta Daawada Insulin ee Dhakhso u ficil gasha								
Qiyaasta Daawada Insulin ee Waqti dheer ficil gasha								
Faallooyinka								

Si aad uga warbixiso tirooyinka gulukooska dhiigga iyo wixii khuseeya isbeddellada qiyaasta daawada insulin:

- Farriin ku dir MyChart (Khariidaddayda) oo barta ujeeddada ku qor "BG Review"
- Telefoon: 206-987-2640 (dooro xulashada gulukooska dhiigga)

Adeegyo Afceliye Bilaash ah

- Isbitaalka gudihisa, weydii kalkaaliyahaaga caafimaadka.
- Isbitaalka dibaddiisa, soo wac Khadka Afcelinta Goyska (Family Interpreting Line) ee bilaashka ah, 1-866-583-1527. Afceliyaha u sheeg magaca ama khadka gaarka ah ee aad u baahan tahay.



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Isbitaalka Seattle Children's waxuu adeegyo afceliye oo bilaash ah ugu deeqaa bukaanada, xubnaha qoyska iyo wakiillada sharciiyeed ee dhego la' ama dhego culus ama ku hadla luqad aanan af Ingiriisi ahayn. Isbitaalka Seattle Children's waxuu macluumaadkan ku soo diyaarin doonaa qaabab kale marka la codsado. Xarunta Khayraadka Qoyska (Family Resource Center) ka soo wac lambarka 206-987-2201. Waxaa buugyarahan dib u eegay shaqaalaha bukaanka ee isbitaalka Seattle Children's. Hase yeeshee, baahiyahaaga ayaa gooni kuu ah. Ka hor inta aadan macluumaadkan tallaabo ku qaadin ama isku hallaynin, fadlan la hadal bixiyahaaga daryeelka caafimaadka.

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Waxbarashada Bukaanka iyo Qoyska | Hormoonada

Going Home: Blood Glucose Food and Insulin Log

Name: _____

Date: _____

Please check blood glucose before meals, at bedtime, and between 1 - 3 AM

Time								
Blood glucose								
Food choices and carb count in grams								
Rapid acting Insulin Dose								
Long acting Insulin Dose								
Comments								

To report blood glucose numbers and for insulin dose changes:

- Send a MyChart message with "BG Review" as the subject line
- Phone: 206-987-2640 (select blood glucose option)

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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