







Hagaha Dhakhsaha ah ee Daryeelka Sonkorowga




Fiiri gulukoos

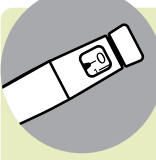
ka hor



hurdada



dhexda 1 iyo 3 subax




Bixi daawada insulin

- Bixi daawada Humalog/Novolog 15 daqiiqo ka hor cuntooyinka.
- Marwalba bixi daawada insulin si aad ugu daboosho cuntooyinka kaarb ah (marka laga reebo cuntooyinka kaarb ah ee loo cuno jimicsiga ama daawaynta gulukooska dhiigga ku yar).
- Raac xeerka 3 saacad: ha bixin qiyaas sixid haddii in ka yar 3 saacad ay ka soo wareegtay tan iyo mudistii ugu dambaysay ee daawada Humalog/Novolog; hase yeeshee, marwalba ku dabool cuntooyin kaarb.
- Isticmaal xaashidaada shaqada xisaabinta insulin si aad u ogaato qiyaasta insulin ee aad bixinayso.

Saamigayga insulin iyo kaarb:

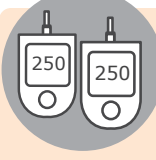
Isirkayga sixidda:

Shiishka (yada) gulukoos dhiig: Maal: Habeen:



Cuntooyin kaarb oo dheeraad ah u bixi jimicsiga

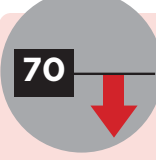
U bixi 15 garaam ee cuntooyin kaarb ah (insulin la'aan) 30kii ilaa 60kii daqiiqo ee jimicsi ah.



Ka fiiri kiimikada ketone:

- Haddii gulukooska dhiiggaagu ka sarreeyo 250 mg/dL labo jeer oo isku xigta
- Marka ilmahaagu buko, si kaste ha noqdo heerka gulukooska dhiiggu
- Haddii ilmahaagu uu matagayo

Haddii kiimikada ketone ku jirto, eego buugyaraha Maamul kiimiko Ketone (Ketone Management).



Tallaabooyinka lagu daaweeyo gulukooska dhiigga ku yar (ka yar 70 mg/dL)

- Bixi 15 garaam ee cunto kaarb ah oo dhakhso u ficil gasha (tusaale: 4 wiqiyad ee casiir miro).
- Dib u fiiri gulukooska dhiigga 15 daqiiqo ka dib.
- Dib ugu celi tallaabooyinka sare haddii gulukooska dhiiggu uusan ka sarraynin 70 mg/dL.
- Marka gulukooska dhiiggu dhaafo 70 mg/dL, qaado 15 garaam ee cuntooyin kaarb ah oo lagu qasay borotiin iyo dufan (tusaale: burcad iyo buskud karaakar, cad granola) adigoon bixinin daawada insulin.

Isbitaalka Seattle Children's waxuu adeegyo afceliye oo bilaash ah ugu deeqaa bukaanada, xubnaha qoyska iyo wakiillada sharciyeed 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







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Diabetes Care Quick Guide




Check blood glucose



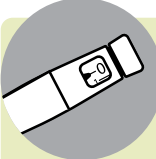
before meals



bedtime



between 1 and 3 a.m.




Give insulin

- Give Humalog/Novolog 15 minutes before meals.
- Always give insulin to cover carbs (**except** carbs that are eaten for exercise or low blood glucose treatment).
- **Follow the 3-hour rule: do not give a correction if it has been less than 3 hours since last Humalog/Novolog injection; however, always cover for carbs.**
- Use your insulin calculation worksheet to figure out how much insulin to give.

My insulin-to-carb ratio:

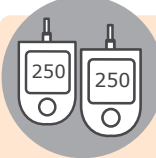
My correction factor:

My blood glucose target(s):
Day: Night:



Give extra carbs for exercise

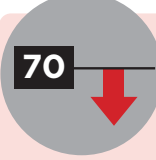
Give 15 grams of carbs (without insulin) for every 30 to 60 minutes of exercise.



Check for ketones:

- If blood glucose is above 250 mg/dL twice in a row
- When your child is sick, regardless of the blood glucose levels
- If your child is vomiting

If ketones are present, refer to the Ketone Management handout.



Steps to treat low blood glucose (less than 70 mg/dL)

1. Give 15 grams of rapid acting carb (example: 4 ounces of fruit juice).
2. Recheck blood glucose 15 minutes later.
3. Repeat above steps if blood glucose is not above 70 mg/dL.
4. Once blood glucose is greater than 70 mg/dL, eat 15 grams of carbs mixed with protein and fat (example: cheese and crackers, granola bar) without giving insulin.

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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