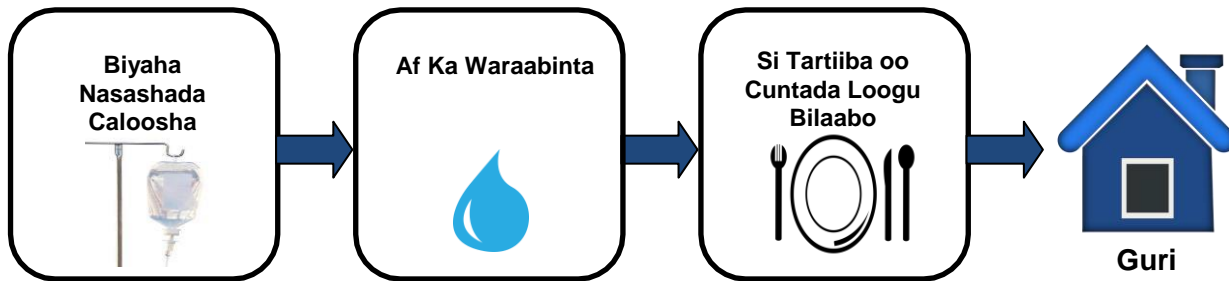


## Baxnaanada Waraabinta (Ka yar 10 kg or 22 pounds)



### Maxay Tahay Baxnaanada Af Ka Waraabinta?

Ilmahaaga waxaa laga helay calool xanuun ama “hargabka caloosha”. Waa jiro uu fayris keenay oo matag, shuban iyo mararka qaar keenta fuuqbax. Si aad u caawinto ilmahaaga waa in aad afka dareerayaal ka siisid mar kale, waxaad siin kartaa waxyar oo dareera ah dhowrkii daaqqi qaba mar. Tan waxaa la yiraahdaa Baxnaanada Afka Ka Waraabinta.

Dareeraha aad isticmaali doontid waxaa la yiraahdaa **Pedialyte®**. Dareerahani waxaa ku jira tirada milixda iyo sonkorta saxda ah, taas oo caloosha ka caawinaysa in ay qaadato biyaha. Haddii ilmahaagu qaadan waayo Pedialyte®, waxaan isku daynaa in aan iskugu darno biyo iyo casiirka tufaaxa oo is le’eg.

In aad afka ka warrabisid waxay qaadataa **1 saac**. Kalkaaliyadaada ayaa kuu sheegi doonta goorta af ka waraabinta aad bilaabi doontid. Arintan waxaa la bilaabaa 4-saac kadib marka laga siiyo biyo xididka si calooshu u nasato, ama

maalinta ka danbaysa habeenka la seexiyay isbitaalka.

Inkasta oo ilmahaagu uu rabo in uu cabo wax badan, waa muhiim **in aad siisid tirada la soo jeediyay**. Tani waxay siinaysaa caloosha wakhti ay wax ku qaadato iyo iyada oo ka maanacaysa mataga.

Waxaa suurto gal ah in uu diido cabida marka ugu horaysa, laakiin way fiicnaanaysaa marka dhowr jeer wax la siiyo.

### La socodsii kalkaaliyada haddii ilmahaagu:

- Diido in uu wax cuno
- Matago
- Shuban uu dhigo

### Maxaad u baahantahay in aad samaysid?

- Koobta yar ee daawada ama silingaha aad ku qaadid dareere aan badnayn
- Saacad aad kula socotid wakhtiga
- “Diiwaanka siinta” ee la socda warqadaan
- Qalin biire ama laabis aad wax ku qortid

## Diiwaanka Siinta Baxnaanada Af ka Waraabinta

<b>Wakhti</b> U Dhaxaysii 5 daqiiqo (Qor wakhtiga aad wax siisid)	<b>Tirada dareeraha (ml)</b> (Tirada aad siisay isku tilaab mari)	<b>Matag?</b> (Goobaabi haa ama maya)
<b>Tusaale: 8:15 a.m.</b>	<del>5 ml</del>	<b>Yes/No</b>
	5 ml	Haa/Maya
	5 ml	Haa/Maya
	5 ml	Haa/Maya
	5 ml	Haa/Maya

### La socodsii kalkaaliyada ilmahaaga inta aadan u kordhin waxaad siinaysid

	10 ml	Haa/Maya
	10 ml	Haa/Maya
	10 ml	Haa/Maya
	10 ml	Haa/Maya
	10 ml	Haa/Maya
	10 ml	Haa/Maya
	10 ml	Haa/Maya
	10 ml	Haa/Maya

### La socodsii kalkaaliyada ilmahaaga marka aad dhamaysid

Disclaimer: This guideline is designed for general use with most patients; each clinician should use their own independent judgment to meet the needs of each individual patient. This guideline is not a substitute for professional medical advice, diagnosis or treatment.