Qalabka neef-qaadashada
(Somali)

Waa maxay qalabka neef-qaadashada?

Qalabka neef-qaadashadu waa mid gacanta lagu qabto kaasoo u gudbiya tiro daawa ah oo qiyaasan sanbabada markii neefta la jiido. Waxaa jira daawooyin badan, waxay ku kala yimaadaan laba nooc oo qalabka neef-qaadashada ah.

- **qalabka neef-qaadashada ee daawada qiyaasan (QNDQ) -** daawadu waa dhado oo kale, waxayna soo baxdaa markii hoos loo riixo qalabka neef-qaadashada.
- **qalabka neef-qaadashada ee budada qalalan (QNBQ)** - daawadu waa budo, waxayna howl gashaa marka neefta la jiido (waxay ku timaadaa Diskus® ama Turbuhaler®.)

Sidee ayaan u isticmaalaa qalabka neef- qaadashada?

Waxaa suurto qal ah in aad heshid hal nooc ama noocyo kala duwan oo qalabka neef-qaadashada ah. Waxay qalabyada neef-qaadashadu u baahanyihiin in loo isticmaalo sida saxda ah si ay shaqada shaqo ugu fiican ay u qabtaan. Haddii aad si khalad ah u isticmaashid, waxaa suurto gal ah daawada qaarkeed ama kuligeedba in aysan gaarin sanbabada oo aysan dhaafin afkaaga gadaashiisa.

Raac tusaalooyinka hoos ku qoran ee u gaarka ah nooca qalabka neef-qaadashada laguu qoray.
Waydii kalkaaliyaha/da ama qofka ku takhasusay daryeelka sanbabada in ay ku fiiriyaan sida aad u isticmaalaysid. Si daawadu u gaarto sanbabada waa in aad hubisaa in aad u taagantahay ama u fadhidaa si toosan.

Haddii aad isticmaashid wax ka badan hal daawo oo tan lagu neefsada ah markii, waxaad u baahantahay in aad u hormarisid daawada markiiba shaqaysa (sida albeetroolka) waxa loo qaataa si ay u furto hawo mareenada. Sidaasi waxay caawinaysaa in daawada ama daawooyinka kale si fiican ay u gaaraan sanbabada si ay si fiican ugu shaqeeyaan sanbabadu.

Inhalers
(English)

What is an inhaler?

An inhaler is a hand-held device that delivers a measured amount of medicine to be breathed into the lungs. There are many medicines, and they come in two types of inhalers:

- **metered dose inhaler (MDI)** - the medicine is a mist, which comes out when you press down on the inhaler.
- **dry powder inhaler (DPI)** - the medicine is in a powder form, and activated when you breathe in (available in a Diskus® and a Turbuhaler®).

How should I use an inhaler?

You may have one or more types of inhalers. They need to be used correctly to do the most good. If you use them wrong, most or all of the medicine will not go into the lungs, but will end up in the back of your mouth.

Follow the instructions below for the type of inhaler prescribed. Ask the nurse or respiratory care practitioner to watch you use it. Be sure to stand up or sit up straight, to help the medicine go deeply into the lungs.

If you use more than one kind of inhaled medicine at a time, the quick-acting bronchodilator (such as albuterol) should be taken first to open the airways. This helps the other medicine(s) go deeper into the lungs, so they will work better.

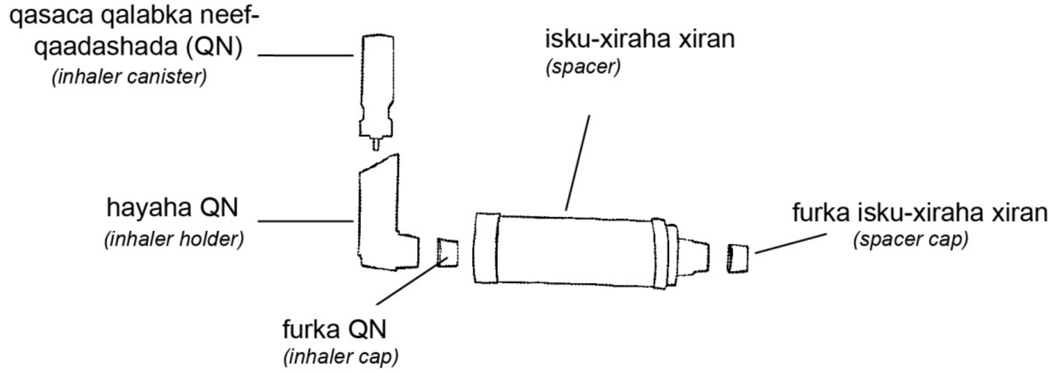
Qalabka neef-qaadashada ee daawada qiyaasan (QNDQ)

Qalabka neef-qaadashada dawaada qiyaasan waxaa loo isticmaalaa qalab isku xira oo la yiraahado isku- xiraha xiran. Waxuu daawada dhadada oo kale ah gaarsiiyaa gudaha hawo mareenada. Marba mar inta ay ka yartahay daawadu in ay joogto cunaha, waa marba mar inta ay ka yartahay in ay ilmaha u keento xabeeb ama xanuun ku yimaada cunaha ama carabka. Ilmaha yar yar waxaa suurto gal ah in ay u baahanyihiin in ay la isticmaalaan maaskaro isku - xiraha xiran. Kala hadal dhakhtarkaaga ama kalkaaliyaha midka ugu fiican isku-xiraha xiran ee kugu haboon.

Metered dose inhaler (MDI)

A metered dose inhaler is used with a spacing device, also called a spacer or holding chamber. It helps the mist reach deeply into the airways. The less medicine stays in the throat, the less likely your child will have such side effects as hoarseness or irritation of the throat or tongue. Younger children may need to use a spacer with a mask. Talk with your doctor or nurse practitioner about which spacer is right for you.

Qalabka neef-qaadashada iyo isku xiraha qaybqaybiya qaybahiisa *(Inhaler and spacer parts)*



Raac tilaabooyinka soo socda:

1. Ka fur furka qalabka neef-qaadashada iyo isku-xiraha xiran, hubso in aysan daawo ku harin si aan si khalad ah loogu neefsan.

2. Si fiican u rux qalabka neef-qaadashada (ilaa 5 sakan) si ay daawadu isugu qasanto xoogna ay uga baxdo meesha. Marka kuugu horaysa oo aad isticmaashid qalabka neef-qaadashada ee daawada qiyaasan (QNDQ), tijaabi oo ku buufi hawada si aad u aragtid in uu shaqaynayo iyo in kale.

3. Gali qalabka neef-qaadashada isku-xiraha xiran. Si toosan oo camuudi ah u qabo qalabka neef-qaadashada haddii kale ma buufsamy doono.

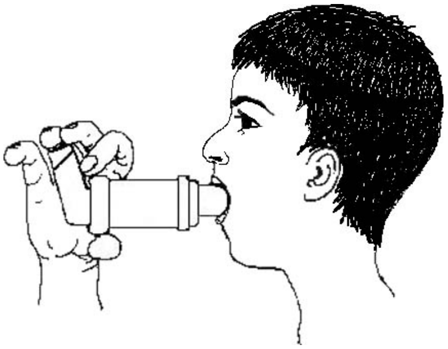
Follow these steps:

1. Remove caps from the inhaler and the spacer and make sure nothing is there that could be accidentally inhaled.

2. Shake the inhaler well (about 5 seconds) to mix the medicine and propellant. The first time you use an MDI, do a test spray into the air, to see that it works.

3. Insert the inhaler into the spacer. Hold the inhaler upright or it will not spray.

4. Gali qaybta afka loogu talo galay afka, adigoo carabka ka kormarinaya, ilkahaaga kore iyo kuwa hoosana u dhaxaysiinaya. Ku xir bishimahaaga adigoo qalabka neef-qaadashada iyo madaxaagaba dib u leexinaya



1. Put the mouthpiece into your mouth, over your tongue and between your teeth. Close your lips around it while tilting your head and the inhaler back slightly.

5. Ka fakar neefsashadaada, u neefso si caadi ah. Markaad diyaar tahay, si tartiib ah neefta uga saar sanbabadaada.

5. Thinking about your breaths, breathe normally. When ready, breathe out slowly all the way.

6. U riix hoos qalabka neef-qaadashada adiga oo neefta tartiib dib ugu jiidaya.

6. Press down on the inhaler at the start of a slow deep breath.

7. **Tartiib** uga neefso afka adiga oo neefta gaarsiinaya **meel fog**, waxay qadataa 3 ilaa 5 sakan in ay sanbabadu buuxsamaan. (Deg deg u neefsashadu waxay keentaa inay daawadu ku dhagto afkaaga gadaashiisa. Qaar ka mid ah isku-xirayaasha xiran waa fooryaan, hadii deg deg neefta u jiidid).

7. Breathe in **slowly and deeply** through your mouth, taking at least 3 to 5 seconds to fill your lungs completely. (Breathing too fast makes the medicine stick to the back of the mouth. Some spacers whistle if you breathe too fast.)

8. Neefta isku cali muddo 10 sakan ah si daawadu ugu hakato sanbabada iyo hawo mareenada. (Haddii ilmahaagu uu aad u yaryahay usan neefta isku celin karin, u sheeg dhakhtarka ama kalkaaliyaha.)

8. Hold your breath for 10 seconds to let the medicine stay in the lungs and airways. (If your child is too young to hold a breath, tell your doctor or nurse practitioner.)

9. Tartiib neefta u sii daa (dibadda u neefso).

9. Exhale slowly.

10. Raac dhakhtarkaaga ama kalkaaliyaha tilmaamahooda tirade ama inta jeer oo aad isku buufinaysid. Marka aad jjidid ama isku buufisid daawada marka hore, u dhaxaysii 1 minit markaa marka xiga. Taasi waxay furaysaa xididada waa weyn oo hawada, buufinta labaadna waxay gaari doontaa tuubooyinka yar yar oo hawadu marto.

10. Follow your doctor's or nurse practitioner's instructions about the number of puffs to take. When inhaling a quick-relief bronchodilator medicine, wait 1 minute between puffs. This will open the larger airways so that the second puff will reach the smaller airways.

11. Kadib marka aad isticmaashid qalabka neef-qaadashada ee loo yaqaan corticosteroid inhaler, luqluqo tuf biyaha, hana liqin.

11. After using a corticosteroid inhaler, rinse your mouth and spit without swallowing

Sidee yaan u ogaan karaa marka uu maranyahay QNDQ?

Adiga oo jadwalka taariikhda raacaya, la soco inta jeer oo aad maalintii isku buufisid. Qalab kasta oo neef-qaadashadu waxaa ku qoran tirade inta jeer oo la isku buufin karo ama tirade daawada ku jirta. Marka aad dhamaysid ama gaartid inta jeer oo la isku buufin karo, tuur qalabka neef-qaadashada soona qaado mid cusub. Wayddii dhakhtarkaaga, kalkaaliyaha ama farmashiistaha haddii aadan hubin. In aad biyo ku ridid si aad u hubisid in daawo ku hartay iyo in kale talo **ma aha,** sidaas darteena waxaa suurto gal ah inay xumaato daawadu.

How do I know when an MDI is empty?

On a calendar, keep track of the number of puffs you use in a day. Each inhaler's label lists the number of puffs/doses that are in it. When you reach the number of puffs in the inhaler, throw it away and get a new one.
Ask your doctor, nurse, or pharmacist for help if you are not sure. Floating an inhaler in water to check it is **not** recommended, as this may contaminate the medicine.

Sidee ayaan u xanaaneeyaa QNDQ?

Nadiifi hayaha qalabka neef-qaadashada iyo isku-xirha xiran todobaadkii mar. Ku rid mashiinka maacuunka lagu dhaqo, ama gacanta ku dhaq adiga oo saabuunta maacuunka isticmaalaya, biyo raaci, kadibna hawada u dhig si ay u qalalaan. Marka aad nadiifisid, hubi in waalwalayaashu shaqaynayaan. Ku xaree meel hawada qolka oo kale leh oo qalalan, kana fog kulayl iyo iftiinka qoraxda

How do I care for an MDI?

Clean your inhaler holder and spacer once a week. Put them in a dishwasher, or wash them by hand with mild dish soap, rinse, and let air-dry. After cleaning, make sure the valves are working properly. Store at room temperature in a dry place away from direct heat or sunlight.

Qalabka neef-qaadashada ee budada qalalan: Diskus

1. Ku qabo qalabka neef-qaadashada hal gacan. Suulka ku riix meesha suulka loogu talo galay ilaa meesha ugu dabaysa, markaa waxaad arkidoontaa ama soo bixidoona qayta afka la gashado.
2. U qabo qalabka neef-qaadashada si qiyaas ah, adiga oo qaybta af galiska ay kusoo xigto. Gali tuubada ilaa aad maqashid qalac ama sharqan. Hay qalabka neef-qaadashada si aysan daawadu u khasaarin.
3. Ka fogee madaxaaga qalabka neef- qaadashada, markaa neefta iska saar ama u neefso banaanka.

Dry powder inhaler: Diskus

1. Hold the Diskus in one hand. Push the thumbgrip back as far as it will go, until the mouthpiece appears and snaps into place.
2. Tuav lub tshuaj txua npluav kheej ntawd tiaj tiaj, nrog qhov npuav ntawm qhov ncuaj tig tuaj ntawm koj. Thawb tus qhib kom txog thaum nws txhais. Cia lub tshuaj txua pluav kheej nyob twj ywm thiaj tsis nkim ib ncos tshuaj.
3. Turn your head away from the Diskus and breathe out completely.

4. Gali afka qaybta afka la galiyo iyada oo aad u dhaxaysiinaysid bishimahaaga. Neefta u jiid si siman oo aad feeraha ku gaynaysid.

5. Ka saar afka, qalabka neefta.

6. Isku celi neefta 10 sakan, kadibna si tartiib ah u neefso.

7. Xir qalabka neef-qaadashada adiga oo u riixaya meesha la qabsado gudaha ilaa meesha u danbaysa. Qalabka wuxuu suubinaya sharqan ku dareensiinaysa in uu xirmay.

8. Luqluqo, tuf biyaha hana liqin.

4. Put the mouthpiece between your lips. Breathe **in steadily and deeply.**

5. Remove the Diskus from your mouth.

6. Hold your breath for 10 seconds, then breathe out slowly.

7. Close the Diskus by sliding the thumbgrip back as far as it will go. The Diskus will click shut and the lever will be reset.

8. Rinse your mouth and spit without swallowing.

Sidee ayaan u xanaaneeyaa qalabka neef-qaadashada Diskus?

- Ha afuufin ama neef did ha ugu calin qalabka neef-qaadashada, hana isku da'yin in aad furfurtid.
- Si haboon u qabo marka aad isticmaalaysid.
- Ha dhiqin qaybta afka la galiyo ama qayb kasta oo ka mid ah qalabka.
- Ku xaree meel, hawada qolka oo kale leh oo qalalan, kana fog kulayl ama iftiinka qoraxda.
- Tuur 2 bilood marka ay ka soo wareegto marka aad ka furtay bacda, ama marka uu marato, hadba kii soo horeeya raac.

How do I care for a Diskus?

- Never exhale into the Diskus or try to take it apart.
- Keep it level when using it.
- Never wash the mouthpiece or any part of it.
- Store at room temperature in a dry place away from direct heat or sunlight.
- Throw it away 2 months after removing it from the foil wrap, or when it is empty, whichever comes first.

Sidee ayaan ku garan karaa marka ay daawadu ka dhamaato qalabka neef- qaadashada?

Meesha tilmaamta tirade daawada ku jirta ayaa kuu shayqaysa tirade ku hadhan. Mar walba oo aad istimicmaashid tirada daawadu way is dhintaa. Kadib marka aad istimaashid 55 jeer, ayaa tirada 5 ilaa 0 waxay u muuqanayaan guduud si ay kuu xusuusiso in ay daawadu dhamaad ku dhowdahay. Markii tiradu gaarto 0, tuur qalabka neef-qaadashada, isticmaal mid cusub.

How do I know when the Diskus is empty?

The dose indicator on top tells how many doses are left. The number will go down each time you use the Diskus. After 55 doses, the numbers 5 to 0 will be red to show that it's almost empty. This is when to get your next Diskus. When the number is 0, throw the Diskus away and use a new one.

Budada qalalan qalabkeeda neef- qaadashada: Turbuhaler

Diyaarinta qalabka neef-qaadashada ama Turbuhaler

Marka uu cusubyahay qalabka neef-qaadashadu wuxuu u baahanyahay in loo diyaariyo in la isticmaalo, ka hor inta uusan shaqo bilaabin. (Uma baahnid in aad mar kale u diyaarisid in la istimaalo, xataa haddii uu yaal o aan la istimaalin muddo badan). Raac tilaabooyinkaan:

1. Wareeji furka kana bixi.
2. U qabo qalabka neef-qaadashada kor iyada oo af galisku kor jiro.
3. Si buuxda ugu wareeji midigta meesha la qaban karo oo qaxwaha u eg, kadibna bidixda u wareeji.
4. Ku celi. Hadda waa u diyaar in la isticmaalo.

Isticmaalka Qalabka neef-qaadashada (turbuhaler)

1. Wareeji furka kana bixi. U qabo qalabka neef-qaadashada kor iyada oo af galisku kor jiro.
2. U wareeji meesha la qabto oo midabka qaxwaha leh midigta ilaa inta uu soconkaro, kadibna u wareeji bidixda ilaa aad sharqan maqashid ama dhag.
3. Ka fogee madaxaaga qalabka neef- qaadashada, markaa neefta ka saar sanbabdaada dhamaan. (Ogoy: ha ruxin ama qasin, hana ku neefsan qalabka neef- qaadashada).
4. Gali afka qaybta afka la galiyo bishimahaaga dhexdooda, markaas si xoog ah u jiid neefta si aad u buuxisid sanbabadaada.
5. Ka saar qalabka neef-qaadashada afkaaga.
6. Isku cali neefta muddo 10 sakan ah, kadib si tartiib ah u neefso.

Dry powder inhaler: Turbuhaler

Priming the Turbuhaler

A new Turbuhaler should be primed once before its first use. (No further priming is needed, even if it is unused for a long time.) Follow these steps.

1. Turn the cover and lift it off.
2. Hold the Turbuhaler upright, with mouthpiece up.
3. Twist the brown grip fully to the right and back again to the left.
4. Repeat. Now it is ready for use.

Using the Turbuhaler

1. Twist the cover and lift it off. Hold the Turbuhaler upright (mouthpiece up).
2. Twist the brown grip to the right as far as it will go, then back to the left until it clicks.
3. Turn your head away from the Turbuhaler and breathe out completely. (Note: Do not shake or exhale into it.)
4. Put the mouthpiece between your lips and inhale deeply and forcefully to fill your lungs.
5. Remove the Turbuhaler from your mouth.
6. Hold your breath for 10 seconds; then breathe out slowly.

7. Ku celi tilaabadii 2aad ilaa tan 6aad, hadii laguu qoray in aad labo jeer aad daawada qaadatid.

8. Markaad dhamaysid, furka badal wareejina si aad u xirtid.

9. Luqluqo, tuf biyaha hana liqin.

Sidee ayaan u xanaaneeyaa qalabka neef-qaadashada?

- Ku xaree meel, qolka hawadiisa oo kale leh oo qalalan, kana fog kulayl ama qorax toos ugu dhacdo.
- Tuur marka ay gaarto taariikhda ku kor qoran qalabka neef-qaadashada korkiisa, ama marka daawadu ka dhamaato, hadba koodii soo horeeya.

Sidee ayaan ku garan karaa marka ay daawadu ka dhamaato qalabka neef- qaadashada?

Qalabka neef-qaadashada marka uu cusubyahay waxaa ku jira 200 doos. Marka aad ku aragtid calaamad guduudan meesha daawada laga fiiriyo oo ku taal meesha afka la galiyo hoosteeda, waxay kuu sheegaysaa in 20 dooso ku hartay. Waa markaa marka aad u baahantahay in uu diyaar kuu yahay qalabka neef-qaadashada ee midkaa xigay. Markii calaamada guduudan ay marayso salka meesha la fiiriyo daawada, tuur bilowna inaad isticmaashid mid cusub.

Su'aalo?

Warqadaani gaar uma aha ilmahaaga, laakiin waa warbixin guud. Haddii aadan fahmin waxay daawadu tarayso sanbabadaada, ama aad qabtid su'aalaad kale, fadlan wac kiliniga. Haddii daawada dhakhsaha u shaqaysaa wax ka badali waydo neef-qaadashadaada, **wac 911.**

Haddii aad u baahan tahay qoraalo dheeraad ah oo kusaabsan warqadaan ama mawduucyo kale ee caafimaad, fadhlan wac Maktabada Xarunta Adeegyada Qoyska ama booqo shebekeda internetka ee childrensMN.org.

7. Repeat steps 2 through 6, if a second puff is prescribed.

8. When finished, replace the cover and twist shut.

9. Rinse your mouth and spit without swallowing.

How do I care for a Turbuhaler?

- Store at room temperature in a dry place away from direct heat or sunlight.
- Throw it out by the date shown on the inhaler, or when it is empty, whichever comes first.

How do I know if a Turbuhaler is empty?

A new Turbuhaler has 200 doses. When you see a red mark at the top of the dose indicator window (below the mouthpiece), there are 20 doses left. This is when to get your next Turbuhaler. When the red mark reaches the bottom of the window, throw the Turbuhaler away and use a new one.

Questions?

This sheet is not specific to your child, but provides general information. If you do not understand how your medicines work in your lungs, or have any other questions, please call the clinic. If difficult breathing is not relieved by your quick-acting bronchodilator, **call 911.**

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our Web site: childrensMN.org.