

## **Diazepam dhacaan ah oo dabada lagu shubo guriga markii la joogo**

### **Sidee bay daawadani u shaqaysaa?**

Diazepam (dy-**aze**-eh-pam, loona yaqaan Valium®) waa mid looga hortago suuxdimaha joojisana, dajinaysana shaqada maskaxda caadi aan ahayn. Caadiyan waxay shaqaysaa 2 ilaa 10 daqiiqo.

### **Waa maxay waxyeeladeeda kale?**

Diazepam waxay caadiyan keentaa hurdo. Sidoo kale ilmaha waxay u keentaa jahawareer, dawakhsanaan, ama tarsiis xaga hadalka. Waa naadir, diazepam in u keento ilmaha dhibaato neefta ah ama dhibaato sii fog.

### **Raac talooyinka dhakhaatiirtaada daryeelka amaradooda tirade daawada aad siinaysid, goorta aad siinaysid diazepam iyo in aad mar labaad siinkartid.**

Daawadan waa in ay la socotaa ilmaha meel kasta oo uu aado. Waa in aad wadataa qalabkaaga oo dhan sida (silingaha daawadu ku jirto iyo saliidaynta) oo wada jira oo aad si sahal ah ku heli kartid.

### **Goorma ayay tahay in aan Waco dhakhtarka?**

- Haddii suuxdimoo badan qabato ilmahaaga, uusana ku soo noqon waayo sidiisii caadiga ahayd.

### **Goorma ayay tahay in aan Waco 911?**

- Haddii ay neeftu dhibayso ama midabkiisu isu badalo buluug.
- Haddii suuxdimaha ilmahaagu ka duwan yahay kuwii hore, kana khatarsanyahay kuwii hore.
- Haddii ilmahaaga aad ku aragtid astaamaha xasaasiyada, sida finan, ama uu leeyahay neef foori ah.
- Haddii ilmahaagu uusan kuu jawaabayn marka suuxdimahu joogsadaan.
- Haddii aad siisid diazepam marka labaad suuxdintuna ay joogsan weydo.
- Haddii diazepam uusan joojin suuxdimaha 10 daqiiqo gudaheed ama wakhtiga dhakhtarku yiri.

Haddii neefsashadu istaagto, **bilow badbaadinta neefsashada, wac 911 si loo qaado.**

**Haddii suuxdintu aysan ku yaraan isla wakhtigii loo cayimay, sii daawada mar labaad haddii dhakhtarku saa ku faray.**

### **Maxaa kale oo aan u baahnahay in aan ogaado?**

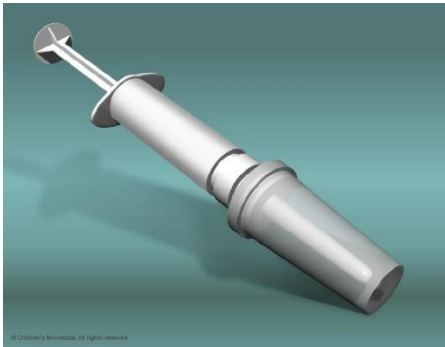
- Ilmahaagu saxaro qurmuun ayuu dhigi doonaa daawadaan kadib.
- Aqood magacyada iyo tirade daawooyinka la siiyo. **La wadaad macluumaadkaan** qof walba oo ka ah mid daryeelayaasha caafimaadka ilmahaaga.
- U soo qaad daawada qeybta bukaan socodka ama qaybta deg dega.
- Hubi in aad daawo kugu filan haysatid mar walba.
  - La soco tirada daawada kuugu hartay farmashiga mar kasta oo aad mid ka qaadanaysid.
  - Farmashigu wuxuu u baahanyahay 2 ama 3 maalmood si uu u cusboonaysiiyo daawadaada haddii wakhtigeedii dhamaado.
  - Bil walba fiiri goorta ay dhacayso. Hubi silingayaasha cusub in la isticmaali karo ugu yaraab 6 bilood.
- Ku kaydi dhamaan daawooyinka sanduuqa lagu keenay, ka fogee iftiinka qoraxda ama kulaylka. Ha dhigin meel huur leh sida musqusha. Dig meel aysan ilmuhu gaarin, meel ku quful haddii ay suurto gal tahay.

- Haddii aad diyaarad raacaysid, ku qaad daawada sanduuqii lagu keenay iyada oo ay la socoto warqaddii daawada laguugu qoray maadaaba ay tahay daawo si aad ah loo ilaaliyo.

**Haddii aad siisid diazepam badan, ka wac Barta Sunta Xakamaysa (Poison Control Center) taleefankan 1-800-222-1222.**

Haddii aad wax su'aala qabtid, fadlan wac bukaan socodka ama farmashiyaha.

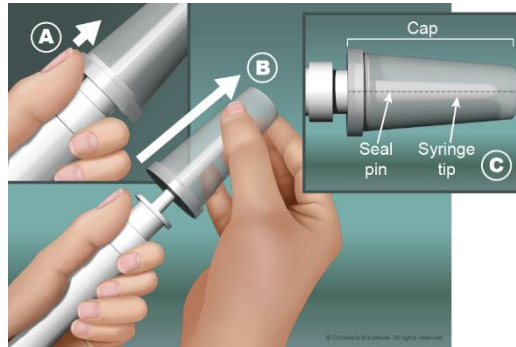
## Sida aad u siinaysid diazepam



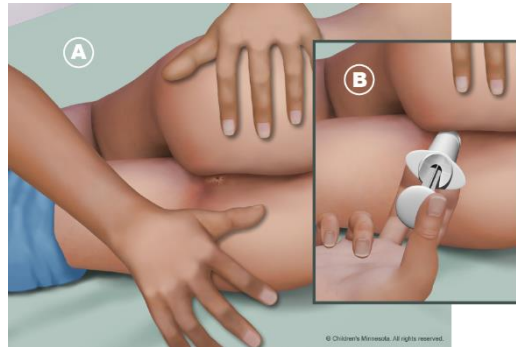
Soo qaad silingaha.



Dhinac u jiifi ilmaha. Hubi in uusan dhicin. Ilmaha oo xaggaaga u soo jeeda, barida qaawi. Lugta kore soo laab si futadu u muuqato.



Furka ka qaad. Hubi in biinka ku xiran aad ka saartid.



A) Barida kala qabo. B) si tartiib ah u gali silingaha afkiisa futada ilaa meesha balaaran.



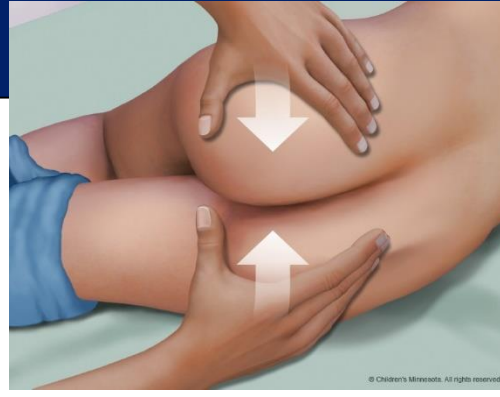
Saliidee afka hore.



Tiri ilaa 3 adiga oo tartiib u riixaya silingaha ilaa uu ka istaago.



Tiri ilaa 3 ka hor inta aadan ka saarin silingaha.



Tiri ilaa 3 adiga oo isku qabanaya barida si aysan daawo u soo noqon.

### Sidee u tuuraa daawada?

Si aad u tuurtid daawada aan la isticmaali, Isbitaalka caruurta wuxuu soo jeedinayaa in la isticmaalo nidaamka tuurista daawada (medication deactivation system), kaasoo laga helo farmashiyaha. Ku rididdida daawo nidaamka tuurista daawada (medication deactivation system) wuxuu caawinayaa amaanka dadka kale iyo cii'adda.

Raacida ku rididdida daawada nidaamka tuurista daawada iyo tuurista daawada ku hartay siligaha.

Tuurida daawada ku hartay siligaha:

1. Dib u riix riixaha daawada silingaha.
2. Silingaha afkiisa geli bacda nadaamka tuuridda daawada (medication deactivation system)
3. Ku celi daawo riixaha silingaha riixna ilaa uu ka istaago

Mar haddii daawadii laga saaray silingaha, ku tuur silingaha qashinka. Ha isticmaalin silingaha.

### Su'aalo?

Macluumaadkani uma aha khaas ilmahaaga, laakiin waa macluumaad caam ah. Haddii aad wax su'aala ah qabtid, fadlan soo wac bukaan socodka.

