

Hagaajinta caanaha (Pregestimil®)

Maxaan ugu baahanahay inaan hagaajiyo kalooriyeyasha ku jira caanaha ilmahayga?

Pregestimil® waxaa loo sameeyaa dhallaanka xasaasiyadda qaba ama u baahan dawo ay u fududahay inay dheefshiidaan. Caadi ahaan caanahan waxa loo diyaariyaa 20 kalori halkii wiqiyadood, laakiin dhallaanka qaarkood waxa laga yaabaa inay u baahdaan heerka kalooriyada kala duwan si ay u helaan qaddarka saxda ah miisaanka.

Sideen isku daraa caanaha?

1. Gacmaha si fiican ugu dhaqo saabuun iyo biyo. Dhaq dusha sare ee qasacadda caanaha formula ka hor inta aadan furin si aad uga ilaaliso in jeermisku u gudbo masaasadda. Isticmaal weelasha cabbiraadda oo nadiif ah iyo weel.
2. U daa biyaha tuubada qabow inay socdaan 2 daqiiqo ka hor inta aanad ku darin caanaha si aad u nadiifisid biyaha fadhiya tuubooyinka. Biyaha ceelka waxa ku jiri kara bakteeriyo mana aha in loo isticmaalo samaynta caanaha dhallaanka.
3. Fiiri jaantuska cunto karinta ee bogga 2. Isticmaalka koob cabbir dareere saafi ah, cabbir qiyaasta biyaha la rabo. Meel siman dhigo koobka wax lagu cabbiro, oo adigoo gaarsiinaya indhaha iska hubso heerka caanaha.
4. Kudar **xirxiran**, cabbirada heerka budada caanaha ilaa biyaha. Isticmaal qaado oo kaliya ee ku jirta qasacadaha caanaha ama koobabka cabbirka ee loogu talagalay maaddooyinka engegan.
5. Isku qas ama si fiican u rux ilaa ay burooyinku ka baxaan.

Ilaa intee ayaan haysan karaa caanaha?

Ku kaydi caanaha la diyaariyey weel daboolan qaboojiyaha. Tuur caanaha aan la isticmaalin ee laga sameeyay budada 24 saacadood ka dib. Tuur wixii budada caanaha ah ee aan la isticmaalin hal bil kadib markaad daasadda furto.

U diyaargarowga quudinta ilmahaaga

1. Si fiican u rux caanaha.
2. Diiri caanaha adiga oo dhalada ku dhejiya biyo diiran.
Ha samayn isticmaal microwave-ka sababtoo ah waxay u kululaataa si aan sinnayn, taasoo keenta "dhibacyo kulul" oo gubi kara afka ilmaha.
3. Diirinta ka dib, rux dhalada mar kale. **Had iyo jeer** tijaabi heerkulka caanaha ka hor quudinta.
4. Tuur caanaha ee ku haray dhalada ilmaha quudinta ka dib.

Su'aalo?

Haddii aad na weydiineyso wax su'aalo ah, la soo xiriir qeybta Adeegyada Nafaqada ee isbitaalka saacadaha maalintii.

Children's – Minneapolis

612-813-6865 ama 612-813-6960 (NICU)

Children's – St. Paul

651-220-5678.

Pregestimil® Shaxda cunto karinta

Kalooriyada halkii wiqiyadood	Biyo	Budada caanaha (xirxiran, heerka)	Qiyaas ahaan mugga ugu dambeeya
☐ 22	5½ wiqiyadood (165 ml)	3 qaado	6 wiqiyadood
	9 wiqiyadood (270 ml)	5 qaado	10 wiqiyadood
	13 wiqiyadood (390 ml)	½ koob	14½ wiqiyadood
	17 wiqiyadood (510 ml)	2/3 koob	19 wiqiyadood
	26 wiqiyadood (780 ml)	1 koob	29 wiqiyadood
☐ 24	5 wiqiyadood (150 ml)	3 qaado	5½ wiqiyadood
	8 wiqiyadood (240 ml)	5 qaado	9 wiqiyadood
	11½ wiqiyadood (345 ml)	½ koob	13 wiqiyadood
	17½ wiqiyadood (525 ml)	¾ koob	20 wiqiyadood
	23 wiqiyadood (690 ml)	1 koob	26½ wiqiyadood
☐ 26	3 wiqiyadood (90 ml)	2 qaado	3½ wiqiyadood
	7 wiqiyadood (210 ml)	1/3 koob	8 wiqiyadood
	10½ wiqiyadood (315 ml)	½ koob	12 wiqiyadood
	16 wiqiyadood (480 ml)	¾ koob	18½ wiqiyadood
	21 wiqiyadood (630 ml)	1 koob	24 wiqiyadood
☐ 27	5 wiqiyadood (150 ml)	¼ koob	6 wiqiyadood
	7 wiqiyadood (210 ml)	5 qaado	8 wiqiyadood
	10 wiqiyadood (300 ml)	7 qaado	11½ wiqiyadood
	13 ½ wiqiyadood (405 ml)	2/3 koob	15 ½ wiqiyadood
	20½ wiqiyadood (615 ml)	1 koob	24 wiqiyadood
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Fiiro gaar ah: Si aad u samayso caanaha 20 kalori-wiqiyadood, raac tilmaamaha ku yaal qasaca.