



Caring Innovation

Hagaha tallaabo ka tallaabada ah ee isku duritaanka guriga

(ee loogu talagalay iska duritaanka
maqaarka hoostiisa)

Iskaan garee si aad
u aragto hagayaasha
muuqaalka ama
fiidiyowga is-
duritaanka:



Wixii macluumaad dheeraad ah fadlan booqo:
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Gogoldhigga

Kahor inta aadan bilaabin qaadashada daawada, hubi waxa ku jira xirmadaada loogu talagalay daryeelka guriga si aad u hubiso in waxyaabaha soo socda ay ku jiraan:

- 20 x 2ml silingooyin qaada
- 20 x irbadaha waaweyn ee cagaaran
- 20 x irbadaha duritaanka ee jaallaha ah
- 20 x caagga cad ee lagu jebiyu dhalada biyaha daawada
- 1 x weelka biraha afaysan

Xir qaybta sare adoo adeegsanaya salka hoose weelka biraha afaysan, balse ha ku xirin furka ama daboolka.

Hubi inaad haysato tirada saxda ah iyo qaddarta dhalooyinka daawada bacriminta sida lagu qeexay rijeetadaada.

Waa inaad haysato tiro isku mid ah oo dhalooyinka milmiyaha iyo dhalooyinka daawada bacriminta.

Takhasusle ayaa goor hore kaala hadli doona wax ku saabsan isku duritaanka irbadda adoo jooga guriga iyo isticmaalka weelka biraha afaysan. Buug-yarahan iyo xirmada uu tilmaamayo waxaa loogu talagalay iska duritaanka maqaarka hoostiisa (irbadaha laga qaato maqaarka hoostiisa).

Markuu weelka biraha afaysan buuxsamo ama aad wada qaadato daawadaada, ku xir furka ama daboolka weelka biraha afaysan oo u qub sida ay ku fartay rugta caafimaadkaaga.

Kahor inta aadan diyaarin irbadda koowaad, dhaq gacmahaaga oo hubso inaad haysato saxxad nadiif ah oo aad saarato dhammaan alaabta aad u baahan tahay:-

1. Hal caagga lagu jebiyu dhalada daawada ah
2. Hal saliinge oo 2ml qaad ah
3. Hal xabo irbadda weyn ee cagaaran, oo dheer
4. Hal xabo irbadda duritaanka ee jaallaha ah, oo gaaban
5. Daawooyinkaaga

Haddii xirmada ay ku jiraan irbadaha ama saliingooyinka ay dilaacsan tahay oo ay koolada ka fuqday, ha isticmaalin saliingooyinkaas ama irbadahaas, balse ku qub weelka biraha afaysan.

Saar saxxadda tirada saxda ah ee dhalooyinka daawada (daawoyinka) iyo dhalooyinka biyaha daawada (milmiyaha) ee loogu talagalay duritaankaaga ugu horreeya.

1. Diyaarinta saliingaha iyo irbadda

Ka fur baakada irbadda weyn ee cagaaran, ee dheer.

Ka fur hal saliinge xirmada ay ku jirto.

Isku xir irbadda daawada lagu soo qaado iyo saliingaha, adigoo furka ama daboolka ka qaadin irbadda.

Saar saliingaha iyo irbadda sagxadda dusheeda.



2. Furida dhalada milmiyaha

Dhibicda midabka leh ee muuqata hoosteeda ee ku taala qaybta sare dhalada milanka, ayaa dhalada laga jilciyay si sahlan si loogu jabiyo. Soo qaad dhalada milmiyaha oo si khafiif ah uga garaac qeybta sare si dareeraha oo dhan ee kor ku jira uu hoos ugu soo dhaco qolqolka hoose.

Hal gacan ku qabo dhalada milanka, iyadoo dhibicdu kaa sii jeedo adoo gacanta kale ageesanayna saar cirifka dambe ee dhalada milanka laga jabiyo oo si xooggan u qabo qaybta sare ee caagga lagu jebiyo dhalada milanka ilaa aad ka maqasho dhawaaqa jabka dhalada.

Ugu qabo si xooggan hal gacan qaybta hoose ee dhalada milanka oo jabi qaybta sare ee dhalada milanka adoo gacanta kale ugu riixaya caagga lagu jebiyo dhalada milanka dhankaaga.

Saar dhalada milanka ee furan sagxada aad isticmaalayso. Ku rid qaybta dambe jaban iyo caagga lagu jebiyo dhalada milanka gudaha weelka biraha afaysan.



3. Ku shubida milmiyaha gudaha saliingaha

Soo qaad saliingaha la diyaariyay oo irbadda ka siib furka ama dabolka saaran.

Adoo hal gacan ku qabanaya saliingaha oo gacanta kale ku qabanaya dhalada milanka ku jiro, geli irbadda gudaha milmiyaha. Ku soo qaad dareeraha oo dhan saliingaha, adigoo hubinaya in caarada irbadda ay ka hooseyso sagxadda dareeraha.

Tani waxay yaraynaysaa fursadda ay hawada ku geli karto saliingaha.

Beddel daboolka ama furka saaran irbadda oo ku rid dhalada biyaha daawada ee madhan gudaha weelka biraha afaysan.



4. Diyaarinta daawada si aad isugu durto

Soo qaad dhalada ay daawada ku jirto (buddada cad) oo ka fur furka ama daboolka caagga ah, adoo muujinaya dahaarka goomaha ah ee ku yaala dusha dhalada daawada.

Soo qaado saliingaha oo irbadda ka siib furka ama daboolka.

Dur dahaarka goomaha ah ee saaran dusha sare dhalada daawada adoo adeegsanaya irbadda oo si tartiib ah dareeraha ugu shub gudaha dhalada daawada ee buddada cad ah.

Buddada cad waxay isla markiiba way milmi doontaa iyadoo aan loo baahnayn in la ruxo dhalada daawada.

Si tartiib ah xalka ugu soo qaad saliingaha.

Haddii lagu qoray wax ka badan hal dhalo oo daawo ah duritaan kasta, markaa ku shub xalka horay ugu sii jiray saliingaha dhalada daawada ee xigta, adoo ku celinaya tallaabada 4-aad.

Warqadda yar ee ku jirta xirmada daawadaada waxay ka kooban tahay macluumaad ku saabsan tirada ugu badan ee dhalada daawada ee lagu milmin karo hal dhalada (1ml) milmiyaha ah.



5. Diyaarinta saliingaha si aad daawada isugu durto

Marka tirada saxda ah ee dhalooyinka daawada lagu soo qaado saliingaha:

Wax yar dib u celi quusiyaha si aad u hubiso inuu wax dareere ah ku harin irbadda.

Beddel furka ama daboolka saaran irbadda daawada lagu soo qaado.

Kala bixi irbadda daawada lagu soo qaado iyo saliingaha oo weelka biraha afaysan kula rid dhalada maran ee daawada

Ka saar irbadda duritaanka ee jaallaha ah, ee gaaban xirmada oo si adag ugu xir saliingaha.



6. Ka qaadashada irbadda gacanta

Siib furka ama daboolka irbadda saaran oo ka fiiri saliingaha inuu leeyahay abur hawo ah.

Qabo saliingaha adigoo caarada irbadda kor u jeedinaya oo si tartiib ah fartaada ugu garaac saliingaha ilaa aburaha oo dhan ay isugu soo uruuraan xagga sare.

Si tartiib ah u riix quusiyaha siliingaha ilaa aburada oo dhan laga saaro oo gobo' dareere ah ka soo muuqato dhammadka irbadda.

Hadda waxaad diyaar u tahay inaad irbadda qaadato taasoo ay tahay inaad qaadato isla markiiba.

Takhasulaha ayaa kaala talin doona halka aad iska duri doonto, tusaale ahaan caloosha, qaybta hore bowdada (saracda) – iyo sida loo diyaariyo goobta la durayo.

U diyaari goobta aad dooratay inaad iska durto siduu kuula taliyay takhasuslaha.

Si xoogan far iyo suul ugu qabo maqaarka oo ku dur irbadda adoo adeegsanaya xagal 45° ilaa 90° ah, adoo iskaga duraya maqaarka hoostiisa sidii lagu baray.

Si toos ah ha isaga durin xiddidka.

Isku dur xalka adoo hoos u riixaya quusiyaha, oo qaadnaya waqti kugu filan si aad isugu durto dareeraha oo dhan.

Iska bixi irbadda oo u nadiifi maqaarka siduu kugula taliyay takhasuslaha

Ku rid saliingaha la isticmaalay, irbadda duritaanka iyo dhalooyinka biyaha ama daawada ee soo haray gudaha wheelka biraha afaysan.

Markuu wheelka biraha afaysan buuxsamo ama aad wada qaadato daawadaada, ku xir furka ama daboolka wheelka biraha afaysan oo u qub sida ay ku fartay rugta caafimaadkaaga.





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Dhacdooyinka Xun

Haddii aad isku aragto waxdhimaalo, la hadal dhakhtarkaaga, farmashiistahaaga ama kalkaaliyahaaga. Tani waxaa ku jira waxdhimaalo kasta oo suurtagal ah oo aan lagu xusin warqadda yar ee ku dhagan xirmada.

Waxaad sidoo kale si toos ah waxdhimaalada adoo u maraya Qorshaha Kaarka Jaallaha ah (Yellow Card Scheme) ku soo sheegi kartaa barta <https://yellowcard.mhra.gov.uk/>.

Markaad soo sheegayso waxdhimaalada waxaad gacan ka geysan kartaa bixinta macluumaad dheeraad ah oo ku saabsan badqabka daawadan.

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