

Buug-yaraha
isticmaalaha ee
tallaabo-tallaabada
ah ee loogu talagalay
bukaanada



TRURAPI® ▼

Qalin hore loogu soo buuxiyey
Insulin aspart 100 units/mL

.....
Wixii macluumaad dheeraad ah, fadlan sidoo kale akhri buug-yaraha 'Tiimaamaha inuu Bukaanka Isticmaalo Loogu Talagalay' kaas oo ay la socoto qalinkaaga Trurapi®

Buug-yarahan waxaa loogu talagalay dadka waaweyn ee qaba cudurka sonkorowga ee loo soo qoray Trurapi®.

Tusmada

Waa maxay Trurapi®?

3

Qalinkaaga Trurapi® SoloSTAR®

4

Diyaaritaanka qalinkaaga Trurapi® SoloSTAR®
si aad u isticmaasho

5

Sida loo isticmaalo qalinkaaga Trurapi® SoloSTAR®

6

Halka lagu duro

11

Keydinta qalinkaaga Trurapi® SoloSTAR® pen

13

Daryeelida qalinkaaga Trurapi® SoloSTAR® pen

14

Su'aalaha inta badan la isweydiiyo (FAQs)
ku saabsan Trurapi®

15

Buug-yarahan waxaa loogu talagalay inuu kaa caawiyo isticmaalka Trurapi®. Waxaa loogu talagalay gebi ahaanba inuu kabo talada uu ku siiyo dhakhtarkaaga ama kalkanliyahaaga caafimaad oo bedel uma ahan buug-yaha macluumaadka bukaanka, sidaas darteed fadlan isla akhri labada buug.



Buug-yerahan wuxuu ku siinayaa macluumaad kaa caawinaya inaad bilowdo isticmaalka Trurapi®.

Ku saabsan Trurapi®

Waxaa daawo ahaan laguu qoray Trurapi®. Trurapi® ayaa kaa caawin doonta inaad xakameyso heerarka sonkorta dhiiggaaga xilliyada cuntada.

Trurapi® waxay bilaabi doontaa inay hoos u dhigto sonkorta dhiiggaaga 10-20 daqiiqo kadib markaad isku durto daawada, saamaynta daawadana waxay soconaysaa ilaa 3-5 saacadood kadib markaad isku durto. Maaddama waxqabadkeeda uu ficilkan gaaban, Trurapi® waa in caadi ahaan lala qaato isku darka daawooyinka kale ee insulin kuwaas oo hawlgalkoodu yahay kuwo qaata muddo dhexdhexaad ama muddo dheer ah.

Dhakhtarkaaga ama kalkaaliyahaaga caafimaad ayaa kuu sharixi doona sida aad u qaadan lahayd Trurapi®-gaaga. Rac tilmaamahooda, ha ka baqin inaad weydiisato caawimaad haddii aad dhibaato ku qabtid insulin-taada.

Trurapi® waa in la qaataa cuntada kahor loona qaato sida ay ku faren dhakhtarkaaga ama kalkaaliyaha caafimaad.

Trurapi® SoloSTAR® waa qalin hore loogu soo buuxiyey insulin oo la iska tuuri karo isticmaalka kadib. Kahor intaadan bilaabin isticmaalka Trurapi®, waa fikrad fiican inaad naftaada wax ka barto qalinka.

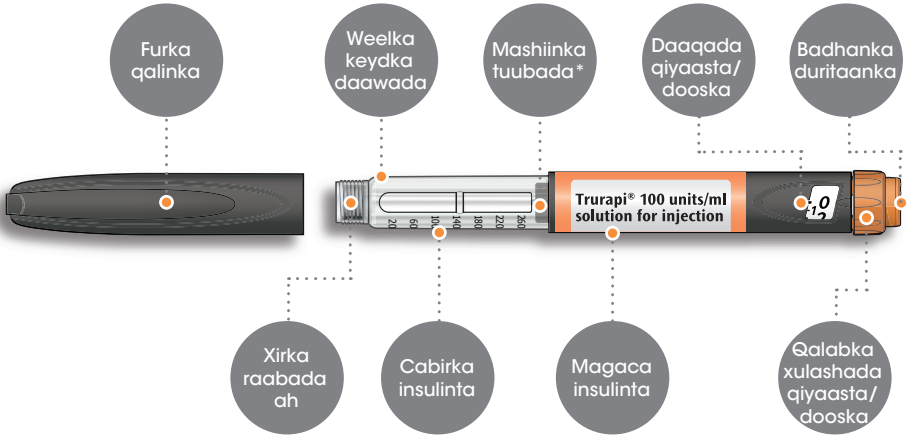
Qalinkaaga Trurapi® SoloSTAR®

Macluumaadka aasaasiga ah ee qalinka

- Wuxuu kuu ogolaanayaa inaad qiyaastaada ku kordhiso 1 koror oo halbeeg ah
- Wuxuu gudbiyaa ugu badnaan 80 halbeeg irbad kasta
- Qalin kasta oo cusub wuxuu ka kooban yahay wadar 300 halbeeg oo insulin ah
- Qalin kasta oo cusub, markii la furo, waxaa la isticmaali karaa ilaa 4 toddobaad

Dhakhtarkaaga ama kalkaaliyahaaga caafimaad ayaa kaa caawin doona inaad hesho qiyaasta saxda ah ee adiga kugu habboon.

Hordhaca qaybaha ugu muhiimsan ee qalinka Trurapi® SoloSTAR®



*Ma arki doontid mashiinka tuubbada illaa aad iska durto dhowr doos/qiyaasood.

Sida loo aqriyo daaqada qiyaasta/dooska

Lambarrada dhabanka ah:
waxaa lagu muujiyaa leenka muujiyaha qiyaasta/dooska

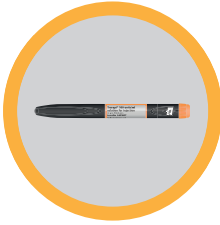


Lambarrada kisiga ah:
waxaa lagu muujiyaa leenka u dhexeeya lambarrada dhabanka ah

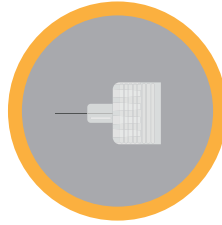


Diyaarinta qalinkaaga Trurapi® SoloSTAR®

Isdurid kasta kahor, xaqiiji inaad diyaarisid waxyaabaha soosocda:



Qalinkaaga Trurapi®
SoloSTAR®



Irbad cusub | oo la
nadiifiyey.



Weel daloolinta u
adkaysta oo lagu
keydiyo irbadaha
iyo qalimaanta la
isticmaalay

*Fadlan xusuusnow in alaabtaan aan lagula siinayn qalinka Trurapi® SoloSTAR®.

! Fadlan ka taxaddar marka aad isticmaalayso irbidaha.

Waxyaabaha ay tahay in la sameeyo iyo waxyaabaha ay tahay inaan la samayn kahor intaadan isticmaalin qalinkaaga

- ✓ Markasta dhaq gaamahaaga wakhii hore
- ✓ Had iyo jeer isticmaal qalimaanta ku jira taariikhda 'isticmaalka' ee ku qoran baakadka
- ✓ Had iyo jeer eeg sumadda
- ✓ Had iyo jeer sameey iijaabo nabdoon kahor intaadan isdurin
- ✓ Nadiifi goobta duritaanka
- ✗ Weligaa qalinka ha isticmaalin haddii uu ciladeysan yahay ama uusan si sax ah u shaqeynaynin
- ✗ Weligaa qof kale hala wadaagin qalinkaaga

Sida loo isticmaalo qalinkaaga Trurapi® SoloSTAR®

Raac 6-dan talaabo

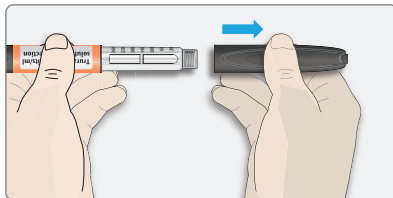
- ! Haddii aad isticmaaleyso qalin cusub, xusuusnow inaad ka soo saartofirinjeerka ugu yaraan saacad kahor intaadan isticmaalin.

1 Iska hubi qalinkaaga

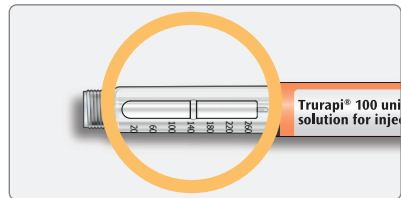
- ! Tani si gaar ah ayay muhiim u tahay haddii aad qabto qalimaan nooc kale ah oo la isku duro ah.



- a Hubi magaca iyo taariikhda dhicitaanka ee ku qoran sumada ku dhegan qalinkaaga
 - ✓ Hubso inaad haysato insuliinta saxda ah
 - ✗ Waligaa ha isticmaalin qalinkaaga markii la dhaafto taariikhda dhicitaanka



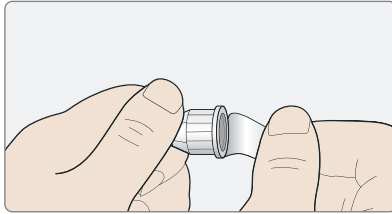
- b Ka siib furka qalinka



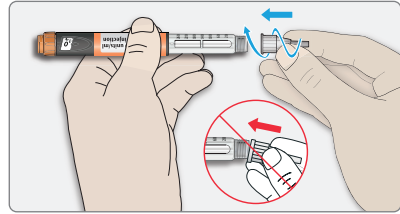
- c Hubi in insuliintu nadiif tahay
 - ✗ HA isticmaalin qalinka haddii insuliintu u muuqato mid daruur leh, midabeysan ama ay ku jiraan walxo yaryar

2 Geli irbad cusub

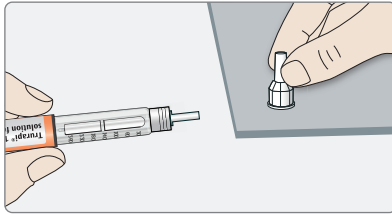
! Fadlan ka taxaddar marka aad isticmaalaysa irbada - si looga fogaado dhaawaca irbadda iyo infekshinka ka dhalan kara.



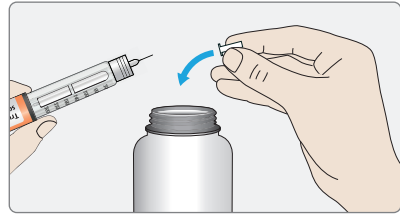
a La soo bax irbad cusub oo ka fur furka ilaalada u ah



b Toosi irbada oo ku xir qalinka ilaa ay si fiican ugu xiranto
x AAD HA U adkaynin



c Ka qaad daboolka kore ee irbadda. Daboolkan meel dhigo si aad mar dambe u isticmaasho



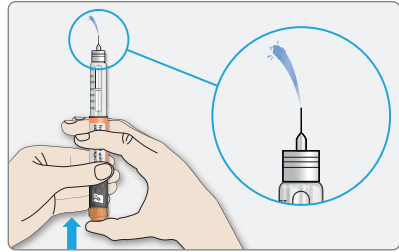
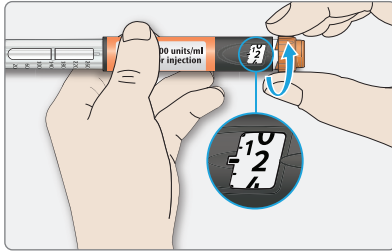
d Ka fur furka irbadda ee gudaha oo iska tuur

- ✓ Had iyo jeer irbad cusub oo nadiif ah u isticmaal duritaan kasta. Tani waxay kaa caawineysaa inaad isticmaalin irbad xiran ama wasakheysan iyo inaysan ku soo gaarin infekshin
- ✓ Kaliya isticmaal irbadaha ku habboon Trurapi®

3

Sameey tijaabo badqab ah

! Had iyo jeer sameey tijaabada badbaadada kahor duritaan kasta si aad u hubiso qalinkaaga iyo irbaddaadu inay si fiican u shaqeynayaan iyo inaad hubiso inaad hesho qiyaasta/dooska insulin-ta ee saxda ah.



a Dooro 2 halbeeg adigoo badhanka dooska rogaya illaa tilmaamaha qiyaasta uu ka gaarayo calaamada 2

b Riix badhanka duritaanka ilaa dhamaadka

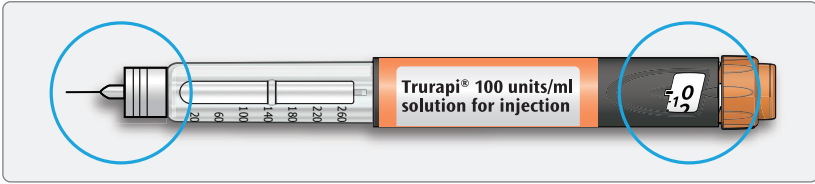
- ✓ Haddii insuliintu ka soo baxdo caarada cirbada, tani waxay ka dhigan tahay in qalinkaagu si sax ah u shaqeynayo
- ✗ Weligaa siliingi ha u isticmaalin inaad insulin uga saarto qalinkaaga

Haddii aysan insulin soo muuqan, ku celi tijaabada badbaadada ilaa saddex jeer

- ! Haddii aysan insulin soo muuqan tookada saddexaad kadib, beddel irbadda oo ku celi tijaabada
- ! Ha isticmaalin qalinka haddii ay insulin aysan ka soo bixin caarada irbadda kadib markaad tijaabo/baaritaan dheeraad ah ku sameeyso. Isticmaal qalin cusub
- ! Ha welwelin haddii aad aragto xumbo hawo ah maadaama tani ay tahay wax iska caadi ah oo aan wax kuu dhimeyn

4

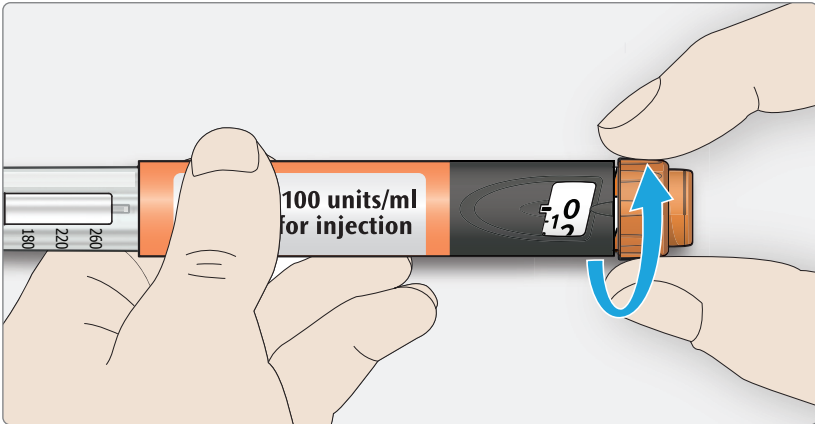
Xullo qiyaasta/dooska saxda ah



a

Hubi in irbadda ay ku dheggan tahay oo qiyaastana/dooskuna ku hagaagsan yahay "0"

✗ Weligaa ha xulanin qiyaas/doos, ama weligaa ha riixin badhanka duritaanka iyadoon irbad ku xidhnayn. Tani waxay waxyeelayn kartaa qalinkaaga

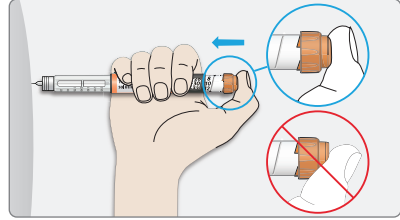
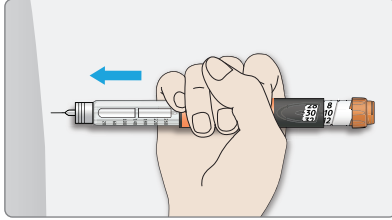


b

Wareeji badhanka doorashada qiyaasta/dooska illaa iyo filmaamaha qiyaasta/dooska uu kaga aadmo qiyaastaada/dooska aad rabto

- ! Haddii aad dhaafsiiso qiyaastaada/dooska aad rabtay, dib ayaaad u soo wareejin karaa
- ! Badhanka doorashada qiyaasta/dooska ayaa joogsan doonaa markuu gaaro tirada halbeegyada ku harsan qalinka
- ! Haddii aadan xulan karin qiyaastaada/dooskaaga oo buuxa, u kala qeybi qiyaasta/dooska laba irbadood ama isticmaal qalinka Trurapi® SoloSTAR® oo cusub

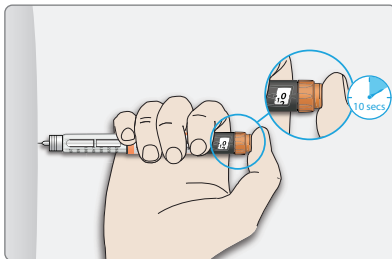
5 Isku dur qiyaastaada/dooskaaga



a Xullo meel aad iskaga durto (eeg qaybta xigta si aad u aragto goobaha suurto-galka ah)

b Irbida ku riix maqaarkaaga sida uu kuu tusay dhakhtarkaaga, farmashiistaha ama kalkaaliyaha caafimaad
X Ha taaban badhanka duritaanka wali

c Suulkaaga saar badhanka duritaanka. Kadibna riix ilaa dhamaadka oo sidaas ku hay
X Ha qasbin badhanka duritaanka haddii ay kugu adkaato inaad riixdo. Tani waxay jabin kartaa qalinkaaga
X Ha u riixin gees-gees maadaama suulkaagu uu badhanka doorashada qiyaaska ka joojin karo inuu wareego



d Badhanka duritaanka hoos ku hay. Markaad daaqada qiyaasta/dooska ku aragto "0", si tartiib ah u tiri 1 illaa 10. Tani waxay xaqiijin doontaa inaad hesho qiyaasta/dooska buuxa

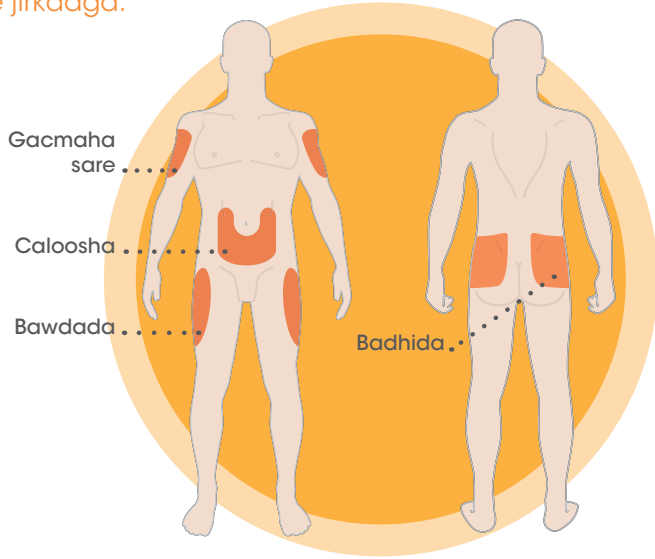
e Kadib markaad qabato iyo aad si tartiib ah u tiriso ilaa 10, sii daa badhanka duritaanka. Kadib qalinka ka saar goobta duritaanka

Haddii ay kugu adkaato inaad riixdo badhanka duritaanka, ha qasbin, maadaama taasi ay jabin karto qalinkaaga:

1. Bedel irbadda oo sameey tijaabada badbaadada
2. Haddii ay wali kugu adag tahay inaad riixdo, isticmaal qalin cusub
3. Marnaba ha isku dayan inaad insulinta ka soo saartid qalinkaaga adigoo isticmaalaya siliingi

halka lagu durayo

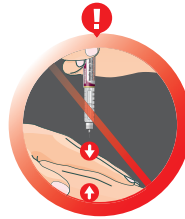
Waxaad Trurapi® ku duri kartaa mid ka mid ah afarta qaybood ee jirkaaga.



Talooyinka duritaanka



Goobta la durayo waa in loo xogaa la maroojiyaa si looga hortago isbeddelada maqaarka sida burooyinka maqaarka hoostiisa kujira. Insuliintu waxaa laga yaabaa inaysan si fiican u shaqeyn haddii aad ku durto meel buurbuur leh. La xiriir dhakhtarkaaga haddii aad hadda iska durayso meel buurbuur ah kahor intaadan billaabin inaad irbida ku durto aag kale. Dhakhtarkaaga ayaa laga yaabaa inuu kuu sheego inaad si dhow u



Ha xoqin maqaarka



Ha xoqin goobta la durey kadib duritaanka

hubiso heerka sonkorta dhiiggaaga, oo aad hadba si waafaqsan wax uga bedesho insulin-taada ama qiyaasta aad ka qaadanayso daawooyinkaaga kale ee lidka ku ah cudurka sonkorowga.

6 Irbadda ka saar

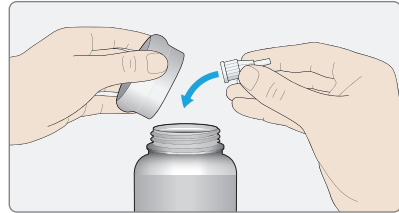
! Fadlan ka taxaddar marka aad isticmaalaysyo irbida - si looga fogaado dhaawaca irbadda iyo infekshinka ka dhalan kara. Sidoo kale, waligaa dib ha ugu celinin daboolka irbadda gudaha

a Furka banaanka ah ee irbadda dib ugu celi, una isticmaal inaad irbadda uga furto qalinka

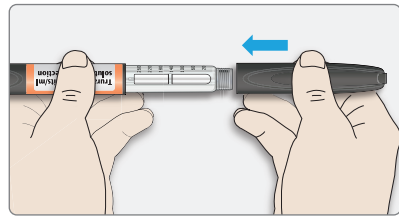
! Si loo yareeyo halista ah inuu dhaco dhaawac shil ah oo ka dhasha irbadda, weligaa ha beddelin daboolka gudaha ee irbadda

! Haddii uu qof kale ku durayo, ama haddii aad adigaba qof kale dureysid, taxaddar gaar ah waa inuu sameeyo qofkani marka uu irbada soo saarayo ama tuurayo

! Raac talaabooyinka badbaadada ee lagula taliyay markaad saarayso iyo markaad irbada tuurayo (la xiriiir dhaqtarkaaga, farmashiistaha ama kalkaaliyaha caafimaadka) si loo yareeyo halista ah dhaawaca shilka ah ee ka dhalan kara irbida iyo isu gudbinta cudurada faafa



b Irbadda la isticmaala ku weel daloolinta u adkaaysta, ama hadba sida ay kuu sheegeen farmashiistahaaga ama maamulka degmadaadu



c Daboolka qalinka dib ugu celi

X Qalinka ha ku celin firinjeerka

! Marnaba ha isku dayin inaad insulinta ka soo saartid qalinkaaga adigoo isticmaalaya siliingi

Keydinta qalinkaaga Trurapi® SoloSTAR®

Hubso inaad aqriso oo aad fahanto macluumaadka hoose kahor intaadan isticmaalin qalinkaaga Trurapi® SoloSTAR®.

Kaydinta qalinkaaga

- 1 Wixii qalin ah oo aan furnayn ku keydi firinjeerka (ma aha qaboojiyaha). Heerkulku waa inuu u dhexeeyaa 2°C iyo 8°C
- 2 Kahor intaadan isticmaalin qalin cusub, kala soo saar firinjeerka saacad kahor intaadan isticmaalin
- 3 Isduritaankaaga ugu horeysa kadib, ku keydi qalinkaaga heerkul ka hooseeya 30°C (qalinkaaga marna ha ku celin firinjeerka). Markasta qalinkaaga ka fogeey kuleylka iyo iftiinka tooska ah
- 4 Markii la furo, qalin kasta waxaa la isticmaali karaa ugu badnaan 4 toddobaad
- 5 **Had iyo jeer isticmaal irbad nadiif ah mar kasta oo aad is dureyso**
- 6 **Marnaba mar labaad ha isticmaalin irbadaha.** Haddii aad sidaas sameyso waxaa laga yaabaa inaad helin qiyaastaada/dooskaaga (qiyaas/doos hooseeya) ama waxaa laga ayaabaa inaad in badan qaadata (qiyaas/doos sareeya) maadaama irbadda ay xannibi karto
- 7 **Weligaa ha keydinin qalinka iyo irbida oo isku dhegan/xiran**

Daryeelida qalinkaaga Trurapi® SoloSTAR®



Sida loo ilaaliyo qalinkaaga

- Waxaad qalinkaaga Trurapi® SoloSTAR® ku nadiifin kartaa maro qoyan, laakiin ha qoynin ama ha dhaqin qalinkaaga
- Haddii qalinkaagu adkaado in la isticmaalo, ha isku dayin inaad hagaajiso, isticmaal qalin cusub
- Waxaad sidan kartaa qalinkaaga Trurapi® SoloSTAR® markasta. Daryeel qalinkaaga adigoo:
 - Rideynin ma ku garaacin sagxadaha adag
 - Ka ilaalinaya boodhka iyo wasakhda
- Qaadanaya qalin dheeraad ah iyo cirbado dheeraad ah si aad u isticmaasho lacaga haddii kan hadda aad wadato uu kaa lumo ama uu shaqeyn waayo

Iska tuur qalinkaaga markuu eber noqdo, ama waqtigiisu dhacay

Waad keydin kartaa qalinkaaga Trurapi® SoloSTAR® ilaa mudo 4 asbuuc ah kadib markii laga shaqeysiyo. Waqtigaan kadib, waa inaad iska tuurtaa, xitaa haddii daawo xoogaa ah ay ku hartay. Bedel furka qalinka oo u tuur qalinka hadba sida uu kugula taliyay dhakhtarkaaga ama kalkaaliyaha caafimaad.²

Waad garan kartaa qalinku inuu madhan yahay marka tilmaamaha qiyaasta/dooska uu gaaro calaamada '0' ee ku taala cabirka qiyaasta/dooska, oo badhanka duritaankana aan la soo saari karin.

Su'aalaha Inta Badan La Iska weydiyo Trurapi®

Maxaan sameeyaa haddii xumbo hawo ah ay ku jiraan weelka qalinka?

Waa wax caadi ah in xumbo hawo yaryar ah ay ku jiraan weelka qalinka oo waxba kuma yeeli doonaan. Qiyaastaada wali way saxnaa doontaa waxaadna awoodi doontaa inaad qalinka u isticmaasho hadba sida lagu faray.

Kawaran haddii wax insuliin ah aysan soo bixin inta lagu gudajiro ka shaqeysiinta qalinka?

Waxaa laga yaabaa markaas in irbada ay xanibmatay ama aan si fiican loo xirin. irbadda ka saar oo mid cusub ku dheji. Haddii aysan jirin weli insulin ka soo baxaysa caarada irbadda. Isticmaal qalin cusub.

Maxaan sameeyaa haddii ay adag tahay in la riixo badhanka duritaanka?

Irbada ka soo saar oo hubi in si sax ah loogu xiray. Haddii ay wali adag tahay in la riixo badhanka duritaanka, waxaa laga yaabaa in xirbida ay xanibmata, sidaas darteed ka saar oo ku dheji mid cusub. Haddii weli wax insuliin ah aysan ka soo bixin, qalinkaaga Trurapi® SoloSTAR® ayaa laga yaabaa inuu ciladoobey, sidaas darteed ha isticmaalin qalinka.

Maxaan sameeyaa haddii aan si kadis ah isugu duro kahor intaan qalinkayga Trurapi® SoloSTAR® laga shaqeysiin?

Ha isku dayin inaad saxdo arrintan adigoo isku duraya irbad labaad. La xiriir dhakhtarkaaga ama kalkaalisada caafimaadka si aad uga hesho wixii talo ah ee ku saabsan sida loo hubiyo heerka sonkorta dhiiggaaga.

Miyay tahay inaan beddelo irbadayda markasta oo aan isku duro kadib?

Haa - waligaa ha isticmaalin irbad hal mar wax ka badan. Tani waxay kaa caawin doontaa inaad iska ilaaliso infekshin inaad ka qaado meesha lagaa duray iyo si aad uga fogaato in irbida ay xanibmato.

Kawaran haddii aan qaadanayo (ama aan doonayo inaan qaato) dawooyin kale isla wakhtiga aan qaadanayo Trurapi®?

Waa inaad u sheegtaa dhakhtarkaaga, farmashiistahaaga ama kalkaalisada haddii aad qaadanaysid, aad dhawaan qaadatay ama laga yaabo inaad qaadato dawooyin kale, maadaama laga yaabo in saameynta daawooyinka qaarkood ay saameyn ku yeelan karto Trurapi®. Waxaa laga yaabaa inaad u baahato inaad wax ka beddesho waqtiga aad daawooyinka kale qaadato si arrintaas looga fogaado.

Haddii aad wax shaki ah ka qabtid mid ka mid ah Su'aalaha la Isweydiyo, fadlan la hadal dhakhtarkaaga ama kalkaalisada caafimaad, ama wac:



XUSUUSNOW

- ✓ Had iyo jeer qaado qalin dheeraad ah iyo cirbado gooni ah si aad u isticmaasho lacala haddii kan hada aad haysato kaa lumo ama waxyeelo soo gaadho
- ✓ Had iyo jeer isticmaal irbad nadiif ah mar kasta oo aad is dureyso
- ✗ Ha isticmaalin qalin cusub oo aad si toos ugala soo baxday firinjeerka maxaa yeelay taasi waxay duritaankaaga ka dhigeysa mid aan raaxo lahayn - sug ugu yaraan hal saac
- ✗ Weligaa qalinkaaga ha la wadaagin qof kale - Trurapi®-kaaga adiga keliyaa ayaalaguugu talagalay.
- ✗ Marnaba ha isku dayin inaad insulinta ka soo saartid qalinkaaga adigoo isticmaalaya siliingi

Si aad u hesho macluumaadka badbaadada oo buuxa iyo tilmaamaha isticmaalka, fadlan akhri buug-yaraha 'Tilmaamaha isticmaalka' ee Trurapi® SoloSTAR®.

Ka warbixinta waxyeelada: Haddii aad isku aragto waxyeellooyin gaar ah, la hadal dhakhtarkaaga, farmashiistahaaga ama kalkaalisada caafimaadka. Tani waxaa ku jira waxyeellooyin kasta oo suurtagal ah oo aan ku qornayn buugyaraha la socda xaashida. Daawadani waxay u baahan tahay kormeer dheeriah. Tani waxay oggolaan doontaa in si dhakhso leh loo aqoonsado wixii macluumaad cusub ah ee la xiriira badbaadada. Sidoo kale waxaad si toos ah waxyeelooyinka gaarka u gudbin kartaa adigoo isticmaalaya Qorshaha Kaarka Jaalaha ah www.yellowcard.mhra.gov.uk.

Waxyeelooyinka gaar ah sidoo kale waa in lagu soo wargeliyaa Sanofi. Taleefan **0800 090 2314** ama iimayl u dir UK-drugsafety@sanofi.com

Markaad waxyeelooyinka gaarka soo gudbiso, waxaad gacan ka geysan kartaa bixinta macluumaad dheeraad ah oo ku saabsan badbaadada daawadan.

▼ Daawadani waxay u baahan tahay kormeer dheeraad ah. Tani waxay oggolaan doontaa in si dhakhso leh loo aqoonsado wixii macluumaad cusub ah ee la xiriira badbaadada.

Macluumaadka Caafimaadka ee Sanofi: 08000 35 25 25
Sanofi, 410 Thames Valley Park Drive, Reading, Berkshire, RG6 1PT