

TILMAAMAHA ISTICMAALKA

SOMALISKA

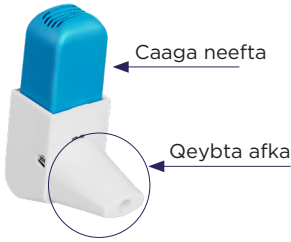
WAXAA LAGU SIIYAY EASYHALER

Warqadaan waxaa loogu talloagalay dadka loo qoray Easyhaler si ay ugu daaweeyaan neefta ama cudurka sambabka neefta daran (COPD).

WAA MAXAY EASYHALER?

Easyhaler waa caaga neefta oo boodhar ah oo daaweynta neefta ama COPD. Way sahlantahay in la isticmaalo oo ma wadato wax dhacaan ah. Waxaa ku neefineysaa boodharka sambabadaada oo dhinaca qalabka afka ee caaga neefta. Easyhaler waxay leedahay xisaabiyaha garoojada oo si cad u tusiyo inta garoojo ee hartay.

Easyhaler waxay la timaadaa shan dooqyo oo daaweyn ah.



Illaaliyaha qeybta afka (daboolka busta) Hubi in illaaliyaha (daboolka busta) inuu daboolo qeybta afka ee caaga neefta. Daboolka wuxuu ka illaaliyaa caaga neefta inuu daarmo.



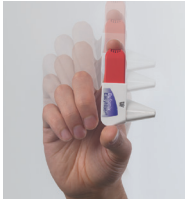
Dabool illaalo ah

Waxaa la isticmaali kartaa Easyhaler-haaga daboolka illaalada ama la'aantiisa. Caaga neefta waxaa looga tagi karaa daboolka markii aad ku neefsaneysid.



SIDA LOO BUUXIYO OO GAROOJO LOOGU QAATO EASYHALER

Waa muhiim in si taxadar ah loo aqriyo illaa tilmaamaha xiggo oo dhan.



1. RUX

- Ka saar illaaliyaha (daboolka busta) qeybta afka.
- Haddii daboolka illaaliyaha lagu bixiyo baakida, waxaad gelin kartaa Easyhaler-gaaga daboolka.
- Rux caaga neefta adiga oo u hayo korka midig dhoor jeer.



2. RIIX

- U qabo Easyhaler korka midig oo u dhaxeeyso farahaaga iyo suulka oo riix haljeer illaa aad ka maqashid kilig. Haku soo laabato booskeeda dhabta ah, micnaha kale 'riix laabashada'.
- Garoojada daawada hadeer waxay diyaar u tahay in la neefsado.



3. GUDAHA U NEEFSO

- Si caadi ah banaanka ugu neefso.
- Saar qeybta afka oo dhan afkaaga oo saar faruurahaaga agagarka qeybta afka si aad u hubisid xirnaansho dhuuqsan. Qaado neefsi qoto dheer oo dhinaca caaga neefsiga.
- Ka saar qeybta afka afkaaga oo celi neeftaada 5 ilbiriqsi, kadib si caadi ah u neefso. Markii aad ogaatid dhadhan macaan qafiif ah oo afkaaga, waad hubi kartaa inaad heshid garoojada.

- Haddii lagu qoray wax ka badan hal garoojo, ugu celi tallaabada 1.
- Haddii aad isticmaashay Beclomet, Salfumix, Bufomix ama Giona Easyhaler, marwalba raaci afkaaga oo ku luquqo biyo kadib markii aad qaadatid garoojada. Iska tuf biyaha.
- Dib u geli illaaliyaha (daboolka busta) qeybta afka. Xir daboolka illaaliyaha haddii aad isticmaaleysid. Haddii aad si shil ah u taabatay Easyhaler adiga oo aan gudaha ugu neefsaneyn garoojada la bixiyay, ku faaruji adiga oo ku riixayo qeybta afka calancasha gacantaada ama miiska.



SIDEE AYAAN KU GARANAYAA MARKII CAAGA NEEFTA UU EBARYAHAY?

Easyhaler waxay leedahay xisaabiyaha garoojada oo si cad u tusiyo inta garoojo ee hartay. Waxay hoos u xisaabisaa garoojo walboo shannaad, iyo tirooyinka waxaa lagu muujiyay hakadyada 10 garoojo. Markii lambarada ku soo baxaan gadaal gaduudan, waxaa jiro 20 garoojo oo hartay. Badel caaga neefta markii xisaabta gaarto 0, xittaa inkastoo aad weli ka arki kartid bixiyaha daaqada gadaasha caaga neefta.



Carbon
Neutral
Product

Waxaad ka heli kartaa fiidiyowyo leh tilmaamo ee sida loogu isticmaalo Easyhaler
www.medicininstruktioner.se (waad ku isticmaali kartaa QR midigta si aad uga gashid iyaga),
www.fass.se or www.orionpharma.se/film.



HAYSASHADA IYO KEYDINTA EASYHALER

Bufomix Easyhaler waxay lahaysan karaa 4 bilood kadib markii bacda lagu dhajiyay ay furanto. Salflumix 50/250 mikrogaraam waxay lahaysan karaa 1 bilood iyo 50/500 mikrogaraam waxaa la haysan karaa 2 bilood. Buventol, Giona iyo Beclomet Easyhalers waxaa lahaysan karaa 6 bilood.

Easyhaler waa in lagu keydiyaa heerkulul caadi ah oo meel qalalan. Waxaa la heli karaa iyada oo dabool wadataa ama aan wadan. Daboolka waxaa loo isticmaali karaa sida illaalo dheeraad ah oo caaga neefta (wixii warbixin dheeraad ah fiiri warqad baakida).

YAREYNTA DAAWEYNTA HAWA MAREENADA:



BUVENTOL EASYHALER

Buventol Easyhaler wuxuu wataa salbutamol, taas oo weyneeso hawo mareenka oo sahliso inaad neefsatiid.

Waxay ku falcelisaa si dhaqsi ah oo waxaa loo isticmaalaa in lagu yareeyo astaamaha neefta ama loogu sahliyo neefsiga ee cudurka sambabka neefta. Saameynta waxay ku timaadaa shan daqiiqo gudahood oo raagtaa qiyaastii 4-6 saacadood.

Buventol Easyhaler waxaa lagu heli karaa labo tiro oo kala duwan 100 mikrogaraam/garoojo iyo 200 mikrogaraam/garoojo.

KA HORTAGA/BARARKA-DAWEYNTA JOOJINEYSO :



GIONA EASYHALER IYO BECLOMET EASYHALER

Giona Easyhaler wuxuu wataa budesonide, iyo Beclomet Easyhaler wuxuu wataa beclomethasone.

Labadaba waxay ka mid yihiin kooxda daawooyinka loo yaqaan sida corticosteroids oo waxaa loo isticmaalaa daaweynta dayactirka iyo ka hortaga daaweynta ee neefta. Giona Easyhaler iyo Beclomet Easyhaler waxay yareeyaan oo ka hortagaan bararka hawo mareenada oo waa in si joogta ah loo isticmaalaa si ay uga hortagto astaamaha neefta, micnaha kale oo ay ku jiraan markii aad astaamo qabtid. Saameynta waxay noqotaa mid la ogaan karo dhoor maalmood kadib, iyo saamey buuxdo waxaa la gaaraa dhoor isbuuc oo daaweyn ah.

Giona Easyhaler iwaxaa lagu heli karaa sadex tiro, oo 100 mikrogaraam/garoojo, 200 mikrogaraam/garoojo iyo 400 mikrogaraam/garoojo. Beclomet Easyhaler waxaa lagu heli karaa tirada 200 mikrogaraam/garoojo.

DAWEYNTA KA HORTAGA/YAREYNTA:



BUFOMIX EASYHALER

Bufomix Easyhaler waxay wadataa labo daawo oo kala duwan: budesonide iyo formoterol. Budesonide waxay ka mid tahay kooxda daawooyinka loo yaqaano sida corticosteroids oo waxaa loo isticmaalaa daaweynta dayactirka. Waxay yareysaa oo ka hortagtaa bararka iyo bararka sambabada. Formoterol waxay weyneysaa hawo mareenka oo sahliso inaad neefsatiid.

Saameynta formoterol waxay ku dhacdaa 1-3 daqiiqo kadib markii aad gudaha u neefsatiid iyo isku celceliska 12 saacadood hal garoojo kadib.

Bufomix Easyhaler waxaa lagu heli karaa sadex tiro oo budesonide/formoterol: 80/4.5 mikrogaraam, 160/4.5 mikrogaraam iyo 320/9 mikrogaraam.

DAWEYNTA KA HORTAGA:



SALFLUMIX EASYHALER

Salflumix Easyhaler waxay wadataa labo daawooyin kala duwan: salmeterol iyo fluticasone propionate. Fluticasone propionate waxay ka mid tahay kooxda daawooyinka loo yaqaan sida corticosteroids oo waxaa loo isticmaalaa ka hortaga. Waxay yareysaa oo ka hortagtaa bararka iyo bararka sambabada. Salmeterol waxay weyneysaa hawo mareenada oo waxay fududeysaa neefsiga. Saameynta salmeterol waxay ku dhacdaa 1-3 daqiiqo kadib markii aad gudaha u neefsatiid iyo isku celceliska 12 saacadood hal garoojo kadib.

Salflumix Easyhaler waxaa lagu heli karaa labo tiro kala duwan ee salmeterol/fluticasone propionate: 50/250 mikrogaraam iyo 50/500 mikrogaraam.

Marwalba raac qoraalka daawada lagu siiyay. **Uga aqri si taxadar ah dhinaca qoraalka baakida.** Haddii aad qabtid wax su'aalo ah ama aad la yaabantahay wax walba oo ku saabsan daaweyntaada, kala hadal dhaqarkaaga ama kalkaalisada. Wixii warbixin dheeraad ah, fiiri www.fass.se for the public. Marnaba haku tuurin daawooyin qashinka qoyska. Ka fakar deegaanka. Daawooyinka haray waxaa la geyn karaa farmashiga.

Buventol Easyhaler (salbutamol) **Pharmaceutical form:** Inhalation powder **Active substance:** salbutamol. **Areas of use:** Buventol Easyhaler is an inhaler that contains the active substance salbutamol. Salbutamol works by opening up the airways and making it easier to breathe. Buventol Easyhaler is used for symptomatic relief of asthma and chronic obstructive pulmonary disease (COPD). Buventol Easyhaler is used in adults and children aged 6 years and over. **Warnings and precautions:** Talk to your doctor before using Buventol Easyhaler if you have or have had any of the following conditions: cardiovascular disease, angina, increased thyroid function, diabetes, low levels of potassium in the blood (hypokalaemia). If you have low levels of potassium in the blood (hypokalaemia), this condition can worsen if Buventol Easyhaler is used with diuretics, steroids, or certain other asthma medicines (xanthine derivatives). In such cases, talk to your doctor for advice. Contact your doctor if your asthma worsens or if the Buventol Easyhaler becomes less effective. If repeated inhalations are not effective in severe asthma attacks, other treatment is needed. If you are pregnant or breast-feeding, think you may be pregnant, or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine. No adverse effects on the foetus have been demonstrated when using Buventol Easyhaler during pregnancy. It is unknown whether salbutamol passes into breast milk. You should therefore talk to your doctor before use during breast-feeding. **Giona Easyhaler** (budesonide) **Pharmaceutical form:** Inhalation powder **Active substance:** budesonide. **Areas of use:** Giona Easyhaler is a medicine that is used to prevent symptoms of asthma. Budesonide works by reducing and preventing swelling and inflammation of the lungs. **Warnings and precautions:** Talk to your doctor before using Giona Easyhaler if you have pulmonary tuberculosis, untreated bacterial, viral, or fungal infections of the mouth, respiratory tract, or lungs, or if you have severe liver disease. Contact your doctor if you experience blurred vision or other visual disturbances. Rinse your mouth after inhaling your dose to avoid fungal infection of the mouth. Giona Easyhaler is not recommended for children under 6 years. If you are pregnant or breast-feeding, think you may be pregnant, or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine. It is important for both the foetus and the mother to maintain adequate asthma control during pregnancy. As with other medicines given during pregnancy, the benefits of budesonide treatment for the mother should be weighed against the risks to the foetus. The lowest effective dose of budesonide needed to maintain adequate asthma control should be used. **Beclomet Easyhaler** (beclomethasone) **Pharmaceutical form:** Inhalation powder **Active substance:** beclomethasone. **Areas of use:** Beclomet Easyhaler is a cortisone (corticosteroid) preparation that alleviates inflammation of the lungs. By treating the inflammation, you can prevent asthma symptoms. **Warnings and precautions:** Contact your doctor if you feel that the Beclomet Easyhaler is becoming less effective, for example if you have more frequent asthma attacks. Your drug treatment may need to be changed. You may experience cold symptoms, eczema, fatigue, headaches, muscle and joint pain, and nausea and vomiting may also occur. If you have a respiratory infection, if you have tuberculosis, or if you have to increase the use of other asthma medication. Talk to your doctor if you experience any of these conditions. Talk to your doctor if you experience constriction or spasms in the airways after using Beclomet Easyhaler. Talk to your doctor if you are pregnant or plan to become pregnant. Your doctor will decide whether you should continue your treatment. Ask your doctor or pharmacist for advice before taking any medicine. **Bufomix Easyhaler** (budesonide/formoterol) **Pharmaceutical form:** Inhalation powder **Active substance:** budesonide/formoterol. **Areas of use:** Bufomix Easyhaler is a medicine for the treatment of asthma in adults and adolescents aged 12-17 years. It is also used to treat the symptoms of Chronic Obstructive Pulmonary Disease (COPD) in adults aged 18 years and older. **Warnings and precautions:** Talk to your doctor or pharmacist before using Bufomix Easyhaler if you have diabetes, a lung infection, high blood pressure, or if you have ever had heart problems (including an uneven heartbeat, very rapid pulse, narrowing of the arteries, or heart failure), problems with your thyroid or adrenal glands, low levels of potassium in the blood, or severe liver problems. Contact your doctor if you experience blurred vision or other visual disturbances. Rinse your mouth after inhaling your dose to avoid fungal infection of the mouth. If you are pregnant or breast-feeding, think you may be pregnant, or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine. Do not use Bufomix Easyhaler unless your doctor advises you to do so. If you become pregnant while using Bufomix Easyhaler, do not stop using Bufomix Easyhaler, but contact your doctor immediately. **Salflumix Easyhaler** (salmeterol/fluticasone propionate) **Pharmaceutical form:** Inhalation powder **Active substance:** salmeterol/fluticasone propionate. **Areas of use:** Your doctor has prescribed Salflumix Easyhaler to prevent breathing problems in Asthma and Chronic Obstructive Pulmonary Disease (COPD). Salflumix Easyhaler (50 micrograms/500 micrograms per dose) reduces the number of flare-ups of COPD. You must use your Salflumix Easyhaler every day as directed by your doctor for it to work best and control your asthma or COPD. Salflumix Easyhaler prevents breathing problems and wheezing. However, Salflumix Easyhaler should not be used to relieve a sudden onset of shortness of breath or wheezing. If this happens, use a fast-acting 'on demand' inhaler, such as salbutamol. Keep your fast-acting inhaler with you at all times. **Warnings and precautions:** Talk to your doctor before using Salflumix Easyhaler if you have: Heart disease including rapid and irregular heartbeat, increased thyroid function, high blood pressure, diabetes (since Salflumix Easyhaler may increase your blood sugar), decreased blood levels of potassium in the blood, or if you have had tuberculosis (TB), or other infections of the lungs. Contact your doctor if you experience blurred vision or other visual disturbances. If you are pregnant or breast-feeding, think you may be pregnant, or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine. **Responsible company:** Orion Pharma AB, www.orionpharma.se **Always read the package insert carefully**