

Acetaminophen (Tylenol®)

Acetaminophen (Tylenol®) (Somali)

Acetaminophen waa daawo loo isticmaalo in lagu yareeyo qandhada iyo xanuunka. Waxaa loo yaqaan Tylenol®. Magacyada kala ee daawadaan waa Tempra® iyo Feverall®. Inta badan bakhaarada iyo faarmaasiyada waxey leeyihiin noocooda gaarka ah. Marka qiyaasta la siiyo kadib, astaamaha waa inay hagaagaan 30 ilaa 60 daqiiqo gudahood.

Daawadani waxay timaadaa qaabab kala duwan sida dareere, kiniin la calalin karo, kiniin la liqi karo, iyo supositori (daawo la geliyo dabada). Waxaa la helaa iyadoo awood kala duwan leh umana baahna in dhakhtar uu kuu soo qoro.

Sida loo siiyo

- Dareere – Rux daawada ka hor intaadan isticmaalin.
- Kaniiniyada calaanjiska ah – Calaanji, ku mil biyo, ama si toos ah u liq kaniiniga oo dhan.
- Baakadaha milma– Furo baakadka oo ku shub budada carrabka ilmaha.
- Suppositori - Biyo ama Vaseline® ku qoy ka hor intaadan gelin dabada ilmaha. Waxaa loo isticmaalaa marka ilmaha uusan awoodin inuu daawo afka ka qaato. Wac dhakhtarka ilmahaaga, daryeel bixiyaha caafimaadka, ama farmashiga haddii aad wax su'aal ah qabtid.

SAMEE	HA SAMAYN
– Sii qiyaasta saxda ah ee daawada sida uu ku faray dhakhtarka ama bixiyaha daryeelka caafimaad.	– Ha siin daawada in ka badan 3 maalmood adigoon la tashan dhakhtar ama daryeel bixiye caafimaad.
– Weydii dhakhtarka, daryeel bixiyaha ama farmashiilahaaga, kahor inta aadan burburin wax daawo ah.	– Ha siin in ka badan 5 qiyaasood 24 saacadood gudahood adigoon la tashan dhakhtar.
– La joog cunuggaaga ilaa uu si buuxda u liqo daawada.	– Ha ku cabbirin daawooyinka dareeraha ah qaaddooyinka cuntada.

– Isticmaal qalab cabbiraad sax ah sida siliinga ama koob daawo. – Akhri calaamadda si taxaddar ah oo aad u hubiso inaad siineyso qaddarka saxda ah.	– Ha siin daawo iyadoo mugdi ah. Iftiinka daar si aad u aragto qaddarka aad siinayso.
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Digniinno

- Ha siin ilmahaaga in ka badan 4 garaam (4,000 milligram) 24 saacadood gudahood.
- La socodsii dhakhtarka ilmahaaga, daryeel bixiyaha ama farmashiga haddii ilmahaagu leeyahay:
 - Xasaasiyad ku qaba acetaminophen.
 - Leeyahay cudurka beerka ama kelyaha.
 - Leeyahay xaalad loo yaqaan G6PD yaraanta.
 - Leyahaya xaalad loo yaqaan Phenylketonuria (PKU).

Haddii Dawo la Matago

- Kaniini, kapsal, iyo calaanjis – Haddii cunugga uu mataggo ama tufayo kaniiniga oo dhan, u oggolow inuu deganaado 15 ilaa 30 daqiiqo. Kadibna, mar kale sii isla qaddarka.
- Dareere – Haddii ilmahaagu matagayo ka dib marka uu liqo daawada, ha siin qiyaasta mar kale; sug ilaa waqtiga qiyaasta xigta. Qaybo ka mid ah daawada waxay weli ku jiri kartaa caloosha. Sug ilaa waqtiga qiyaasta xigta la gaaro.

Dhibaatooyinka Suurtagalka ah

Dhibaatooyinka dhif ah ayaa dhici kara, sida finan maqaarka ah ama barar.

Haddii ay dhacaan, jooji isticmaalka daawada oo la xiriir dhakhtarka ilmahaaga.

Goorta Loo Baahan Yahay In La Waco Dhakhtarka

Wac dhakhtarka cunuggaaga ama daryeel bixiyaha caafimaad haddii uu cunuggu leeyahay waxyaabaha hoos ku xusan:

- Qandho gaaraysa 103°F (39.4°C) ama ka badan
- Qandh socota in ka badan 3 maalmood.
- Finan cusub oo maqaarka ah.
- Qandhada oo siyaada kadib marka daawada la qaato
- Xanuunka oo aanan yaraan ama joogsanin qaadashada daawada kadib
- In aysan u muuqan si fiican

- Calaamado muujinaya dhaawac beerka:
 - Kaadida oo yara gaduudata
 - Saxaro midabkeedu khafiif yahay
 - Maruubka fudud
 - Lalabbo iyo matag
 - Dhiig-bax fudud ama sahlan
 - Maqaarka ama caddaan-ka indhaha oo jaalle noqda
 - Calool xanuun dhinaca midig

Goorta la wacayo 911

Wac 911 si aad u hesho gargaar degdeg ah haddii ilmahaagu yeesho mid ka mid ah calaamadahan soo socda **kadib** marka uu qaato daawo:

- Ku dhibtoodo neefsashada
- Carabka oo bararo
- Bararka gacmaha, cagaha, ama canqowyada

Isdhexgalka daawada iyo cuntada

Ilmahaagu waa in **uusan** qaadan acetaminophen iyadoo la socda:

- **Khamriga** - Khamriga oo la qaato acetaminophen waxay dhaawici kartaa beerka
- **Qaar ka mid ah daawooyinka dhakhtarku qoro** - Daawooyinka qaarkood waxay dhaawici karaan beerka marka la qaato acetaminophen. Had iyo jeer u sheeg dhakhtarka, farmashiistaha, ama bixiyaha daryeelka caafimaadka haddii ilmahaagu qaadanayo daawooyin kale. Qaar ka mid ah daawooyinka ilmahaagu waa in uusan qaadan iyadoo la socda acetaminophen waxaa ka mid ah:
 - Lamotrigine (Lamictal®)
 - Phenytoin (Dilantin®)
 - Warfarin (Coumadin)
 - Carbamazepine (Tegretol®)
 - Isoniazid (INH)
- **Daawooyinka xanuunka lagu daaweeyo ee lagu qoray** – Qaar ka mid ah daawooyinka xanuunka waxay ka kooban yihiin acetaminophen. Haddii ilmahaagu qaato daawooyinkan xanuunka iyadoo uu sidoo kale qaadanayo acetaminophen caadi ah, waxay keeni kartaa in uu qaato acetaminophen xad-dhaaf ah, taasoo khatar u ah caafimaadkiisa. Tusaalooyinka qaar ee daawooyinkan xanuunka waxaa ka mid ah:
 - Acetaminophen oo la socda codeine (Tylenol® with codeine)
 - Hydrocodone oo la socda acetaminophen (Vicodin®, Lortab®, Norco®)
 - Oxycodone oo la socda acetaminophen (Percocet®)

- **Daawooyinka laga helo farmashiyada iyadoon warqad dhakhtar loo baahnayn** – Daawooyin badan oo lagu daaweeyo qufaca, hargabka, xasaasiyadda, xanuunka, iyo hurdo la'aanta waxay ka kooban yihiin ibuprofen. Qaadashada daawooyinkan iyadoo la socda acetaminophen caadi ah waxay keeni kartaa in ilmahaagu uu qaato qiyaas xad-dhaaf ah ee acetaminophen. Akhriso calaamadda ama la tasho dhakhtarka ilmahaaga, bixiyaha daryeelka caafimaadka, ama farmashiistaha ka hor inta aanad siin ilmahaaga alaabooyinkan.
- **Fiitamiinnada iyo kaabayaasha** – Weydii bixiyaha daryeelka caafimaadka ilmahaaga haddii ay fiican tahay in la siiyo fiitamiinnada iyo kaabayaasha iyadoo la socda acetaminophen.

Kaydinta Daawada

- **Ku keydi dhamaan daawooyinka meel aysan gaari karin carruurta ama rabaayada.**
- Ku hay daawada dhaladii ama baakaddii asalka ahayd ee laga helay farmashiyaha.
- Ka fogeey daawadaan kuleelka iyo quraxda tooska ah.
- Ha isticmaalin daawadan kadib taariikhda dhacitaankeeda ee weelka ku qoran.

Dareeraha, Kiniinka, ama Kapsulka	Dawo dabada laga geliyo
– Si adag uxir dhalada kuna keydi meel mugdi ah oo qalallan. Iftiin iyo qoyaanka waxay yarayn karaan waxqabadka daawada. – Ha ku keydin daawadan qaboojiyaha. Ku keydi qol heer kululyahay. – Haku dhigin daawada suuliga qubeyska ama jikada meesha alaabta lagudhaqo korkeed.	– Ku kaydi suppositories meel qabow oo madow. Waxay dhalaali karaan haddii lagu kaydiyo kulayl xad-dhaaf ah. – Dawooyinka dabada laga geliyo waa lagu kayd in karaa qaboojiyaha.

Badqaabka Daawada

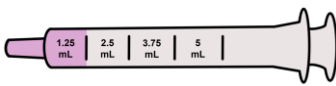
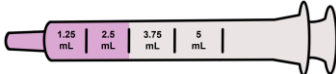
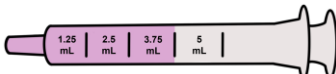
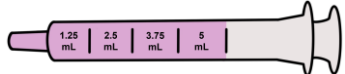
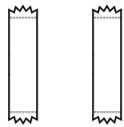
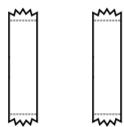
- Daawadaan waxaa loo qoray cunugaaga oo kaliya. Cid kale ha siinin.
- **Haddii cunuggaaga uu qaato daawo ka badan inta la oggol yahay, ama qof kale uu qaato daawada cunugga, marka hore wac Xarunta Sunta ee Central Ohio:** 1 (800) 222-1222 [TTY (614) 228-2272]. Waxay kuu sheegi doonaan waxa ay tahay inaad sameyso.
- U sheeg dhakhtarka ilmahaaga iyo farmashiistaha haddii ay dareen-celin la yaab leh ama xasaasiyad ku leeyihiin dawo kasta.

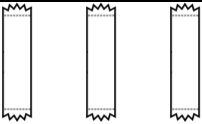
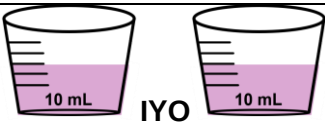
- Ha isticmaalin daawadan haddii baakadka la furay.
- Ku hay dhammaan daawooyinka dhalo aan carruurtu furi karin. Dhig meel aysan gaari karin carruurta iyo rabaayadaha.
- U sheeg macallinka cunugaaga, kalkaalisada dugsiga, tababaraha, xannaaneeyaha caruurtada, iyo dadka kale in ay qaadanayaan daawadan iyo wax yeelada ka dhalan kara oo ay tahay in lala socdo.
- Weydii farmashiistaha laba dhalo oo summadaysan haddii daawada la siinayo cunugga dugsiga ama xanaanada.
- La'imoow dhammaan daawooyinka cunuggaaga ee ku jira **dhalooyinkii asalka ahaa** marka aad u tagayso dhakhtar, qolka gurmada degdegga ah, ama isbitaalka.
- Mar walba hayso liiska daawooyinka uu hadda cunugaagu qaato. Waa inuu ka koobnaadaa daawooyinka warqad dhakhtar ku qoran, kuwa laga iibsado farmashiyaha iyada oo aan warqad loo baahnayn, daawooyinka dhirta iyo dabiiciga ah, iyo kaabeyaasha.
- Baro magaca, sida loo qoro, iyo qaddarka daawada. Sidoo kale, bar cunugaaga hadii ay da'a kufilan jiraan. Waxaad u baahaneysaa inaad ogaatid xogtaan marka aad wacdid dhakhtarka ama faarmaasiga.
- Ku qas daawo kasta oo hadhay waxyaabo aan la rabin sida budada kafee ama ciidda sanduuqa bisadaha. Ku rid weel ama bac aan daadineyn. Markaas, ku tuur qashinka meel aysan carruurtu ama rabaayadaha gaari karin. Waxaad sidoo kale u keeni kartaa daawooyinka duugoobay mid ka mid ah farmashiyeyaasha Nationwide Children's Hospital inta lagu jiro saacadaha caadiga ah ee shaqada.

Qiyaasta Acetaminophenee DAREERAHA ah

MUHIIM:

- Daawadan waxay ku timaadaa midabbo, xoog, iyo qaabab kala duwan.
- Had iyo jeer hubi qiyaasta ka hor inta aanad siin.** Qiyaasta miisaanka waxaa lagu cabbiri karaa rodol (lbs) ama kiiloogaraam (kg).
- Waxaa laga yaabaa inaad u baahato siliinga kale oo aad ka hesho farmashiyaha iyadoo ku xiran qiyaasta.

Miisaankooda	Da'da	Acetaminophen-ka Dareeraha ah ee Dhallaanka ama Carruurta (160 mg/5 mL)	Xirmooyinka Acetaminophen Biyaha ku milma ee Carruurta (160 mg/1 baakad)
<i>* Haddii la awoodo, isticmaal miisaanka si loo go'aamiyo qiyaasta; haddii kale isticmaal da'da. *</i>			
6 illaa 11 lbs. (3 ila 5 kg)	0 ilaa 3 bilood	1.25 mL 	
12 illaa 17 lbs. (5 ila 7 kg)	4 ilaa 11 bilood	2.5 mL 	
18 illaa 23 lbs. (8 ila 10 kg)	12 ilaa 23 bilood	3.75 mL 	
24 illaa 35 lbs. (11 ila 15 kg)	2 ilaa 3 sano	5 mL  AMA 	
36 illaa 47 lbs. (16 ila 21 kg)	4 ilaa 5 sano	7.5 mL 	
48 illaa 59 lbs. (22 ila 26 kg)	6 ilaa 8 sano	10 mL 	2 baakad 
60 illaa 71 lbs. (27 ila 32 kg)	9 ilaa 10 sano	12.5 mL 	2 baakad 
72 illaa 95 lbs. (33 ila 43 kg)	11 sano	15 mL 	3 baakad oo ah daawo jilcineysa dhuun daloolka

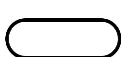
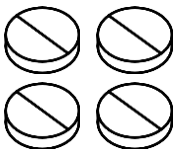
			
96 lbs ila 142 lbs (44 ila 64 kg)	12 jir ama kaweyn	20 mL (10 mL + 10 mL) 	

Dib u rog si aad u aragto acetaminophen carruurta la ruugi karo, xoogga caadiga ah, iyo xoogga  dheeraadka ah

Qiyaasta Kiniinnada Acetaminophen

MUHIIM:

- Daawadan waxay ku timaadaa midabbo, xoog, iyo qaabab kala duwan.
- **Had iyo jeer hubi qiyaasta ka hor inta aanad siin.** Qiyaasta miisaanka waxaa lagu cabbiri karaa kiiloogaraam (kg) ama rodol (lbs).

Miisaankooda	Da'da	Kiniinnada Carruurta ee Acetaminophen-ka la Qaniino (160 mg)	Awooda caadiga ah ee kaniiniyada Acetaminophen (325 mg)	Awooda xad dhaafka ah ee kaniiniyada Acetaminophen (500 mg)
<i>* Haddii la awoodo, isticmaal miisaanka si loo go'aamiyo qiyaasta; haddii kale isticmaal da'da. *</i>				
6 illaa 11 lbs. (3 ila 5 kg)	0 ilaa 3 bilood	HA siin kiniin carruurta 0 ilaa 23 bilood taasoo khatar ku ah dhuunta.		
12 illaa 17 lbs. (5 ila 7 kg)	4 ilaa 11 bilood			
18 illaa 23 lbs. (8 ila 10 kg)	12 ilaa 23 bilood			
24 illaa 35 lbs. (11 ila 15 kg)	2 ilaa 3 sano	1 kiniin 		
36 illaa 47 lbs. (16 ila 21 kg)	4 ilaa 5 sano	1 ½ kiniini 		
48 illaa 59 lbs. (22 ila 26 kg)	6 ilaa 8 sano	2 kaniini 	1 kiniin 	
60 illaa 71 lbs. (27 ila 32 kg)	9 ilaa 10 sano	2 ½ kiniini 	1 kiniin 	
72 illaa 95 lbs. (33 ila 43 kg)	11 sano	3 kaniini 	1 ½ kiniini 	1 kiniin 
96 lbs ila 142 lbs (44 ila 64 kg)	12 jir ama kaweyn	4 kaniini 	2 kaniini 	1 kiniin 
143 lbs ama ka badan (65 kg ama ka badan)			3 kaniini 	2 kaniini 