

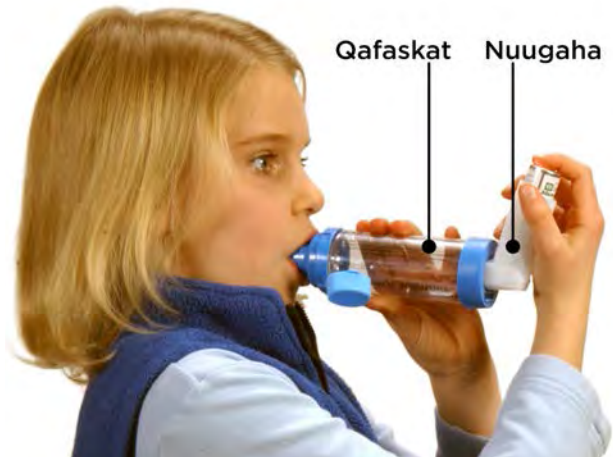
Isticmaalitaanka Qiyaasta Cabbiran ee Nuugaha (MDI) Qafaska leh

Marka aad qalabkaaga MDI ee qafas leh isticmaasho waxay fududaysaa daawaynta.

Qafasku waxuu xajinayaa daawada ilaa aad diyaar u tahay in aad nuugato.

Waxuu caawiyaa in daawadu hoos ugu degto kiishashka hawada yar yar waxuuna yarayn karaa dhibaatooyinka daawada soo raaca.

Qafaska la'aantiis, haddii aanay farsamadaadu aad u fiicnayn, daawada inteeda ugu badan ayaa la filan karaa in ay ku dhacdo carrabkaaga ama gadaasha cunahaaga.



Tilmaamaha

Akhri dhammaan tallaabooyinka ka hor intaadan bilaabin.

- Tallaabo 1... U diyaari qiyaasta cabbiran ee nuugahaaga(MDI) sida caadiga ah. Ka saar furka ku yaal afka qafaska.
- Tallaabo 2... U lux nuugaha si degdeg ah dhowr sekand.
- Tallaabo 3... Dhex geli MDI (nuugaha) qafaska.
- Tallaabo 4... Hawada ka soo afuuf sambabbada oo qafaska afka geli.
- Tallaabo 5... Hoos u cadaadi nuugaha, adiga oo u siidaynaya inay dawadu ka dhex buuxsanto qafaska.
- Tallaabo 6... Ku awd bushimahaaga hareeraha afka qafaska. Si aad qunyar oo neef aad u jiidis ilaa gudaha ah dawada u qaado. Waa inayna jirin cod sida foodhida oo kale ah.
- Tallaabo 7... Iskugu qabo neefta oo si tartiib leh u tiri ilaa 10. Waxaa muhiim ah in aad neefta isku qabato ilaa tirada buuxda ee 10 ilbiriqsi!
- Tallaabo 8... Siidaa neeftaada oo si caadi ah u neefso.
- Tallaabo 9... Sug 15 ilbiriqsi.
- Tallaabo 10.. Ku celi tallaabooyin kasta oo loogu talagalay dawo jiid kasta ooo dheeraad ah ee laguu qoray. Ku bilow ruxitaanka nuugaha MDI mar kale oo aad Tallaabo 4.

Nadiifinta todobaadlaha qafaska leh afka

1. Ka dhammaadka giraanta rabadhka oo kale ee ku yaal xagga dambe ee qafaska. Ha ka saarin afka.
2. Ka maydh/lux qolka qafaska biyo diirran oo saabuun leh (isticmaali saabuunta weelka oo khafiif ah).
3. Biyo kaga dhaqdhaq qolka qafaska biyo diirran.
4. Ku daa si ay hawdu u engejiso.
5. Kaga nadiifi afka qafaska hadla tuwaal qoyan.
6. Markay si fiican u engegto, ku dheji giraanta rabadhka oo kale ah xagga dambe.

To Learn More

- Dawaynta Hawomareenka 206-987-2174
- Weyddii daryeel-caafimad bixiyaha ilmahaaga
- www.seattlechildrens.org

Free Interpreter Services

- Markaad joogto isbitaalka, weyddii narasta ilmahaaga.
- Markaad joogto waxa ka baxsan isbitaalka, u soo wac khadka turjumaadda qoyska ee lacag la'aanta ah 1-866-583-1527. U sheeg tujumaanka magaca iyo khadka gaarka ah ee aad rabto.



Seattle Children's ayaa ku siisa lacag la'aan adeegyada tarjumaadda bukaannada maqalka beelay ama kuwa aan ku hadlin Ingiriisiga, xubnaha qoyska iyo wakiillada sharciyeed. Seattle Children ayaa macluumaadkan ka dhigi doonta in lagu helo qaab kale marka la weyddiisto. Uga soo wac Xarunta Kheyraadka Qoyska 206-987-2201. Xaashidan ayay dib u eegeen shaqaalaha rug caafimaadeedka Seattle Children's. Hase yeeshe, baahida ilmahaaga ayaa ah mid u gaar ah. Kahor intaadan ku dhaqaaqin ama aadan isku hallayn macaluumaadkan, fadlan kala hadal daryeel-caafimaad bixiyaha ilmahaaga.
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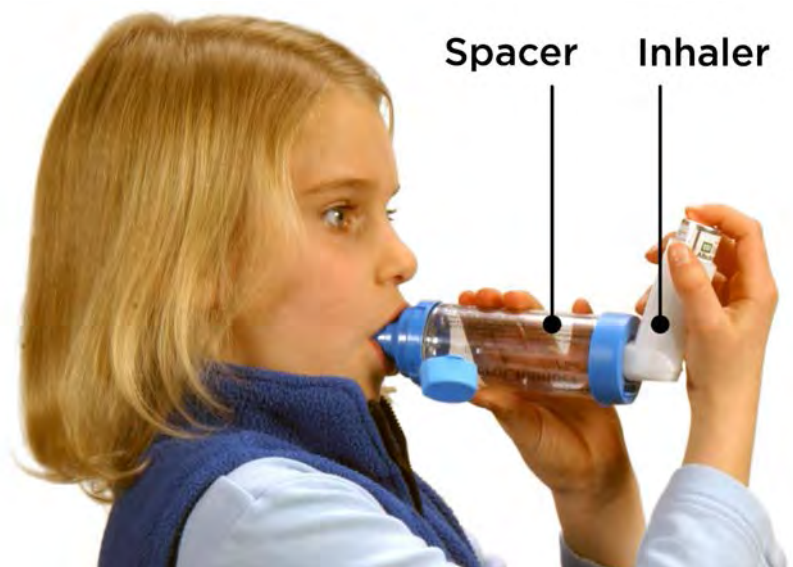
Using a Spacer with a Metered Dose Inhaler (MDI)

Using a spacer with your MDI makes the treatment easier.

A spacer holds the medicine until you are ready to breathe it in.

It helps the medicine get down to the small airways and can help reduce side effects.

Without a spacer, unless your technique is really good, most of the medicine is likely to hit your tongue or the back of your throat.



Directions

Read through all steps before beginning.

- Step 1.....Prepare your metered dose inhaler (MDI) as usual.
Remove the cap on the spacer's mouthpiece.
- Step 2.....Shake the MDI rapidly for five seconds.
- Step 3.....Insert the MDI (inhaler) into the spacer.
- Step 4.....Blow air out of your lungs and put the spacer in your mouth.
- Step 5.....Press down on the inhaler, releasing medicines to fill the spacer.
- Step 6.....Seal your lips around the mouthpiece of the spacer.
Take in a slow, deep breath to inhale the medicine.
There should be no whistle sound.
- Step 7.....Hold your breath and slowly count to **10**. It is important to hold your breath for the whole 10 seconds!
- Step 8.....Release your breath and breathe normally.
- Step 9.....Wait **15 seconds**.
- Step 10.....Repeat the steps for each additional prescribed puff.
Begin with shaking the MDI again and go to Step 4.

Weekly cleaning of spacer with mouthpiece

1. Remove the rubber-like ring from the end of the spacer.
Don't remove the mouthpiece.
2. Wash/swish the chamber in warm, soapy water (use mild dish soap).
3. Rinse the inside of the chamber with warm water.
4. Let air dry.
5. Wipe off the mouthpiece with a wet towel.
6. When completely dry, attach the rubber-like ring to the end.

To Learn More

- Pulmonary 206-987-2174
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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