



## Daawooyinka Aanan Insulin ahayn (Kiniinno iyo Waxyaabo jirka lagu mudo)

### Tusmada:

- **Daawooyinka Afka laga qaato**
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- **Daawooyinka jirka lagu mudo ee aanan insulin ahayn - Glucagon- Sida Peptide (GLP-1)**
- **Acarbose**

Haddii aanay suurogal kuu ahayn in aad xakamayso caddadka gulukooska ee dhiiggaaga ku jira marka aad raacdo talooyinka nolosha caafimaadka leh, waxaa dhici karta in takhtarka ku daawaynaya uu kuu qoro kiniin loogu talagalay cudurka macaanka ama sonkorowga. Tani kama dhigna in cudurka macaanku ka sii daray, waxay ka dhigan tahay uun in gargaar dheeraad ah loo baahan yahay si loo xakameeyo caddadka gulukooska dhiigga. Waxaa weli muhiim ah in aad raacdo xeerasha cuntada caafimaadka leh xataa haddii kiniinno lagu bilaabo.

Dadka qaarkood ayaa u baahan in ay kiniinno kala duwan is raaciyaan si ay u xakameeyaan caddadka gulukooska dhiiggooda. Waxaad arki kartaa in kiniinnada aad u baahan tahay ay waqti ka dib is beddelaan, markaa waxaa muhiim ah in aad si joogto ah isku soo baarto. Mararka qaar kiniinnada keligood laguma xakamayn karo cudurka macaanka waxaana dhici karta in kooxda cudurka macaanku ay ku taliyaan daawada insulin ama daawo kaloo jirka lagu mudo.

Daawooyinka intooda ugu badan waxay leeyihiin ugu yaraan labo magac. Mid waa magaca daawada (guud) midka kalena waa magaca summadeed (milkiyadda) ee ay u bixiso shirkad kastoo soo saarta. Mar walba isku day in aad isticmaasho magaca guud (generic).

### Daawooyinka Afka laga qaato

## Metformin

Daawada Metformin waxay wax tartaa marka ay jirkaaga ka caawiso in uu si ka fiican u isticmaalo maaddada insulin, si uu si hagaagsan ugu saari karo sonkorta dhiigga ku jirta. Dadka qaarkood marka daawada Metformin loo bilaabo waxay kala kulmi karaan qaska caloosha sida shubanka, dheefshiidka xun iyo cunto diidista ama matagidda. Waxaa tan kaa caawin karta in aad ku bilowdo qiyaas yar oo aad daawada Metformin qaadato marka aad wax cunayso. Daawada Metformin ma keento yaraanshaha sonkorta dhiigga (hypoglycaemia) mana kordhiso culayska. Daawada Metformin waxaa weliba lagu heli karaa nooc aayar loogu sii daayo. Waxaa tan loo yaqaanaa sii daynta ka dheer/ la beddelay ama sii daynta deggan ee daawada Glucophage.

Daawooyinka darajadan ku jira waxaa ka mid ah:

Metformin (Glucophage)	500mg, 850mg,
Metformin milanka afka laga qaato	500mg 5tii ml

Kiniinnada Metformin waxay weliba leeyihiin noocyo sii dayn deggan/la beddelay, oo yarayn kara halista dhibaatooyinka daawada soo raaca ee saameeya caloosha iyo mindhicirka matalan

Glucophage Slow Release	500mg, 750mg, 1,000mg
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## Sulphonylurea

Daawooyinka Sulphonylurea waxay kiciyaan beeryarahaaga (xubinta caloosha ku taalla ee soo saarta hormoonka insulin) si uu insulin dheeraad ah u soo saaro, taasoo markaa kaa yarayn doonta gulukooska dhiigga. Daawooyinka Sulphonylurea waxay keeni karaan dheefshiid yara xun, madax xanuun, firiirica haragga iyo korodhka culayska. Wajiga ayay guduudi karaan haddii khamri la cabbo. Waxay aad u yarayn karaan gulukooska dhiigga taasoo kordhisa halista yaraanshaha sonkorta dhiigga, fiiri [buugyaraha yaraanshaha sonkorta dhiigga](#). [Add link to updated hypo leaflet](#)

Daawooyinka darajadan ku jira waxaa ka mid ah:

Glibenclamide	2.5 mg, 5mg
Gliclazide (Diamicron)	kiniinnada 40 mg iyo 80 mg
Gliclazide MR	30 mg
Glimepiride (Amaryl)	1mg, 2mg
Glipizide	5mg – 20mg
Tolbutamide	500mg

## Thiazolidinedione

Daawooyinkan keligood ayaa la isticmaali karaa ama waxaa laga dhigi karaa daawayn mid kale lagu daro. Gargaarka ay bixiyaan waxa weeyaan in ay jirka u dabciyaan saamaynta maaddada insulin ee aad adigu soo saarto. Waxay ka shaqeeyaan unugyada dufanka; iyagoo

dufanka ka saara hareeraha xubnaha gudaha, waxayna saamayn ku yeelan karaan muruqa, beerka iyo beeryaraha. Daawada thiazolidinedione midda keliya ee suuqa Ingiriiska iminka laga helo waa Pioglitazone. Waxay kordhin kartaa culayska waxaana la soo sheegay in ay bukaanada waayeelka ah u kordhiso halista jabidda lafaha (jabka). Weliba, waxaa la soo sheegay in ay xoogaa kordhiso halista kansarka kaadi haynta, inkastoo tani ay aad dhif u tahay. Daawada Pioglitazone ma keento sonkor yaraansho. Haddii aad ka walaac qabto dhibaatooyinka soo raaca daawada pioglitazone, tan kala hadal cidda aad ka hesho daryeelka caafimaadka ee cudurka macaanka.

- Pioglitazone (Actos) 15mg, 30mg, 45mg

Daawooyinka Glitazone waxaa weliba lagu qori karaa qaab loogu daro daawada Metformin matalan

- Pioglitazone + Metformin (Competact) 15mg/850mg

### **Nidaamiyaha Gulukooska ee Waqtiga cuntada**

Daawooyinka Nidaamiyaha gulukooska ee waqtiga cuntada (Prandial glucose regulator) waxay kiciyaan unugyada ku jira beeryaraha si ay u kordhiyaan maaddada insulin ee ay soo saaraan. Hase yeeshee, kiniinnadani waxay socdaan waqti ka gaaban daawooyinka sulphonylurea. Haddii cunto laga tago, waa in qiyaasta daawada la iska dhaafo.

Daawooyinka darajadan ku jira waxaa ka mid ah:

- Repaglinide (Prandin) 0.5mg, 1mg, 2mg
- Nateglinide (Starlix) 60mg, 120mg, 180mg

### **Celiyaha DPP4**

Daawooyinka Celiyaha dipeptidyl peptidase 4 oo weliba loo yaqaano daawooyinka gliptin waxay wax taraan marka ay celiyaan ama xiraan falka DPP-4, falgal deddejiye (enzyme) burburiya hormoonka incretin.

Hormoonada incretin waxay jirka ka caawiyaan in uu kordhiyo maaddada insulin ee uu soo saaro marka loo baahan yahay uun waxayna yareeyaan caddadka gulukooska ee beerku soo saaro marka aanan loo baahnayn. Hormoonadan waxaa la soo daayaa maalintoo dhan waxuuna caddadkoodu kordhaa waqtiyada cuntada

Daawooyinka darajadan ku jira waxaa ka mid ah:

Alogliptin	(Vipidia)	6.25mg, 12.5mg, 25mg
Linagliptin	(Trajenta)	5mg
Linagliptin +Metformin	(Jentaducto)	2.5mg/850mg, 2.5mg/1000mg
Sitagliptin	(Januvia)	100mg, 50mg, 25mg
Saxagliptin	(Onglyza)	2.5mg, 5mg
Vildagliptin + Metformin	(Eucreas)	50mg/850mg, 50mg/1000mg

## **Celiyaha SGLT2 (celiyaha qaadaha soodiyam-gulukoos (2))**

Daawadan Ingiriiska laga soo saaray sanadkii 2013 waxaa loo isticmaali karaa dadka qaangaarka ah ee qaba Cudurka macaanka ee Nooca 2 si loogu wanaajiyo xakamaynta cudurka macaanka. Daawadu waxay wax tartaa marka ay gulukooska siyaadada ah ka saarto jirka iyadoo marisa kellida, waxayna keentaa in gulukoos dheeraad ah kaadida lagu arko. Waxaa lagu talinayaa in si joogto ah loola socdo shaqada kelyaha, oo looma isticmaali karo dadka kelyahoodu siba u dhantaalan yihiin. Waa in taxaddar loo muujiyo bukaanada cadaadiska dhiiggoodu hooseeyo. Daawooyinka celiyaha SGLT2 waxay kordhin karaan halista caabuqa kaadida ama cabeebka saxaaxa, waxaana halis yar loo galaa xaaladda ketoacidosis ee badashada kiimikada ketone iyo sonkorta dhiigga (dhibaato caadi ahaan ka timaadda cudurka macaanka ee nooca 1 oo ay soo raacaan matag iyo calool xanuun). Daawooyinka darajadan ah waxay badi hoos u ridaan culayska, mana habboona in la isticmaalo marka uurka la sido.

Daawooyinka darajadan ku jira waxaa ka mid ah:

Canagliflozin	(Invokana)	100mg,300mg
Canagliflozin iyo Metformin	(Vokanamet)	50mg/850mg 50mg/1000mg 150mg/850mg 150mg/1000mg
Dapagliflozin	(Forxiga)	5mg, 10mg
Dapagliflozin iyo Metformin	(Xigduo)	5mg/850mg 5mg/1000mg
Empagliflozin	(Jardiance)	10mg,25mg
Empagliflozin iyo metformin	(Synjardy)	5mg/500mg 5mg/1000mg 12.5mg/850mg, 12.5mg/1,000mg

## **Daawooyinka jirka lagu mudo ee aanan insulin ahayn - Glucagon- Sida Peptide (GLP-1)**

Daawooyinka GLP -1 ee jirka lagu mudo waxay matalaan falka hormoonka si dabiici ah u soo baxa ee GLP -1, iyadoo kordhiya maaddada insulin ee la soo saaro, yareeya caddadka gulukooska ee beerku soo saaro marka aanan loo baahnayn, dejiya xawaaraha ay cuntadu ku maro caloosha, yareeya rabitaanka cuntada iyadoo ujeeddadu ay tahay in ay wanaajiyaan caddadka gulukooska dhiigga. Waxaa daawada laga helaa qalab qalin ah oo lagu mudo xubinta haragga ku hoos taalla, waxaana la qaadan karaa labo jeer maalintii, maalintiiba mar ama toddobaadkiiba mar. Daawooyinka toddobaadkiiba mar jirka lagu mudo qaarkood waxay keeni karaan in kuusas yar yar ay waqti gaaban ka soo baxaan haragga hoostiis. Daawooyinka darajadan ah waxay badi hoos u ridaan culayska.

Exenatide (Byetta)	5mcg, 10mcg labo jeer maalintii mudis qalin
Exenatide Extended Release (Bydureon)	2mg toddobaadkiiba mar
Liraglutide	(Victoza) 0.6mg, 1.2mg maalintiiba mar mudis qalin

Lixisenatide	(Lyxumia)	10mcg, 20mcg maalintiiba mar mudis
qalin		
Dulaglutide	(Trulicity)	0.75mg, 1.5mg mudis toddobaad kaste
Albiglutide	(Eperzan)	30mg mudis toddobaad kaste

**Acarbose (Glucobay ) 50mg,100mg**

Daawada Acarbose waxay wax tartaa marka ay raajiso heerka uu jirku ku dheefshiido sonkorta, taasoo dejisa heerka uu ku kordho gulukooska dhiiggaagu ka dib marka aad wax cunto. Waxay keeni kartaa guuxa caloosha, dabayl, dhereg iyo shuban. Daawada waxaa loo baahan yahay in la raaciyo cuntada ugu horraysa ee afka la geliyo si ay wax u tarto. Maalmahan marar dhif ah ayaa la isticmaalaa dhibaatooyinkan soo raaca awgood.

**Cillad bixinta**

**Maxaa dhacaya haddii aan kiniin illaawo?**

Haddii kiniin aad illowday aad xasuusato hal saacad ama labo saacadood ka dib, markaas qaado. Haddii ay intaas dhaafto, qiyaastaas ka tag oo sida caadiga ah u qaado midda xigta. Weligaa ha laban-laaban qiyaasta daawada marka aad qiyaas ka tagto.

**Maxaa dhacaya haddii aan buko?**

Kiniinnada ha iska joojin. Fiiri [buugyaraha isku dabbaridda jirrada](#).

**Rijeetooyin ama daawooyin bilaash ah**

Haddii aad u baahan tahay in aad kiniinno u qaadato cudurkaaga macaanka ama sonkorowga, waxaad xaq u leedahay in aad rijeetooyin bilaash ah u hesho kiniinnadan iyo daawooyinka kale ee aad u baahan tahay. Takhtarkaaga, kalkaaliyahaaga caafimaadka ama farmashiistahaaga weydiiso foomka 'cafinta caafimaadeed' ee EC92A (FP92A marka England la joogo).

Si aad u hesho macluumaad dheeraad ah oo daawooyinka ku saabsan raac iskuxiraha hoose.

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