

Dawooyinka la neef-jiido

Haddii aadan farriin kale helin, waa inaad iska ilaalisid isticmaalka dawooyinka la neef-jiido ee soo socda kahor waqtiga aad ballanka leedahay:

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| Airomir, Bricanyl, Buventol, Ventoline | 4-ta saac ee ka horraysa cabbirista shaqada sambabka |
| Atrovent, Ipraxa | 6-da saac ee ka horraysa cabbirista shaqada sambabka |
| Aerobec, Airflusal, Asmanex, Beclomet, Duaklir, DuoResp, Eklira, Flutide, Flutiform, Flutikason, Giona, Inuxair, Oxis, Pulmicort, Salmeterol-Flutikason, Salmex, Seretide, Serevent, Serkep, Symbicort, Trimbow | 12-ka saac ee ka horraysa cabbirista shaqada sambabka |
| Alvesco, Anoro, Bufomix, Incruse, Relvar, Spiriva, Onbrez, Seebri, Spiolto, Striverdi, Trelegy, Ultibro | 24-ta saac ee ka horraysa cabbirista shaqada sambabka |

Haddii aadan soo aadi karin isbitaalka inaad dawooyinka la neef-jiido soo isticmaashid mooyee, markaas dabcan si caadi ah ayaad u isticmaali kartaa.



Lovisenberg Diakonale Sykehus

Lovisenberg Diakonale
Sykehus
Medisinsk poliklinikk
Lovisenberggt. 17
Telefon: 23 22 57 20

Cabbirista shaqada sambabbada



Warbixin ku saabsan cabbirista shaqada sambabbada iyo diyaargarowyada aad samaynaysid



Cabbirista shaqada sambabka

Cabbimida qiimaynta caafimaad ee sambabka, waxaana loo isticmaalaa baarista jirrooyinka iyo la socodka cudurrada ku dhaca sambabbada badankooda.

Waxaa jira siyaabo kala duwan oo loo cabbiro shaqada sambabbada. Bogga ku xiga ayaad ku aragtaa qeexid kooban oo ku saabsan cabbirro kala duwan. Nooca cabbirista shaqada sambabka ee adiga lagugu samaynayo, waxaa uu ku xiran yahay sababtii keentay inaad annagrista shaqada sambabku waa qayb muhiim ah oo ka a noo timaaddid.

- **Waa inaad sii isticmaalin wax dawooyinka la neef jiido ah markaad ballanka leedahay, haddii aanu dhakhtarku si kale kuu sheegin. Ka eeg bogga dambe wixii intaas dheer oo warbixin ah.**
- Waa inaad sigaar cabbir saacadda ka horraysa marka la cabbirayo shaqada sambabka, waayo waxay taasi sababi kartaa cabbirro khalad ah.
- Soo sheeg ballanka kahor haddii:
 - lagu qalay saddexdii bilood ee ugu dambaysay
 - uu dhawaan kugu dhacay wadne-qabad (hjerteinfarkt)
 - uu sarreeyo cadaadiskaaga dhiiggu oo aanu degganayn

La-soo-xiriirista rugta caafimaadka ee bukaansocodka:

Lambar telefoon: 23 22 57 20 (saacadda: 08:00-14:00)

Spirometri:

Waa inaad inta awooddaada ah ku afuufto qalab cabbiraya xawaaraha iyo mugga hawada aad afuuftay.

Bodybox (is-beddel-mugeedka jirka):

Waxaa la fariistaa gudaha sanduuq dhalo ah ayadoo qalab afka la geliyo lagu neefsano si joogtaana loo cabbirayo is-beddelka qul-qulka hawada iyo xaaladda cadaadiska, ee gudaha sanduuqa iyo sidoo kale hawo-mareennada.

Tijaabada dib-u-celinta (reversibilitetstest)/tijaabada kicinta (provokasjonstest):

Inta badan waxaa la raaciyaa cabbirista spirometri-ga iyo bodybox-ka in la cabbiro is-beddelka yimaada kadib markii dawo la qaato (reversibilitetstest), ama is-beddelka yimaada markii la isticmaalo dawo carqaladayn samaysa (provokasjonstest).

Awoodda baahsanaanta neefta (DLCO):

Waxaa lagu neefsadda qalab ayadoo laysku celinayo neefta ilaa 10 sekan. Cabbirku wuxuu tilmaan ka bixiyaa qadarka oksijiin ah ee ay sambabbadu qaadaan.

Tijaabada tamar-cabbirka Ergospirometri (CPET)/EIA:

Waxaa qofku intuu awoodo lagu cabbiraa qalabka lagu dul socdo/lagu dul ordo ama baaskiilka cabbira tamarta qofka ayadoo isla markaas uu ku xiran yahay qalab cabbiraya halbeegyo kala duwan.

Oksijiin cabbir:

Waxaa qalab far-qabsade ah oo cabbiraya oksijiinta dhiiggaaga ku jirta lagaaga dhejinayaa farta.

Tijaabada halbowlaha ee gaaska dhiigga:

Waxaa dhiig laga qaadayaa halbowlaha ayadoo waxyaabaha uu tusayo ay ka mid tahay heerka dhabta ah ee oksijiinta iyo kaarboon-labo-oksaydhka ku jira dhiigga.

Tijaabo socod 6 daqiiqadood ah:

Waxaa qofku ku soconayaa korridoorka, meel horay loo calaamadeeyey 6 daqiiqadood. Waxaa la cabbirayaa garaaca halbowlaha iyo inta ay dhan tahay oksijiinta dhiigga, iyo waliba inta uu qofku socday.