

**Metformin Information: *Juba Arabic***

# Misterformin Istelam bita

Great state. Great opportunity.



Queensland  
Government

*Sukeril Al hemil le nuswan al ma endun marad sukari gabal hemil (Gestational diabetes mellitus - GDM) huwa wahad min mudafaat al tabi bita hemil al bi taser tagribeen le 5-8 be nisba miya bita nusuan al hamilaat. Hadaaf bita tanzim wa ilaj bita GDM umen biyengus al kuturaat bita bad al mudigaat bita GDM al mutawagid haliyen wel bitahasir ma al um wa tifil bito al mulud.*

### **Kutura le um:**

- Kutura bita haz al mutazaid
- Zeida kutura bita derjaat hamaliyaat el geiseria
- Zeida kutura numu bita sukuri derja 2 baden fi haya.

### **Kutura le jenin:**

- Mukin bi yewasa wa yesmen gabal welada
- Adena derjaat bita jelakos bad al welada
- Mashakil bita al tanafus
- Shoba bita tafiz derjaat al harara fi jisim
- Mashakil bita al reda.

Eza derjaat bita jelikus fi dem bitaki saker, lazim jana bitaki bi yafezu fi raya kasa fi hadana.

Hadaaf bita idara GDM huma le wageba ayi le hawulayi al mdafaat achan taksif tagaribeen derjaat jelacous al adiya elek (um).

Eza tageret al giza wa nichat al bedeni ma kifaya achan biwasel le hadef le hassen tasalot ala jelqacous. Huwa zururi ashan takutu al ilajaat fi etibar le tanzim al mutuasila. Tagariben tilid wahid min al nusuwaan al endun GDM bi tataj le istemal hubuub awe huguun bita insulin ka jizu bita ilaj bitomen.

La gad ikthar diktor bitaki tabda istemal hubuub misterformin (dawa kafid al suker fi dem, - Diabex) le istasenu jelikous dem bitaki. Fi darasaad amalu garibeen fi Estraliya wa Newzeland al bi gim istemal bita hawulayi hubuub fi asena al hemil. Al darasa bi weri be enu misterformin (dawa kafid al suker fi dem) kanet endu mafohul fi nezul derjiaat al jelakous al dem bita al um wa bi jenguz kulu min al um wa jana/tefil.

Misterformin istekdemu fi siniin katir le inas al endum sukari nuo al thani 2 wa endu nataaj kueis.

Nas katir ma endum mashakil ashan bi shil misterformin wa lakin bekun fi mudafaat fi ayaam galil al ula misleen ze:

- Gasiyan (tamama)
- Turaj (al estegah)
- Al ishaal
- Fagdan al shawah (sheieya) bita akil
- Waja basita bita al boton
- Aditrap al zug /glag fi zug.

Eza ayi hawulayi al araad hasalet fi al ayam galil al ula, le ilaj, umen bi gereru telgaeiyen fi halaat katir. Achan tusaidle fi wagefa bita hawulayi al mudafaat/ather janebi, wasahu be enu misterformin bi ya akudu fi asena bita akil bad al wajibaat – la fi baton padi.

Baleg diktor bitaki awe murshid bitaki bita sukari ayi mudafaat/ather janebi, al ma bi hel besura.

Istamiru taragib derjiaat bita jelkous fi dem bitaki zema ferga bitaki bita sha talabahu wa wadi balag le umen eza al ilaj ma jib tahasun fi derjiaat bitaki.

## Derjaat bita hadeb uma:

Gabel al fatur .....

Whad sha fi zaman al akil .....

Sha teen fi zaman al akil .....

## Bedaya jura bitaki huwa:

500 milagram bita misterformin \_\_\_\_\_ hubub fi al yom – silu ma akil

*Tojehaat tani:*

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Huwa mufid achan tetabie ma diktora bitaki awe doctor bitaki bita sukeri bad 3-4 ayam bita al ilaj achan tachub iza fi ayi dagier matlub.

Akse jurah al enta bitakut huwa 2,000 ila 2,500 mg kul yom. Eza wasalta le haza wa derjat jelkus al dem lisa ma wesel le hadeb al mutuaga, bi nataj bel hugunaat bita insolin. Haza bi nagishu maki wa al itibar bi gademu le yatu fetera min al zaman enta bi yamulu lakat welada bita jana bitaki we hejim bita al jana.

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**Ayi suwal, min fadulak itesil be diktora bitaki,  
awe murshi al sukeri awe gabela/daya.**

**Haza sarwa bi istekdemu be irtebat ma talim  
al gademu ma ferga al raya al shehiya.**

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Le maluma aker amul itiasal ma wesila tahalil al tebi awe gisim al tektit, masal al shehi (Clinical Access and Redesign Unit, Department of Health), imail [CARU@health.qld.gov.au](mailto:CARU@health.qld.gov.au), telefuna (07) 3646 9872.

Le tasirehaat pog al netag bita haza ruksa itisal: Intellectual Property Officer (Zabit bita malekia al fekeriya), imail [ip\\_officer@health.qld.gov.au](mailto:ip_officer@health.qld.gov.au), telefuna (07) 3328 9862.



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