

# Sida loo isticmaalo qalinka la buuxiyo Bemfola



Waxaa lagu qoray Bemfola kaas oo waraaqihii tilmaamihiisu yahay ay ku tusayaan sida loo isticmaalayo qalinka.

Bemfola 75 IU/0.125 ml

Bemfola 150 IU/0.25 ml

Bemfola 225 IU/0.375 ml

Bemfola 300 IU/0.50 ml

Bemfola 450 IU/0.75 ml

Sababta la iskugu mudado qalinka la buuxiyay.



**bemfola**  
follitropin alfa

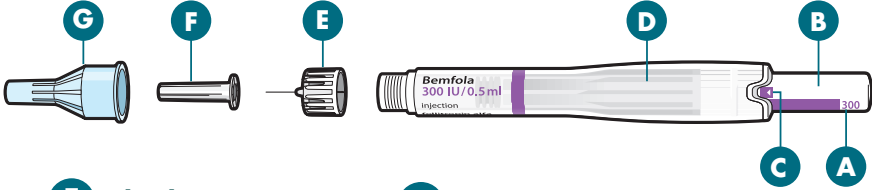
Waxaybaaha  
ay tahay inaad  
xasuusnaato:

Gacmahaaga maydh

Maalinta kasta wakhti isku mid ah isku mud

Kasoo saar talaagada qalinkaaga 5-10 daqiiqo kahor inta  
aanad isticmaalin

## Qaybaha kala duwan ee qalinka



**E** Irbada

**F** Dahaadhka sare  
ee irbada

**G** Dahaadhka  
gudaha ee  
irbada

**A** Xadiga

**B** Koofiyada dawada

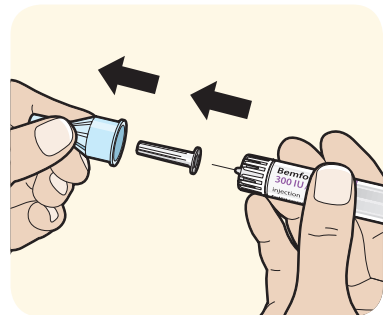
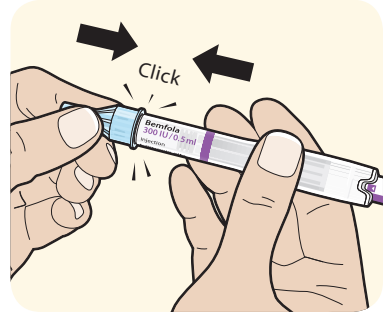
**C** Qaybta ka shaqaysiinta

**D** Bushqada dawada

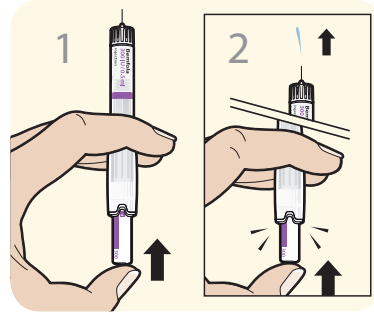
## Diyaar garaynta qalinkaaga

Afka ka fur irbada la isku mudayo.  
U qabo qalinka sida ka muuqata sawirka  
oo kale si aad iskaga ilaaliso inaad tujjiso  
koofiyada dawada. Irbada ku xidh  
adiga oo ku riixaya goobta.

Ka saar dahaadhka dusha irbada. Ha iska  
tuurin si aad hadhaw u isticmaasho.  
Waxaad u baahan doontaa markaad isku  
mudo kabacdi.  
Kasaar dahaadh gudaha ee irbada.

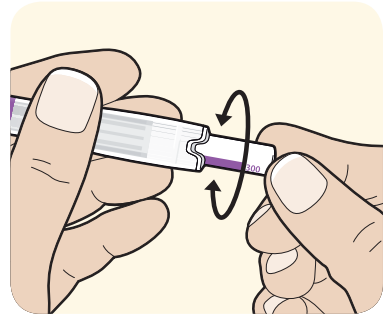


U qabo qalinka kor si ay irbadu kor u eegto<sup>1</sup>. Riix koofiyada xadiga ilaa ay istaagayso. Qaybta shaqaynta way qarsoomi doontaa, dareere ayaana kasoo dhiiqi doona—tani waa caadi<sup>2</sup>. Hadii ayna wax dareero ahi kasoo dhiigin, ha isticmaalin qalinka, mid kale qaado.



## Habaynta dawada

Wareeji koofiyada ilaa xadiga dawada ee ku jirtaayi gaadhayso daaqaada laga arkayo. Qalinka iminka waa diyaar oo waa la isku mudi karaa.



## Isku mudida irbada

Isla markaba iskugu mud dareeraha (caadiyan caloosha) siday dhigayaan tilmaamaha dhakhtarka ama kaaliyaha caafimaadku. Soo yara tuuji goobta maqaarka ee lagu mudayo oo irbada ku mud.

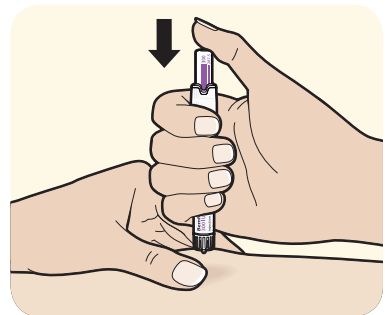
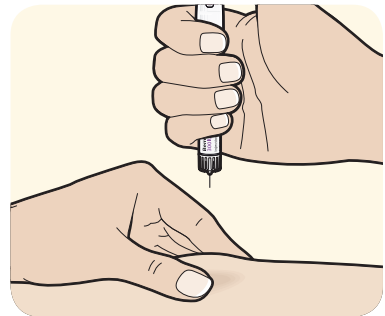
Digniini! Ilaa irbada ay galayso ha tuujinin koofiyada!

Si aayar ah u tuuji koofiyada dawada ilaa inta ay istaagayso oo qaybta laga arkayaan qarsoomayso.

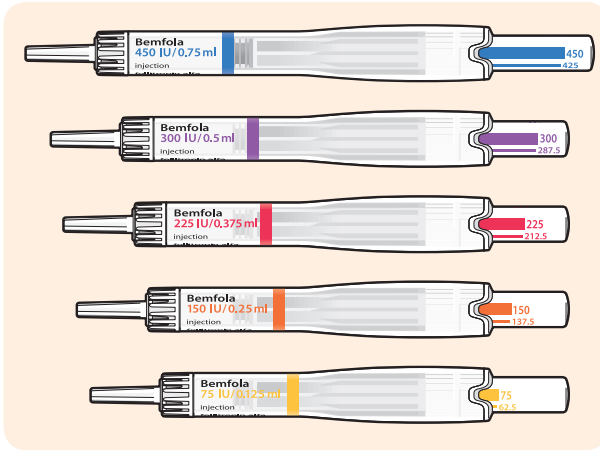
Isla markaba ha saarin irbada. Sug ilaa 5 ilbidhigsi intaanad kasaarin kahor.

Markaad isku mudo kadib: Irbada sare ka badal oo ku rid irbada weel xidhan (qaraarad ama kartoon caano) oo iskaga tuur qashinka xaafada.

Alaabta kale ee la isticmaalay sidoo kale waxaa la iskaga tuurada qashinka xaafada.



Talaagadu waa inay ahaataa qabawgeedu inta u dhaxaysa (2°C – 8°C). Baraf kaga dhigin. Waa laga soo saari karaa talaagada waxaana lagu hayn karaa meel heerkulka qolka oo kale leh (ugu badnaan 25°C) ilaa 90 maalmood.



Bemfola 75 IU 0,125 ml	Bemfola 150 IU 0,25 ml	Bemfola 225 IU 0,375 ml	Bemfola 300 IU 0,5 ml	Bemfola 450 IU 0,75 ml
75 IU	150 IU	225 IU	300 IU	450 IU
62,5 IU	137,5 IU	212,5 IU	287,5 IU	425 IU
50 IU	125 IU	200 IU	275 IU	412,5 IU
37,5 IU	112,5 IU	187,5 IU	262,5 IU	400 IU
	100 IU	175 IU	250 IU	375 IU
	87,5 IU	162,5 IU	237,5 IU	350 IU
	75 IU	150 IU	225 IU	337,5 IU
				325 IU
				300 IU

Sharax dheeraad ah oo dawadan ah ayaa laga heli karaa <http://www.ema.europa.eu>  
 Muuqaal daawasho ah oo sharaxaya ayaa laga heli karaa [www.youtube.com](http://www.youtube.com)  
 Sharaxa dalalka Nordic-ga ee dawada oo sidaa u kala horeeya, ayaa kala heli karaa halkan:

- Sweden: [www.fass.se](http://www.fass.se)
- Finland: [www.laakeinfo.fi](http://www.laakeinfo.fi)
- Denmark: [www.ema.europa.eu](http://www.ema.europa.eu)
- Norway: [www.felleskatalogen.no](http://www.felleskatalogen.no)

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