

DIYAARGAROWGA BUKAANKA

Baadhista BreathTek® UBT ee *H. pylori*

SI LOO HELO NATIJOOYINKA UGU FIICAN EE BAADHISTA:



1. Ha cunin ama cabbin wax muddo 1 saac ah ka hor qaadista baadhista.

2. Ha qaadan wax ka mid ah daawooyinka muddo 2 toddobaad ah ka hor baadhista:

a. Antibayootigga oo dhan

b. Isku-diyaarinta Bismuth sida Pepto-Bismol®

c. Borotoon bam inhibitoris (PPIs)*



3. Saamaynta histamiin 2-resebtar antagonistis (H₂RAs) sida Axid® (nizatidine), Pepcid® (famotidine), Tagamet® (cimetidine), iyo Zantac® (ranitidine) ama qaybahooda kale ee guud waxa dhici karta inay yareeyaan hawsha yuuriyees, taasi oo beddeli karta natiijoooyinka baadhista. H₂RAs waxa dhici karta in la joojiyo 24 ilaa 48 saacadood ka hor baadhista.

4. Waxa dhici karta inaad sii wadato qaadashada anti-asiidhyada sida soodhiyaam baykaarbooneyt (Alka-Seltzer®) ama kaalshiyaam kaarbooneyt (Rolaids®, Tums®) ka hor baadhista.

HADDII HADDA AAD QAADATO PPI:



• Kala tasho dhakhtarkaaga inaad u baahan tahay joojinta qaadashada PPI ka hor baadhista

• Haddii aad sii waddo PPI oo baadhistuna muujiso jiritaanka (*H. pylori*), dhakhtarkaagu wuxuu kuu bilaabi karaa daawada antibayootiga. Haddii baadhistu muujiso jiritaan la'aan, waxa dhici karta inayna been tahay (taasi oo ka dhigan baadhistu inay dhihi karto maya infakshan iyadoo uu jiro infakshanku), baadhistana waa in lagugu celiyo 2 toddobaad ka dib joojintaada qaadashada PPI

HABRAACA BAADHISTA:



• Kolka shaybaadhka waxa lagu waydiin inaad ku neefsato baag buluug ah (kani waa "calaamadda" muunadda neefta)

• Waxa lagu siin doonaa milan daawo ah si aad ugu cabto tuumada cabbitaanka

• Ka dib cabbista milanka daawada ah, waxa aad u fadhiisan si deggan muddo 15 daqiiqo ah

• Ka dib waxa lagu waydiisan inaad ku neefsato baag basali ah

GOORTA BAADHISTA SI LOO XAQIJIYO BOGSASHO:

• Haddii daawada antibayootiga uu dhakhtarkaagu kuu qoro, baadhis labaad ayey dhici kartaa in lagu diro ugu yaraan 4 toddobaad ka dib dhammaysashada daawada, si loo xaqiijiyo bogsasho. Haddii dib lagu baadhayo, raac isla tilmaamahaas

*Magacyada PPIs-ka caanka ah qaarkood waxa lagu taxay hoosta Digniinaha iyo Taxadarrada, dhabarka kaadhkan.

XAFIISKA KALIYA AYAA ISTICMAALAYA:

Baadhista daawaynta ka hor:

Taariikhda ballanta _____ wakhtiga _____

Baadhista daawaynta ka dib:

Taariikhda ballanta _____ wakhtiga _____

Fadlan fiiri GUUDMARKA KOOBAN ee la socda iyo Warqadda Bushqadda Markaas ee la socota.

Guudmarka Kooban ee Macmiilka ee ku saabsan BreathTek UBT

Isticmaalka Loogu Talagalay

Sanduuqa BreathTek® UBT ee *H. pylori* waa baadhis neef taasi oo dareenta infakshan caloosha ku dhaca ee loo yaqaan *Helicobacter pylori* (*H. pylori*). Xirfadlaha caafimaad ee shaatiga haysta waxa dhici karta inuu u diro BreathTek UBT si uu uga baadho infakshanka *H. pylori* bukaanada ah 3 jir iyo ka wayn. Bukaanku waxa dhici karta inuu maro baadhista mar kale 4 toddobaad ka dib dhammaysashada daawaynta antibayootiga si loola socdo in *H. pylori* la suuliyey.

BreathTek UBT waxa had iyo jeer qofka u ka qaada xirfadle caafimaad, marka uu amro xirfadle caafimaad oo shaati haysta.

Digniinaha iyo Taxadarrada

- BreathTek UBT waa baadhis *in vitro* oo kaaga baahan inaad bixiso muunado neefsi ah oo aad cabto milan daawo oo loo yaqaan Pranactin®-Citric
- Haddii aad u nugushahay mannitol, sitrik asiidh, iyo Asbaarteym, ka dheeraw cabbista milanka daawada (Pranactin-Citric)
- U sheeg xirfadlahaaga caafimaadka haddii aad qaadato Phenylketonuric (PKU), maadaama daawadan ay ku jirto Fiinaylalaniin (oo ah wax ka mid ah Asbaarteym). Tixraac ahaan, 12 wiiqiyadood oo cabbitaanka koola ah waxa ku jira ugu dhawaan xaddi la mid ah oo Fiinaylalaniin ah
- Natiijooyin sheegis jiritaan la'aan been ah iyo jiritaan been ah ayaa dhici kara baadhista
 - U sheeg xirfadlahaaga daryeelka caafimaad haddii aad sii waddo yeelashada astaamaha. Waxa dhici karta inaad u baahato in dib lagaaga baadho iyadoo la adeegsanayo muunad cusub ama hab kale.
- Natiijooyin qalad ah ayey dhici kartaa inay keenaan daawooyinka aad qaadansaa 2 toddobaad gudahood ka hor baadhista. Kuwan waxa ka mid ah:
 - Borotoon bam inhibitoris (PPIs) sida Aciphex® (rabeprazole), Nexium® (esomeprazole), Prevacid® (lansoprazole), Prilosec® (omeprazole), Prilosec OTC® (omeprazole), Protonix® (pantoprazole), Zegerid® (omeprazole/sodium bicarbonate), iyo Dexilant® (dexlansoprazole)
 - Antibayootiga
 - Daawooyin ka samaysan Bismuth- (Pepto-Bismol®)
- Natiijooyin aan sax ahayn sidoo kale waxay soo bixi karaan haddii:
 - Muunadda neefsi ee labaad dhakhso loo qaado
 - Lagaaga daaweeyey *H. pylori* antibayootig, laakiin aad maro baadhista xaqiijinta ee BreathTek UBT in ka yar 4 toddobaad ka dib dhammaysashada daawaynta
- U sheeg xirfadlahaaga daryeelka caafimaad haddii ay kugu adag tahay liqitaanku iyadoo sababtu tahay xaalad caafimaad ama jidheed
- Badbaadada isticmaalka BreathTek UBT Kit muddada uurka iyo nuujinta lama sheegin
- BreathTek UBT looma isticmaalo carruurta ka yar 3 jir

Dhacdooyinka Gurraacan

Dhacdooyinka gurraacan ee soo socda ayaa laga arkay dadka muddakarka ah: falcelinta anafilaaktik (xasaasiyad), dareen saa'id ah iyo finan, dareen gubasho ah ee caloosha, cuncun maqaarka ah, matag, iyo shuban.

Hal daraasad, dhacdooyinka gurraacan ee soo socda waxa laga arkay carruurta 3 ilaa 17 jirka ah: matag, xanuun afka iyo cunaha (oo ay ku jiraan cuncun, danqasho, iyo gubasho), caloosha oon degganayn, daal, xanuun caloosha/uur-ku jirta, iyo shuban. Inta badan dhacdooyinkan gurraacan waxa la dareemay daqiiqado ilaa saacado ka dib qaadashada milanka daawada (Pranactin-Citric). Daraasad kale, bukaanada qaar sidoo kale waxay la kulmeen madaxanuun, qufac, af qallayl, iyo infakshan neef-mareenka sare oo daran.

Waxa lagugu boorinayaa inaad FDA u sheegto saamaynaha taban ee daawada. Booqo www.fda.gov/medwatch ama wac 1-800-FDA-1088.

January 2016

05US16IBR002

Fadlan fiiri Warqadda
la Socota Bushqadda Markaas.

Somali

 Otsuka
Qaybta Qalabka Caafimaadka ee
Otsuka America

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Urea Breath Test ee *H. pylori*
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September 2016

05US16EBC0013