

Imfashanyigisho
ijyanye n'imiti
itangirwa mu maduka
2014



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Ubuzima n'imibereho myiza



Imitekerereze: Gukoresha ubwonko bwawe bugatekereza ndetse bukanyungura ubumenyi, kwiha intego ugomba kugeraho kandi ukizera ko uzabigeraho.

Umutima: Hitamo ubwawe gukurikiza indangagaciro runaka mu buzima bwawe kandi ukazubahiriza.

Umubiri: Ite ku mubiri wawe urya indyo yuzuye, ukora imyitozo ngororamubiri, uryama bihagije ndetse unywa n'amazi menshi.

Imibanire: Iyegereze incuti n'umuryango kandi akaba ari na ryo tsinda ry'abantu rya hafi rishobora kugufasha.

Ibidukikije: Hitamo gutura ahantu hari ubuzima buzira umuze, wumva hagushimisha.

Amarangamutima: Garagaza amarangamutima n'ibiyumviro byawe kugira ngo birusheho kukorohera.

Kugira ngo ugire ubuzima bwiza, ni ngombwa ko wita kuri buri kimwe muri ibi bintu bigize ubuzima maze ubuzima bwawe akaba ari ubuzima bwuzuye neza.

Kwirinda

Indyo yuzuye intungamubiri

Hashingiwe ku byatangajwe na Minisiteri y'Ubuhinzi n'Ubworozi ya Leta Zunze Ubumwe z'Amerika (USDA), kimwe cya kabiri cy'isahane yawe kuri buri funguro kigomba kuba kigizwe n'imbuto ndetse n'imboga, naho ikindi cya kabiri kikaba kigizwe n'ibinyamisogwe na poroteyine. Minisiteri y'Ubuhinzi ya n'Ubworozi Leta Zunze Ubumwe z'Amerika itangaza ko byaba byiza ibinyamisogwe byose cyangwa ibyinshi mu binyamisogwe urya bibaye bigizwe n'ibinyamisogwe gusa aho kuba ibinyamisogwe bivanzemo ibindi nk'umugati w'umweru. Amata agomba kuba agize igice gito cy'ifunguro riri ku isahane yawe.



Vitamini

Igihe ufashe ifunguro wagiriweho inama mu gice cyo hejuru kijyanye n'indyo yuzuye intungamubiri, uba uriye vitamini nyinshi ushobora gukenera mu ndyo yawe. Igihe hari vitamini runaka uburamo, ushobora kugura icupa rya vitamini mu iduka kugira ngo ukomeze kugira ubuzima bwiza.

Isuku rusange

Kugira isuku bishobora kugufasha kwirinda kwandura indwara n'udukoko. Kugira ngo ugire isuku rusange, karaba intoki n'isabune neza nyuma yo kuva mu bwiherero na mbere yo gutegura amafunguro. Oga umubiri wose kenshi kugira ngo umubiri wawe uhorane isuku. Ambara imyenda isa neza kandi imeshe kugira ngo wirinde ibyorezo na bagiteri.

Ni ryari wabonana na muganga

- Ufite umuriro urengeje 102,5°F (39°C)
- Umaze igihe kirenze umunsi umwe uruka cyangwa uhitwa
- Ufite ububabare bumaze iminsi ibiri butarakira
- Umaze igihe kirenze umunsi umwe uribwa n'umutwe
- Umaze igihe kirenze icyumweru uribwa n'igifu
- Amenyi akurya cyane
- Uvirirana
- Iyo imiti waguze mu iduka nta cyo yakumariye

Ni ngombwa ko ugana ikigo gitanga ubutabazi bwihuse aho kujya aho bavurira indembe. Ni byo bihendutse!

Igihe ibimenyetso nk'ibi bigaragaye ku mwana wawe, ni ngombwa cyane ko wihutira kumujoyana kwa muganga!

Ni ryari wajya aho bavurira indembe

- Kunanirwa guhumeka
- Kwitiranya
- Ububabare bukabije
- Ibikomere bikabije
- Kubabara mu gatuza



Aka gatabo gasomwa gate

Buri paji iriho ibimenyetso igira imiterere imwe y'ibanze: Indwara, ibimenyetso, urutonde rw'imiti iyikiza rukurikije ibigize imiti, amabwiriza y'imikoreshereze, ubundi buryo bwo kwivura ndetse n'iburira riri mu ibara ry'umutuku.

Indwara: Ibimenyetso cyangwa ibibazo by'ibanze ufite. Uyu ni wo mutwe wa paji.

Ibimenyetso: Igice cy'ibimenyetso kiba gikubiyemo ibimenyetso byose n'ibibishamikiyeho bishobora kukugaragara ngo nawe ubwawe ube wabasha kumenya aho bishoboka.

Imiti ikoresheha: Aha, hakorwa urutonde rw'imiti iboneka mu iduka hakurikijwe ibiyigize. Iryo ni naryo jambo ugenda ureba ku macupa rusange y'imiti.

Amabwiriza y'imikoreshereze: Aha tuguha amabwiriza ajyanye n'uko umuti ukoresheha. Ariko niba ushobora gusoma ibyanditse ku ipaki, kurikiza ayo mabwiriza yanditseho cyangwa ubanze ukurikize amabwiriza wahawe na muganga!

Iburira ryanditse mu ibara ry'umutuku: Iburira ryose rizwi ryandikwa mu ibara ry' **UMUTUKU**. Kurikiza ibyanditse ku bimenyetso by'iburira! Iburira riba riri no ku ipaki

Ubundi buryo bwo kwivura indwara: Mu gice cy'ubundi buryo bwo kwivura indwara hakubiyemo amabwiriza y'ubundi buryo wakoresha wivura ariko udakoresheje imiti.

Aka gatabo ntigakubiyemo urutonde rw'imiti yose cyangwa ngo kabe kagusimburira kujya kwa muganga. Niba utazi neza icyo urwaye, jya kwa muganga!

Ni gute wasoma ibyanditse ku ipaki y'imiti wahawe

Hari ibintu bitanu byagaragajwe ku ifoto ikurikira. Buri foto igaragaza ijamba ry'ingenzi ushobora gushaka kuko riba ryanditse ku macupa n'amapaki y'imiti **huri gihe**: izina ry'uruganda, ibigize umuti, umubare w'ibinini cyangwa ingano y'umuti usukika biri mu ipaki, ubukana bw'ikinini cyangwa umuti usukika ndetse n'abo ugenewe.

Izina ry'uruganda: Tylenol

Ibigize umuti: Acetaminophen

Abo ugenewe: Abantu bakuru

Ubukana bw'umuti: mg 500 ku kinini

Umubare uba uri mu ipaki: Ibinini 100



Izina ry'uruganda n'izina rusange

Buri zina ry'uruganda ry'imiti dusanga mu maduka riba rifite izina rusange bihujye. Iyo urebye kuri etajeri y'isoko cyangwa ya farumasi, usanga buri gihe izina rusange ry'umuti riba rikurikiranye neza n'izina ry'uruganda umuti wakorewemo. Umuti ufite izina rusange usanga buri gihe uba uhendutse! Kugira ngo umenye neza niba uguze umuti nyawo, genzura neza ko ibigize umuti ari bimwe. Ku ifoto ikurikira hariho amapaki abiri y'imiti y'ibitonyanga ihabwa abana kugira ngo batabyimba. Ikigize umuti ni Simethicone ifite imbaraga zingana na mg 125. Niwitegereza neza urabona ijambo 'simethicone' kuri buri paki ndetse n'imbaraga ni zimwe. Abantu benshi bibwira ko imiti iriho amazina y'uruganda ari yo myiza, nyamara ibyo siko biri. Imiti iriho amazina rusange iba ari kimwe neza neza n'imiti iriho amazina y'uruganda bikaba bitandukaniye gusa ku giciro! Izigamire amafaranga ugura umuti uriho izina rusange!



Kubabara cyangwa guhinda umuriro

Ibimenyetso

Kubabara umutwe, mu ngingo, guhinda umuriro, kubabara imikaya, kubabara umugongo n'ibindi.

Imiti yo kwivura

Acetaminophen: Ivura kubabara cyangwa guhinda umuriro

Ibuprofen: Ivura kubabara no kubyimba

Iburira

Kunywa umubare w'ibinini urenze uwo wabwiwe kunywa bishoro kwangiza impyiko, umwijima cyangwa igifu!



Ubundi buryo bwo kwivura

Igihe urwaye umutwe:

- Icara mu cyumba cyijimye kandi gituje
- Rambura agatambaro gakonje ku maso
- Ryama umutwe wawe useguye
- Ongera amazi unywa

Igihe ubabara:

- Shyira barafu aho ubabara nyuma y'amasaha 24 umaze gukomereka
- Nyuma, uhindure hahandi wari washyize barafu uhashyire ikintu gishyushye
- Hashyire ku kintu kihigiza hejuru
- Ruhura igice cyababaye

Ikirungurira, igifu, kubira icyuya

Ibimenyetso

Ikirungurira: Ni ububabare cyangwa kumva utameze neza bimeze nko gushya biva mu gifu bizamuka mu nda cyangwa mu gatuza cyangwa rimwe na rimwe bikagera mu muhogo

Kuboga: Aside isharira izamuka ikagera mu muhogo cyangwa mu kanwa

Imiti yo kwivura

Imiti irwanya aside/karisiyumu: Ikinini cyo guhekenya kigabanya ikirungurira no kubira icyuya igihe gito

Famotidine, Lansoprazole, Omeprazole na Ranitidine: Bikoreshwa n'abantu bakunda kurwara ikirungurira cyangwa igifu cyangwa mu kuvura udusebe two kugifu by'igihe kirekire



Ubundi buryo bwo kwivura:

- Irinde ibiryo ukeka ko bigutera ikirungurira.
- Ryama umutwe wawe useguye

Amabwiriza y'imikoreshereze

Nywa ikinini kimwe nyuma y'isaha 1 nyuma yo kurya. Koresha ibinini bahekenya niba ibi bidakunze kukubaho. Koresha imiti nka 'Famotidine' cyangwa 'Omeprazole' niba ukunda kurwara ikirungurira.



Menyesha muganga wawe niba....

Umaze ibyumweru bibiri unywa iyi miti buri muni wivura ikirungurira. Ushobora no gusaba kwandikirwa iyi miti kugira ngo ugabanye amafaranga wagombaga kuyitangaho ukoresheje ubwishingizi bw'indwara.

Impatwe

Ibimenyetso

Ntujya kwituma kenshi nk'uko bisanzwe cyangwa wanajyayo umwanda ugasohoka bigoranye
Kubabara cyangwa kubyimba inda

Imiti yo kwivura

Imiti irimo fibure: Umuti w'ifu uvangwa n'amazi kugira ngo ukize impatwe

Amata yo mu bwoko bwa Magnesia: Ikinini bahekenya cyangwa umuti usukika utuma impatwe
ihita ikira



Amabwiriza y'imikoreshereze

Koresha ifu ya fibure ivangwa mu kirahure
cy'amazi cyuzuye. Nywa icyo kirahure
cy'amazi cyose nyuma yo kubivanga. Igihe
ushaka gukira impatwe vuba, ushobora
gukoresha amata ya manyeziya. Koresha
agakombe ko gupimisha kugira ngo unywe
igipimo cy'umuti nyacyo. Akenshi utangira
gukora nyuma y'amasaha menshi.

Ubundi buryo bwo kwivura

- Ongerera amazi unywa ugeze byibuze ku
birahure binini 8 ku munsu
- Rya imbuto zihye n'imboga byinshi, kandi
urye imigati ikoze mu ifarini gusa aho kurya
umugati w'umweru. Irinde ibiryo bishobora
gutuma urwara impatwe nka foromaje.
- Kora imyitozo ngororamubiriburi munsu



Ubwivumbure bw'umubiri buterwa n'ibihe

Ibimenyetso

Ibibazo byibasira uduce twa sinusi, kwitsamura, kuzana amarira mu maso, kumagara no kubabara mu muhogo, gukorora

Imiti yo kwivura

Imiti ivura ubwivumbure bw'umubiri: Ni ikinini cyangwa igitonyanga cy'umuti bigabanya ibimenyetso by'ubwivumbure bw'umubiri bihagarika hisitamini.

Imiti ifungura mu mazuru: Ni ikinini banywa kugira ngo gifungure cyangwa gikure ibimyira mu mazuru rimwe na rimwe giherekeza umuti uvura ubwivumbure bw'umubiri



Amabwiriza y'imikoreshereze

Nywa ikinini kimwe ku munsu kugira ngo gikize ubwivumbure bw'umubiri. Saba uguha imiti ko yaguhaha amabwiriza ajyanye n'imiti ukoresha.

Iburira!

Ni ufite umuvuduko w'amaraso ukabije, baza muganga mbere y'uko utangira kunywa imiti y'ubwivumbure bw'umubiri!

Ubundi buryo bwo kwivura

- Reba niba wamenya igituma ibyo bimenyetso birushaho kukumerera nabi
- Rimwe na rimwe ibimenyetso by'ubwivumbure bw'umubiri biterwa n'amatungo cyangwa uruhumbu

Impiswi no kuruka

Ibimenyetso

Impiswi: kubabara mu nda, kwituma umwanda urekuye, muto kandi w'amazi

Kuruka: iseseme no kuruka kenshi

Imiti ikoreshwa

Loperamide: Ni ikinini unywa kikakuvura ubwoko butandukanye bw'impiswi

Kaopectate: Ni umuti usukika cyangwa ikinini bivura impiswi kandi bigatuma amara akora buhoro

Peptobismol: Ni umuti usukika cyangwa ikinini unywa bikakuvura iseseme, ikirungurira, ikibazo cy'igogora, ikibazo cy'igifu n'impiswi



Ubundi buryo bwo kwivura

-Ubusanzwe kurukabihagarara nyuma y'amasaha 12

-Nywa ibinyobwa byinshi kugira ngo wirinde ikibazo cy'igabanuka ry'amazi mu mubiri

-Imbuto n'imboga bishobora gutuma iseseme irushaho kukumerera nabi

-Rya ibisuguti birimo umunyu cyangwa amasupu bitarimo amata

Iburira!

Ntugafate iyi miti utabanje kubimenyesha muganga niba utwite

Niba umwana wawe arimo kuruka, witindiganya, hita wihutira kumujya kwa muganga!

Ibibyimba byo mu kibuno

Ibimenyetso

Ibibyimba byo mu kibuno ni indwara ituma amara abyimba akaba ari imbere mu mubiri ariko akanasohoka hanze aciyeye mu kibuno. Iyo wikaniriye urimo kwituma, imitsi y'amara irabyimba kandi ikakubabaza; rimwe na rimwe ushobora no kuva amaraso.

Imiti ikoreshewa

Preparation H: ni umuti utuma amara yongera kwegerana by'akanya gato, ukagabanya ububabare kandi ugatuma azaho n'agahu gatuma adashobora kwangirika



Amabwiriza y'imikoreshereze

Wushyire ku gice kirwaye nk'uko bisobanurwa ku ipaki y'umuti. Niba ikibazo gikomeje, jya kwa muganga.

Ubundi buryo bwo kwivura

-Ntukikanire igihe urimo kwituma

-Rya ibiryo bituma umwanda wituma woroha, nk'imbutu zihye n'imboga ndetse n'ibiryo birimo fibure nyinshi.

-Nywa amazi menshi kugira ngo umwanda wituma worohe.

Kubura ibitotsi

Ibimenyetso

Kubura ibitotsi bigira ibimenyetso byinshi harimo nko gusinzira buri kanya ku gicamunsi, kutabasha gukora ushishikaye, gucika intege, kwitiranya n'ibindi.

Imiti ikoreshwa

Melatonin: Ni imisemburo itangwa mu iduka ishobora kugufasha kubona ibitotsi ukeneye ubikesha vitamini

Doxylamine: Ni umuti utangwa mu iduka ushobora kugufasha kubona ibitotsi ukeneye

Diphenhydramine: Ni antihisitamini itangirwa mu iduka itera iroro ndetse inafatwa nk'itera ibitotsi.

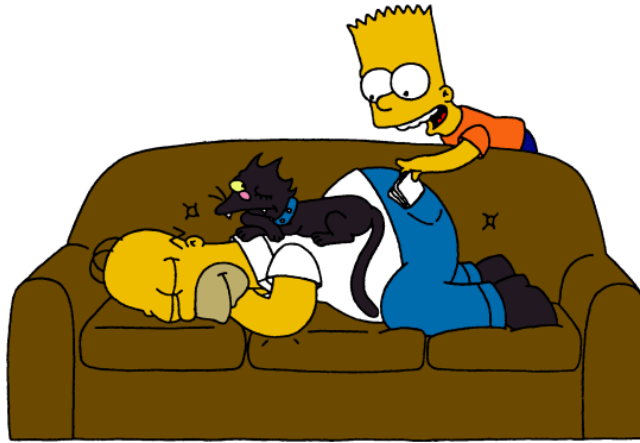
Amabwiriza

Nywa ikinini kimwe nk'uko byanditse ku ipaki mbere y'uko ujya kuryama.

Ubundi buryo bwo kwivura

-Gukora imirimo igukiza umunaniro mbere yo kuja kuryama nk'imyitozo ngororamubiri yo guhumeka

-Kora ku buryo ubona amasaha umunani yo gusinzira



Ibicurane bisanzwe

Ibimenyetso

Kurwara ibicurane cyangwa kugira ibimyira mu mazuru, kubabara mu muhogo, gufungana, kubabara umubiri wose bitari cyane, kwitsamura, kuzana amarira mu maso, guhinda umuriro uringaniye

Imiti ikoreshwa

Acetaminophen: Ikoreshwa mu kuvura ububabare cyangwa guhinda umuriro nko kubabara mu muhogo cyangwa kubabara umubiri wose

Dextromethorphan: Akenshi uba ari umuti usukika ukoreshwa mu kuvura inkorora. Wukoreshe gusa igihe inkorora ikubuza gusinzira.

Throat Lozenges: Umuti uzwi nk'igitonyanga kivura inkorora ubobeza ku buryo buhagije umuhogo wumagaye.

Amabwiriza y'imikoreshereze

Imiti y'ibicurane igomba gukoreshwa gusa igihe ari ngombwa nk'igihe uri guhinda umuriro cyangwa bikubuza gusinzira.

Indi miti

- Kora ku buryo uruhuka bihagije
- Ihate ibinyobwa birimo imitobe n'amazi
- Rya indyo yuzuye intungamubiri
- Jundika amazi ashushye arimo umunyu (garama 2,5 z'umunyu muri mililitiro 240 z'amazi)

Koza ibisebe byo ku mubiri

Koza ibisebe byo ku mubiri neza bigabanya ibyago byo kwandura indwara kandi bigatuma ukira vuba. Kugira ngo woze igisebe cyawe neza, kurikiza amabwiriza akurikira:

- Oga intoki zawe neza ukoresheje isabune n'amazi meza
- Kuba igisebe ukoresheje amazi meza byibura mu gihe cy'iminota 5
- Genzura neza ko imyanda yose wayikuyeho
- Oza igisebe n'agasabune gake
- Niba hari umwanda cyangwa udusigazwa tukiri mu gisebe, ongera woze kandi ugikube
- Niba igisebe gitangiye kuva, fataho kugeza igihe amaraso arekereye aho kuva
- Siga amavuta yica udukokoku gisebe maze urikeho bande

Ni ryari wajya kwa muganga:

- Igihe igisebe kirengeje mm 6,5 cyinjiramo imbere mu mubiri
- Igihe igisebe kirengeje mm 20 z'uburebure
- Ibisebe bibabaza cyane ku buryo udashobora kubihanagura
- Ibisebe by'umufunzo bigera ku binure, ku nyama cyangwa ku magufa
- Ibisebe bitarikureka kuva amaraso nyuma y'iminota 15 ubifasheho

Isuku yo mu kanwa



-Oza amenyo ukoresheje uburoso incuro ebyiri ku munsi, rimwe mu gitondo n'irindi rimwe nijoro. -Koresha akagozi kabugenewe woze amenyo inshuro ebyiri ku munsi, rimwe mu gitondo n'irindi rimwe nijoro.

-Koresha umuti w'amenyo igihe woza amenyo n'uburoso, ubwoko bw'umuti ubwo ari bwo bwose buremewe.

-Koresha akagozi kabugenewe kugira ngo uvane ibiryo cyangwa ibisigazwa by'ibiryo hagati y'amenyo. Bikore byibura rimwe ku munsi. Ushobora gukoresha akagozi cyangwa agakoresho kabugenewe.

-Koze mu kanwa bishobora gukorwa mu rwego rwo kugabanya udukoko. Iyonyuguze mu kanwa maze ucire. Ibi na byo bifasha kugira umwuka mwiza.

-Gabanya gufata amafunguro yoroheje n'ibiryo n'ibinyobwa birimo amasukari kugira ngo ubungabunge isuku yo mu kanwa.



Imiti y'abana



-Imiti y'abana igomba kubanza kugenzurwa kugira ngo harebwe niba nta kibazo yabatera.

-Imiti iba igenewe abana kandi yanditseho amabwiriza ajyanye n'ibipimo nyabyo ku gikarito cyayo.

-Ntugahe umwana umuti ugenewe umuntu mukuru!

-Ntuzigere uha umwana asipirine niba afite muni y'imyaka 18.

-Niba umuti uzana n'agakombe, ako bapimisha udutonyanga cyangwa serenge, bikoreshe mu gupima umuti nyawo.

-Ereka incuti yawe ikurebere ko igipimo ari cyo koko.

-Umwana wawe nakomeza guhinda umuriro urengeje 102,5°F (39°C) mu gihe kirengeje amasaha 24, hamagara cyangwa ujye kwa muganga.

-Niba umwana wawe yarengeje igipimo cy'imiti agenewe cyangwa utazi neza umuti yanyweye uko ungana, ihutire guhamagara Ishami rishinzwe kugenzura uburozikuri 1-800-222-1222 cyangwa uhamagare 911 kugira ngo bakoherereze imbangukiragutabara.

Imiti y'abana



Aho imiti igurirwa

Aldi

CVS Pharmacy

Dollar Store

Dollar Tree

Kroger

Rite-Aid

Wal-Mart

Walgreens