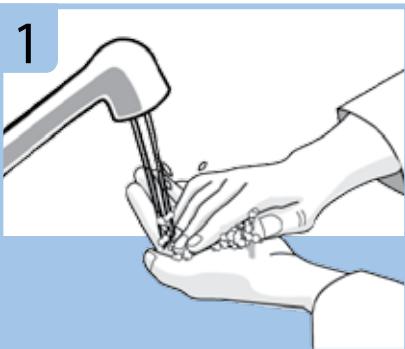
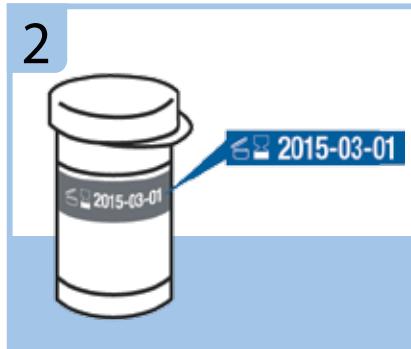


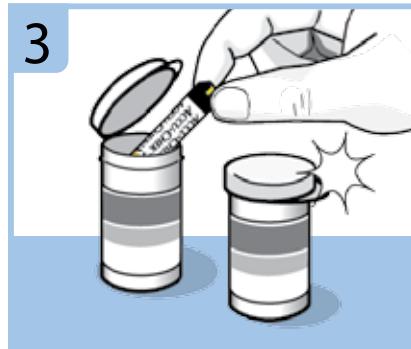
## Samaynta Baadhista Guluukoosta Dhiigga



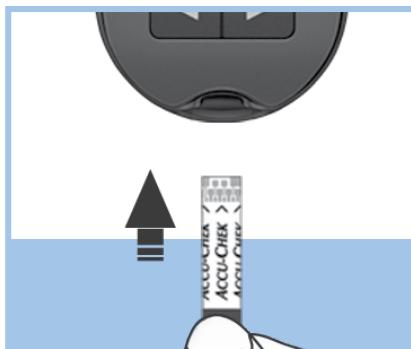
Dhaq oo qallaji gacmahaaga kahor intaanad samayn baadhista guluukoosta dhiigga.



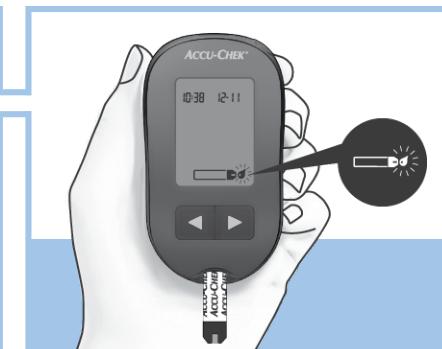
Ka hubi isticmaalka taariikh ahaan weelka liilka baadhista. Ha isticmaalin liilka baadhitaanka taariikhdiisu dhacday.



Ka saar liilka baadhista weelka ay kujirto. Si adag u xidh furka.



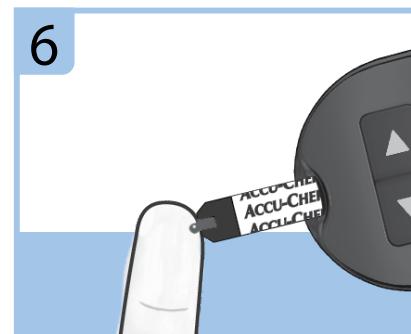
U gali liilka baadhista cabbirka jihada uu u dhuuban yahay ilaa cabbirku biib dhaho.



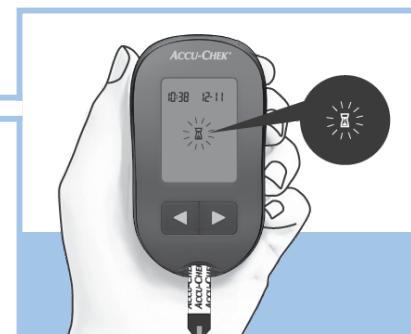
Muunad dhibic dhiig ah oo dhallaalaysa ayaa muuqata.



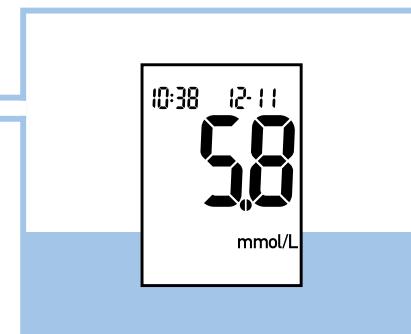
Ugu qabo aaladda mudista si adag cidhifka fartaada oo cadaadi badhanka sii daynta si aad u dalooliso fartaada.



Taabsii dhammaadka liilka dhibicda dhiigga. Ha dhigin dhiigga dusha liilka baadhista.



Cabbirka ayaa biib dhaha oo oo iftiima marka uu dhiig ku filan kujiro liilka baadhista.



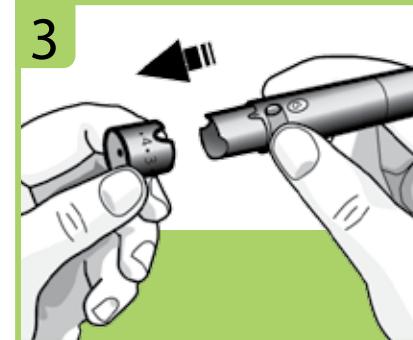
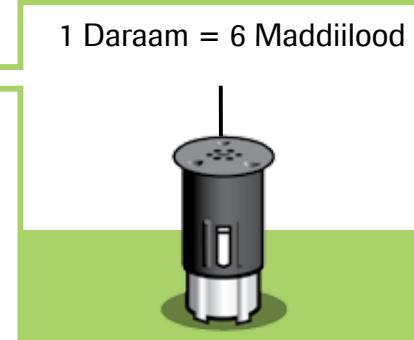
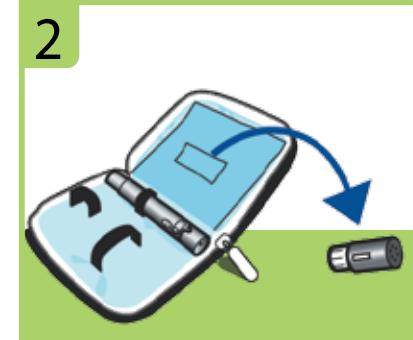
Natiijada baadhisu waxay ka muuqataa shaashadda kadib 5 ilbidhiqsi.



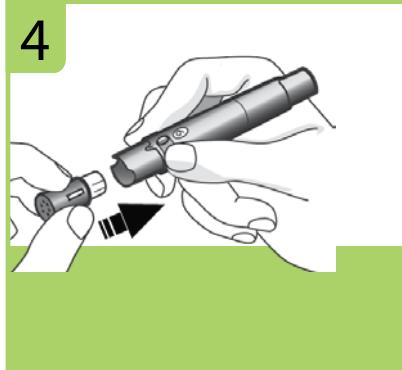
U diyaari aaladda mudista baadhista xigta. U dul jiid gacan-qabsiga gadaal halmar si aad ugu hore ugu socoto maddiisha xigta. Daaqaddu waxay muujinaysaa tirada maddiilaha ee hadhay.



Baro aaladda mudista Accu-Chek Fastclix.



**Digniin**  
Waa inaanad galin daraamka maddiisha aaladda mudista oo anaad isla markaana cadaadin badhanka sii-daynta ama ama ha qaban aaladda mudista badhanka mudista iyada oo dul taala oogo sida miis dushii. Tani waxay sii-dayn kartaa maddiisha waxayna si aan ku-talogal lahayn u keeni kartaa dhaawac.



Gali daraamka Maddiisha, marka hore cidhifka cad, aaladda muddista. U riix daraamka maddiisha gabigiisa gudaha ilaa uu si adag u qabsato meesha.

