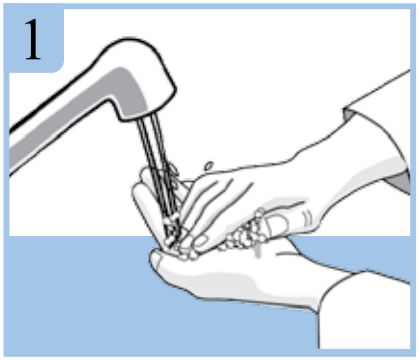
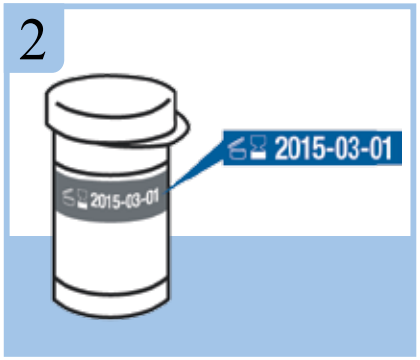
ምክያድ መርመራ ናይ ደረጃ ትሕዝቶ ሽኮር ኣብ ደም

1



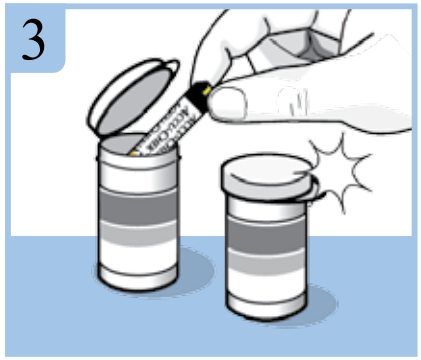
ደረጃ ትሕዝቶ ሽኮር ኣብ ደም ንኽትፈልጥ፡ መርመራ ቅድሚ ምጅማርካ ኣእዳውካ ተሓጺብካ ኣንቅጸ።

2

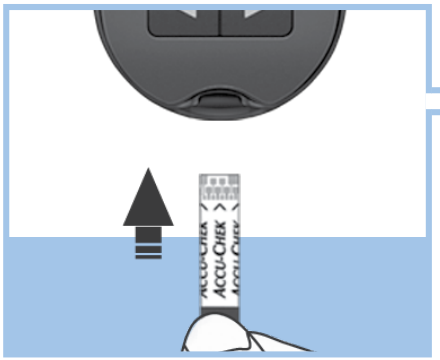


መመርመሪ ስትሪፕ ካብ ጠቕሚ ወጻኢ ዝኹነሉ ግዜ ኣኺሉ ከይከውን፡ ናብ መትሓዚ ናይ መመርመሪ ስትሪፕ ተመከት። ግዚኣም ዝሓለፈ መመርመሪ ስትሪፓት ኣይትጠቐም።

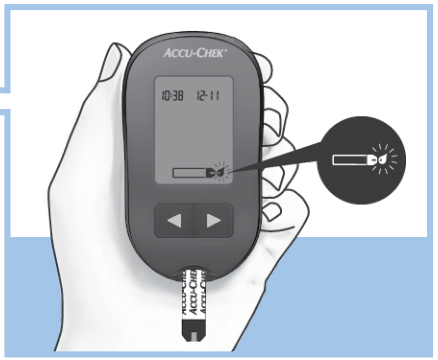
3



ነቲ መመርመሪ ስትሪፕ ካብ መትሓዚኡ ኣውጽኣዮ። ነቲ መኽደኒኡ ኣትሪርካ ክደኖ።

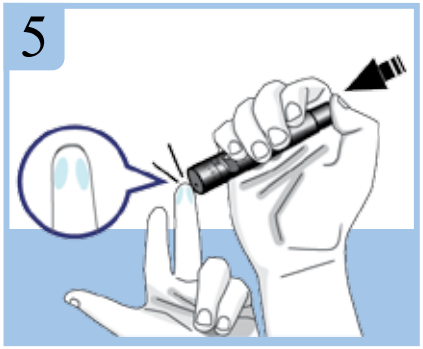


ነቲ መመርመሪ ስትሪፕ በቲ ቀስትታቱ ዝሕብርዎ ኣንፈት ናብ መንበቢት ኣእቲኻ፡ ክሳብ ንሳ ድምጺ እትህበካ ድፍኣዮ።



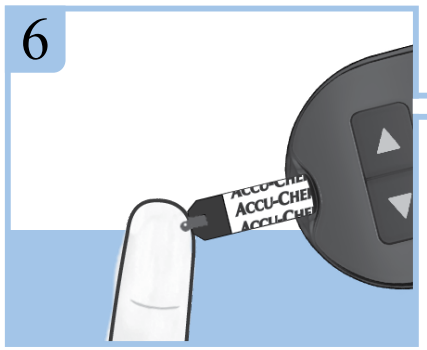
ናይ ዝነጥብ ደም ምስሊ ዘለዎ ናይ ውልዕ-ጥፍእ ምልክት ክትርኢ ኢኻ።

5

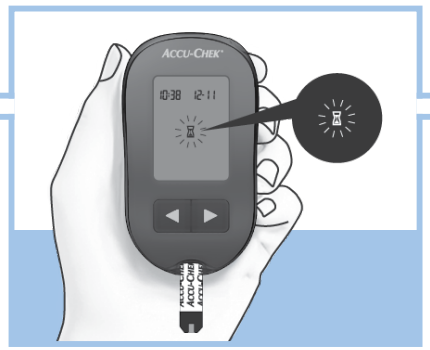


ነዛ ደም እተንቅዕ መሳርሒት ብጫፍ ኣጻብዕትኻ ኣትሪርካ ብምሓዝ፡ ነቲ መርፍእ ዝፍኑ መጠወቒኣ ጸቒጥካ ካብ ኣጻብዕትኻ ደም ኣንቅዕ።

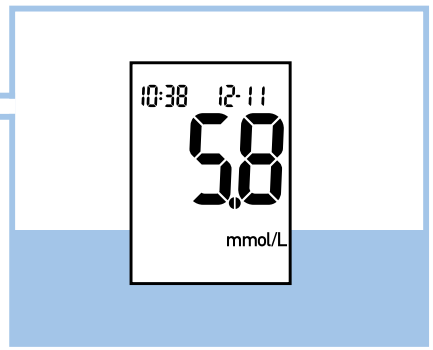
6



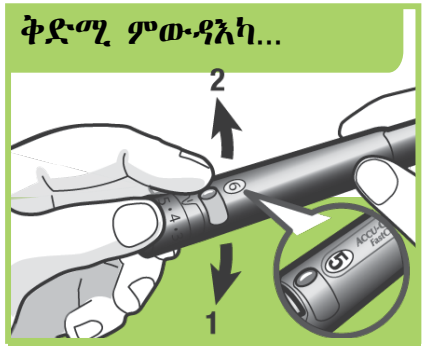
በታ ነጥቢ ደም ዘውጽኦት ኣጻብዕትኻ ጌርካ ንዳሕረዋይ ጫፍ ናይ'ቲ መመርመሪ ስትሪፕ ተንክፎ። ኣብ ልዕሊ መመርመሪ ስትሪፕ ደም ኣይተንጥብ።



ናብ'ቲ መመርመሪ ስትሪፕ እኹል መጠን ደም ምስኣዝዓግካ እታ መዐቀኒት ድምጺ ክትህብን ⏳ ክትውልዕን እያ።



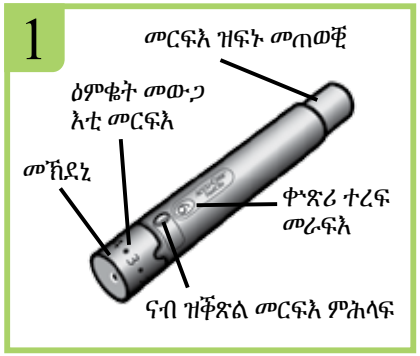
ውጽኢት መርመራ ድሕሪ 5 ካልኢታት ኣብ መስኮት ናይ'ታ መመርመሪት ክንበብ እዩ።



ነዛ ደም እተንቅዕ መሳርሒት ንዳሕረዋይ መርመራ ኣዳሊኻ ግደፋ። እቲ ዝቐጽል መርፍእ ንስራሕ ድሉው ንክኸውን፡ ነቲ ለዓት ንድሕሪትን ኣዐንቂርካ ግደፎ። መስኮት ናይ'ዛ መሳርሒት ክንደይ ዘይተጠቐምካሎም መራፍእ ተሪፎም ከምዘለዉ ከመልክተልካ እዩ።

ምድላው ናይ'ዛ ደም እተንቅዕ መሳርሒት

1



ገዛእ-ርእስኻ ምስ'ዛ ኣኩ-ቸክ ፋስትክሊክስ (Accu-Chek Fastclix) ዝዓይነታ ደም መንቅዒት ናውቲ ኣላሊ።

2



ንካዝና መራፍእ ካብ ጁባ ቦርሳ ናይ'ዛ መሳርሒት ኣውጽኣዮ።

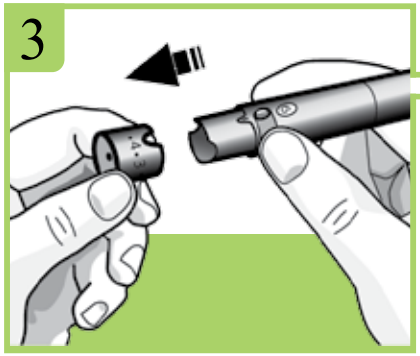
1 ካዝና = 6 መራፍእ



ኣስተውዕል

ነፍሲወከፍ ካዝና 6 ዝመኽኑ መራፍእ እዩ ዝሕዝ

3

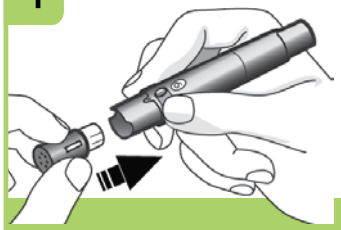


ነቲ መኽደኒ ቀጥታ ብምስሓብ ጥራይ ክፈቶ። ኣይትጥወዮ።

⚠ መጠንቀቕታ

ንካዝና መራፍእ ናብ'ዛ ደም እተንቅዕ መሳርሒት እዚኣ ብምእታው ነቲ መርፍእ ዝፍኑ መጠወቒኣ ደጋጊምካ ክትጥውቖ ይኹን ነዚ መጠወቒኣ ከም ጣውላ ኣብ ዝኣመ ሰሉ ነገራት ኣጸጊዕካ ጸቒጥካ ክትሕዞ ኣይ ግባእን። ብኽምዚ ምኽንያት ብዘይ ፍላጥ ተወርዊሩ ዝወጽእ መርፍእ ጉድኣት ክስዕብ ይኽእል እዩ።

4



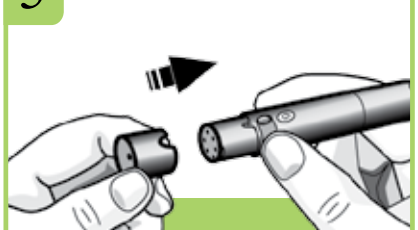


ንካዝና መራፍእ ናብ'ዛ ናውቲ ምንቃዕ ደም ከተእትዎ እንከለኻ፡ እቲ ጻዕዳ ዝሕብሩ ጫፉ ብቕድሚት ሽነኽ ክኸውን ይግባእ። ናይ ምግጥጣም ድምጺ ክሳብ ዝህብ ድማ ምሉእ-ብምሉእ ተደፊኡ ክኣቱ ኣለዎ።

ኣስተውዕል

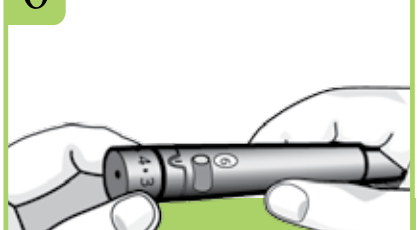
እተን 6 መራፍእ ከይተወድኣ እንከለዋ ካዝና መርፍእ ኣይተውጽእ፡ምኽንያቱ ሓንሳብ ካብ'ዛ መሳርሒት ምስ ወጸ ደጊምካ ብምእታው ክትጥቀመሉ ኣይትልእን ኢኻ።

5



ንመኽደኒ ናይ'ዛ መንቅዒት ደም ናብ ቦትኡ ምለሶ። እቲ ኣብ'ታ ደም እተንቅዕ መሳርሒትን መኽደኒኣን ዝርከብ ሕርሳ ከምዝዝተዋሰበ ኣረጋግጽ።

6



ንዕምቆት ናይ'ዛ መንቅዒት ደም፡ ዝሰማምዓካ ዕምቈት መውጋእቲ መርፍእ ከምዝፈጥር ጌርካ ኣተኻኽሎ። ብቕጽሪ 2 ጀምር። ኣብ ርጉድ ዝበለ ቈርበት ንምውጋእ፡ ዝያዳ ወጽሪ ጠውቕ።

መርመራ ክትገብር ምስተዳለኻ...



ምጥቃም መንቅዒት ደም፡- ነቲ መርፍእ ዝፍኑ መጠወቒ ሓንሳብ ኣብ እንሕዘሉ እዋን፡ እዛ መንቅዒት ደም መሳርሒት፡ መርፍእ ብምውርዋር ብሓንቲ ወስታ እያ ደም እተንቅዓልና።

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