

PLENVU® Habraaca*

Waa muhiim in aad tilmaamaha u raacdid si taxadir leh, mindhiciradaadu waa in ay ahaadaan kuwo nadiif ah si Dakhtarka uu si fiican ugu arko. Haddii aad ujilicsantahay calool-fadhi ama add ey kaa fadhisanayso markaad raashiinka badalato, waxaa lagaa codsanayaa in aad qaadatid jilciye sida MOVICOL® taas oo aan u baahneyn warqada dhakhtarka iyadoo diyaar kuugu ah farmasiga kuugu dhow.

TAARIKHDA HOWLGALKA: _____

XILIGA AAN AFKA WAXBO LACA CUNAYNIN: _____

XILIGA LA IMAANAAYO: _____

MAGACA RUGTA: _____

TELEFOON: _____

3 MAALIN KAHOR BAARITAANKA MINDHICIRKU – HA CUNIN WAX LEH MAQAAR, MIRO, LOWSKA AMA BADAR

WAAD CUNI KARTAA WAXYAALAHA SIDA: Rooti cad (aan lahayn wax miro ah), rooti abuukey/rooti Turkey, rootiga Ingiriiska, galeyda, xumbada bariiska, hilibka aan baruur laheyn sida ka lo'da, laxda, weylaha ama hilibka doorada, kalluunka, miraha lafiqay, qudaarta lafiqay (ma ahan baytaraaf), bataataha lafiqay oo lashiiley, baradho shiidan, baradho duban, buskudka (aan miraha kujirin sida, Sao ama Jatz), ukun, subagga xoolaha/qudaarta, qudaar jacabur ah, qudaar jacaburka Biritishka ah, burcad, labaniyad, jalaato, shukulaato (ka fogow wax laws kujira).

HA CUNIN WAX LEH MAQAAR, MIRO, LAWSKA AMA BADAR: tusaale: galley, digir, miro guduud, rooti miro badan laga sameeyey, badarka, basal, badarka miraha leh, badarka miraha badan la rasteeye, wax laws ah ama raashiin laws kujira, tufaax maqaarkii, miraha biirka, geed-xeebeedka ama geedka biyaha leh (miraha lafiqay waa caadi), maramalaadiska oo maqaar leh, miraha liinta, canuuni, maqaarka baradhada ama miraha, baradhada la cangagiyey, maqaarka kaabsikam, geedka sida ukunta camal aha ama baradhada (qudaarta lafiqey waa caadi), digiraha sida, digir-lawska ama digirta caadiga ah, suugo dareerta, sabiibka, bariiska bunniga ah, dhariga miraha leh, digirta laba miro leh, shaciir, digirta kala dhantaala, qumbaha, sisinta, gabbaldayaha, miraha yogurt, liilka dhamestirka.

TILMAAMAHA GAARKA AH

*FADLAN AKHRI WARQADDA TILMAAMTA KU DHEX JIRTA BADEECADA INTAADAN ISTICMAALIN

MARKA LAGA HADLAAYO DAREERAHA CAD – dareeraha laguug ogol yahay ee lagu soo jeedinaayo waa: biyo, bun ama shaah madow (AAN lahayn wax caano ah ama caano farsameysan), maraq cad/maraq, cabitaan khafiif ah, cabitaanka isboortiga sida midka Gatorade, Powerade, cabitaanka macaan, cabitaanka miraha la miiray oon lahayn wax qolof ah, cabitaanka tufaaxa oo nadiif ah, macmacaanka cagaaran ama oraniga ah (ma ahan mida blakkarant, guduud, basaliga ah, cagaar ama cabitaanka buluuga ama macamacaaanka), baraf cad/aanay waxba ku jirin.

HOWLGALKA SUBAXDII

Maalin kahor inta aan lagu sameyn qaliinka waxaad cuni karaysaa quraac fuduu iyo qado fudud waana in aad dhameysaa cunnitaanka cunnada ugu yaraan 3 saacdoood intaadan bilaabin qaadashada PLENVU® (HA CUNIN MAQAAR, MIRO, LAWSKA AMA BADAR), kadib bilaw dareere cad oo kaliya.

HUBSO IN AAD CABTO DAREERE CAD OO FARA BADAN INTA LAGU GUDI JIRO MAALINTA KA HOREYSA QALIINKAAGA. OGOW: HA QAADAN daawad afka laga qaato 1 saac gudihii intaadan bilaabin PLENVU®.

QIYAASTA 1: Udiyaari qiyaasta 1 (1 guntin) sida ku xusun waraaqda ku jirta sanduuqa PLENVU®. Qaboojiso haddii aad dooneysid.

_____ (maalin un ka hor howgalka) cab qiyaastaada kowaad ee PLENVU® si tartiib ah muddo 30 daqiiqo ah. Raaci 500 mL oo dareere cad ah. Sii wad in aad cabtid dareere cad oo kaliya.

QIYAASTA 2: Udiyaari qiyaasta 2 (2 guntin) sida ku xusun waraaqda ku jirta sanduuqa PLENVU®. Qaboojiso haddii aad dooneysid.

_____ (maalinka howgalka) cab qiyaastaada labaad ee PLENVU® si tartiib ah muddo 30 daqiiqo ah. Raaci 500 mL oo dareere cad ah.

Waad sii wadi karaysaa cabitaanka dareere kala duduwan ee cad ilaa **XILIGA AFKA AADAN WAXBO KA QAADANEYNIN** _____

Ogow: Daawadan waxaa loo farsameeyey in ay kusiiso shuban biyo badan sidaa darteed waa in aad musqusha aad udhawaataa. Kareem ama dufan wax kaa ilaaliya (lanolin, Faasliin, Am-o-liin) ayaa lamarin karayaa agagaarka afka dabada intuusan shubanka bilaaban. Haddii uu shaki kaa gallo sida loo diyaariyo ama aad xaalad adaga gasho ama dhib walbo oo kale, soo garaac lambarka lagu siiyey.

HABRAACA GALABTII

Maalin un ka hor howgalka, waxaad cuni karaysaa quraaca fudud iyo qado fudud, iyo maraq cad iyo/ama casho oo ah yogurt aan wax kale ku jirin (taas oo ay tahay in la dhameeyo qiyaas ahaan 8 fiidnimo) (YEYSAN KU JIRIN MAQAAR, LAWSKA, AMA BADAR) iyo bilaw dareere nadiif ah oo kaliya.

HUBSO IN AAD CABTO DAREERE CAD INTA LAGU GUDI JIRO MAALINKA HOWGALKA. OGOW: HA QAADAN daawad afka laga qaato 1 saac gudihii intaadan bilaabin PLENVU®.

QIYAASTA 1: Udiyaari qiyaasta 1 (1 guntin) sida ku xusun waraaqda ku jirta sanduuqa PLENVU®. Qaboojiso haddii aad dooneysid.

_____ (maalinka qaliinka) cab qiyaastaadi kowaad ee PLENVU® tartiibtartiib muddo 30 daqiiqo ah. Raaci 500 mL oo dareere cad oo kaliya.

QIYAASTA 2: Udiyaari qiyaasta 2 (2 guntin) sida ku xusun waraaqda ku jirta sanduuqa PLENVU®. Qaboojiso haddii aad dooneysid.

_____ cab qiyaastaadi labaad ee PLENVU® tartiib mudo 30 daqiiqo ah. Raaci 500 mL oo dareere cad ah.

Waad sii wadi karaysaa cabitaanka dareere kala duduwan oo cad ilaa **XILIGA AFKA AADAN WAXBO KA QAADANEYNIN** _____

Ogow: Daawadan waxaa loo farsameeyey in ay kusiiso shuban biyo badan sidaa darteed waa in aad musqusha aad udhawaataa. Kareem ama dufan wax kaa ilaaliya (lanolin, Faasliin, Am-o-liin) ayaa lamarin karayaa agagaarka afka dabada intuusan shubanka bilaaban. Haddii uu shaki kaa gallo sida loo diyaariyo ama aad xaalad adaga gasho ama dhib walbo oo kale, soo garaac lambarka lagu siiyey.



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