

## UMUTI WAVE: Metformin \_\_\_\_mg

**Kuki nahawe uyu muti?** Urwaye diyabete cyangwa uri mu kaga ko kuyirwara kuko ufite isukari nyinshi mu maraso yawe. Kugira isukari nyinshi mu maraso yawe bishobora gutera indwara y'umutima, guturika kw'imitsi yo mu bwonko, uburwayi bw'impayiko cyangwa ibibazo mu maso cyangwa mu myakura yawe.

**Fata ikinini 1 buri munsu mu gihe uri kurya.**

**Fata ikinini 1 nyuma yo gufata ifunguro rya mu gitondo ubundi ufate ikinini 1 nyuma yo gufata ifunguro rya nimugoroba buri munsu.**

**Fata ikinini 1 nyuma yo gufata ifunguro rya mu gitondo, ufate ikinini 1 nyuma yo gufata ifunguro rya saa sita ubundi ufate ikinini 1 nyuma yo gufata ifunguro rya nimugoroba buri munsu.**

**Ni iki nziumvamo mu gihe mfata uyu muti?** Rimwe na rimwe haba ingaruka zitewe no gufata uyu muti. Ingaruka ni ikintu kidasanzwe ushobora kwiyumvaho. Zimwe mu ngaruka ziterwa no gufata Metformin ziza mu gihe umubiri wawe ugenda umenyera uyu muti zishobora kuba iseseme, guhitwa, kugugara mu gifu no gusura.

Zimwe mu ngaruka ntizibaho kenshi ariko zishobora kugira ubukana. **Hamagara 911 cyangwa wihutire kujya mu cyumba cyita ku ndembe nugira: gufurutwa, kubyimba isura, iminwa, ururimi cyangwa inkanka; ugorwa no guhumeka, cyangwa kubura umwuka GYANGWA mu gihe ukora imyitozo ngororamubiri myinshi, ugira ibinya, imbaraga nke cyangwa ukumva unaniwe cyane.**

### **Ni iki kindi namenya?**

1. Ugomba gufata uyu muti buri munsu n'ubwo waba wumva umeze neza.
2. Ugomba kongera guhabwa uyu muti buri kwezi.
3. Nywa amazi menshi kandi ntugire ifunguro ureka gufata.
4. Ugomba kubonana na muganga buri mezi 3 kugira ngo upimishe isukari yo mu maraso yawe.
5. Nujya ku wundi muganga, irindi vuriro cyangwa icyumba cyita ku ndembe, ugomba kubabwira ko ufite diyabete cyangwa uri mu kaga ko kuyirwara kuko ufite isukari nyinshi mu maraso yawe kandi ko ufata Metformin.

Ibikubiye mu makuru ajyanye n'ubuzima aboneka kuri uru rubuga bigamije kumenyesha gusa, ntibigomba gufatwa nk'inama zihamye za muganga. Igihe ufite ibibazo bijyanye n'ubuzima cyangwa ubuvuzi, jya ubaza muganga wawe cyangwa undi muntu wahuguriwe gutanga servisi z'ubuvuzi wemewe.