

Muunada Kaadida – dumarka (Caaga kaadida lagu qaado ee nadiifka ah)

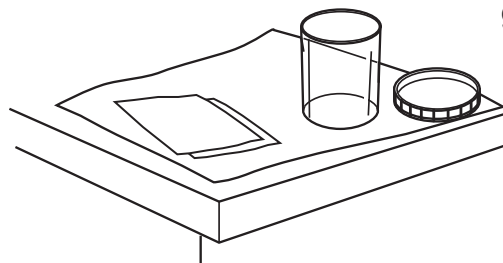
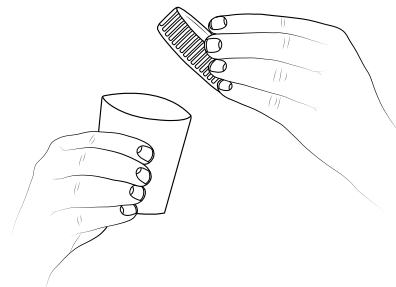
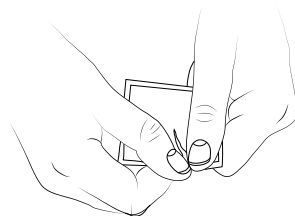
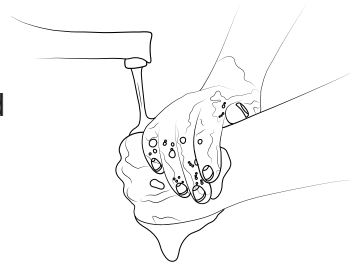
Urine Sample – Female (Clean Catch)

This test is done to check for bladder or urinary tract infections. The best time to get a urine sample is when the urine has been in your bladder for at least two to three hours. We suggest that you get the sample when you first wake up in the morning.

Baaritaan waxaa loogu talagalay in lagu ogaado kaadi haysta ama caabuqa xididka kaadida. Waqtiga kugu fiican ee muunada kaadida la qaado waa marka kaadidu kujirtay kaadi haystaada muddo ugu yaraan dhan labo illaa saddex saacadood. Waxaan soojeedinaynaa inaad iska qaado muuno marka koowaad ee aad subaxdii sookacdo.

Follow These Steps

1. Wash your hands with soap and water. Dry your hands well.
2. Get the urine sample kit. The kit has a cup with a lid and a packet of wipes.
3. Spread a clean paper or cloth towel out on a counter or surface you can reach from the toilet.
4. Open the wipes and place them on the towel.
5. Take the lid off of the cup. Put the lid flat side down on the towel. Do not touch the inside of the cup or lid.



Raac Tilmaamahaan

1. Ku dhaq gacmahaaga saabuun iyo biyo. Sidoo kale qalaji gacmahaaga.
2. Soo qaado caaga kaadida lagu qaado. Caaga waxaa afka kaga daboolan dabool waxa uuna wataa baakad lagu qalajiyo.
3. Warqad nadiif ah ama dhar shukumaan ah ku fidi koontarka ama sagxada oo ah meel aad laaci karto oo kamid ah musqusha.
4. Fur qalajiyaha dulsaarna shukumaanka.
5. Kaabka ka qaad daboolka. Daboolka dhig hoos korka shukumaanka. Ha taaban gudaha koobta ama daboolka.

6. Sit on the toilet and spread your legs apart. Use two fingers on one hand to spread open your labia. The labia are the folds of skin on each side of your vagina. Hold the labia open until you get the urine sample.

6. Ku fariiso musqusha xoogaana kala fogee lugahaaga. Isticmaal hal far oo hal gacan ah kuna kala fogee faruuryaha xubinta taranka. Faruuryaha waa maqaarka geesha xubintaada taranka. Qabo faruuryaha oo fur illaa aad muunada kaadidada ah qaado.

7. With your other hand, use the wipes to clean your labia.

- With the **first wipe**, wipe from front to back of inner labial folds in one stroke. Throw away the wipe in the trash.
- Use the **second wipe** to clean in the middle over the opening to your urethra. This is where your urine comes out. It is just above the opening to your vagina. Throw away wipe in the trash.



7. Adoo adeegsanaaya gacantaada, isticmaal istaraashada si aad ugu nadiifiso faruuryaha xubinta.

- Marka aad sameyneysid **qalajiyaha koowaad**, tirtir adoo ka bilaabaya qaybta hore illaa qaybta dambe ee gudaha faruuryaha xubinta taranka. Qashinka ku tuur qalajiyaha.

- Isticmaal **qalajiyaha labaad** si aad ugu tirtirtid qaybta dhexe ee ka koreysa kaadi mareenka. Halkaani waa meesha kaadidaadu kasoo baxdo. Waxay kutaala korka xubinta taranka. Ku tuur qalajiyaha qashinka.

8. Urinate a small amount into the toilet, and then stop the flow.

8. Ku kaadi yar musqusha, kadibna jooji kaadida dareereysa.



9. Hold the urine cup a few inches from your urethra. Urinate into the cup until it is about half full. Stop the flow. Let go of your labia, and if needed, finish urinating into the toilet (not the cup).



9. Ku qabo koobka kaadida meel waxyar u jirta kaadi mareenka. Ku kaadi koobka illaa uu dhexda kasoo gaaro. Jooji qulqulka kaadida. Ka fuq faruuraha xubintaada, haddii aad u baahan tahayna, kusii kaadi musqusha (haku qaadin koobka).

10. Put the lid tightly on the cup. Be careful not to touch the inside of the cup or lid.



10. Kaabka daboolka ugu xir si fiican. Iska ilaali inaad taabato gudaha koobta ama daboolka.

11. Wash your hands with soap and water.

11. Ku dhaq gacmahaaga saabuun iyo biyo.

- 12. If you are in the hospital**, call the nurse to take the fresh specimen. Do not allow the sample to sit in the room.

- 12. Haddii aad kujirto isbitaal**, wac kalkaalisada si ay kaaga qaado baaritaan cusub. Muunada ha dhigan qolka.

If you are at home, put the cup in a plastic bag and put the bag in the refrigerator to keep the sample fresh. Take the sample with you when you go to the laboratory or doctor's office, as directed.

Haddii aad guriga joogto, ku rid koobka bac gelina bacda qaboojiyaha si muunada u noqoto fireesh. Qaad muunada marka aad aadeyso laabka ama xaafiiska dhaqtarka, sida lagu faray.

Test results are sent to your doctor. Your doctor will share the results with you.

Natijada baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaaga ayaa kuu sheegaaya natijada.

Talk to your doctor or nurse if you have any questions or concerns.

La hadal dhaqtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ah ama walaacyo.