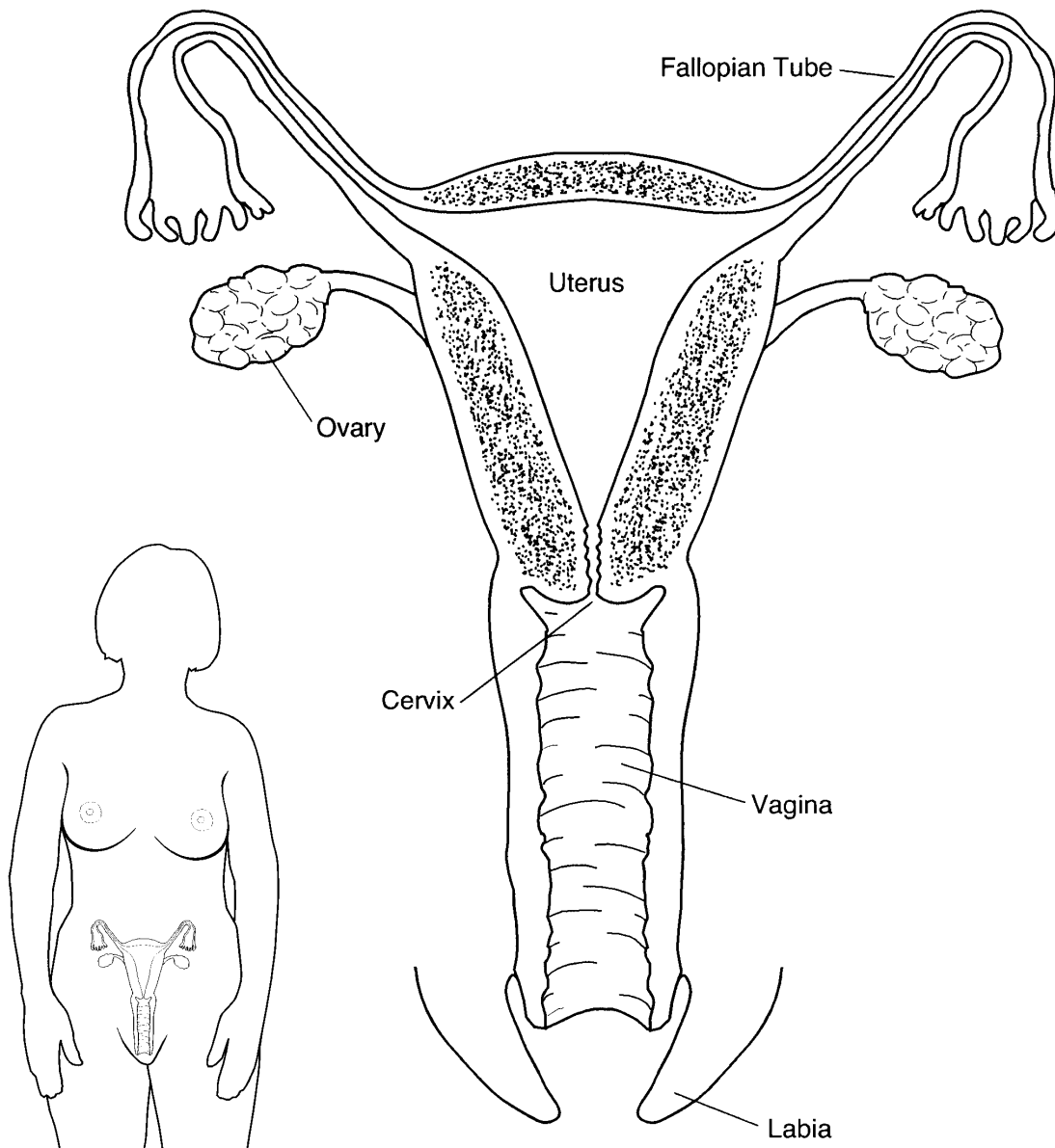


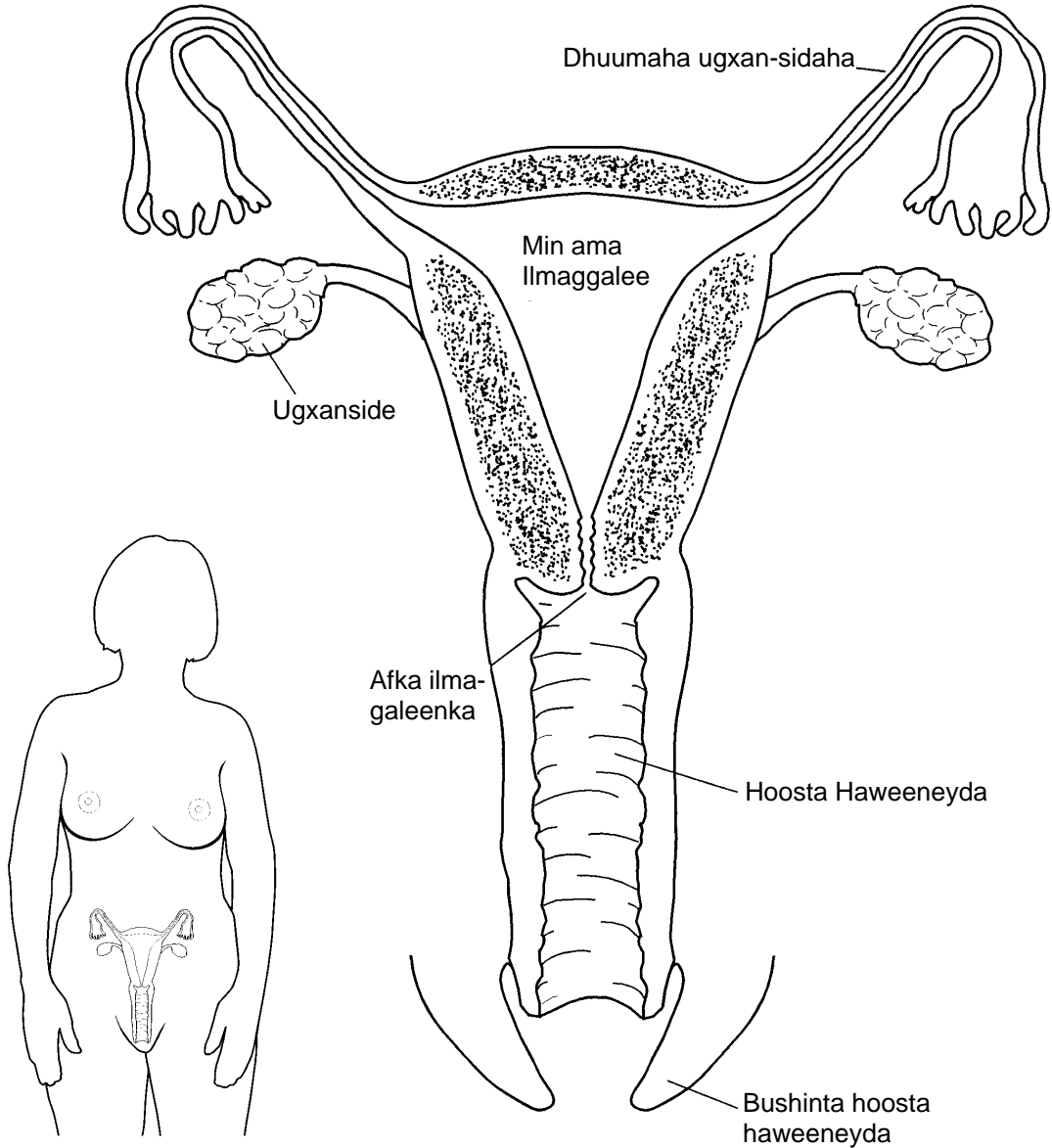
Female Exam & Pap Smear

A female exam is done to check for diseases of your vagina, cervix, uterus, and ovaries. A pap smear is a test that checks for changes in the cervix, which may be an early sign of cancer. A breast exam may also be done.



Baadhitaanka Dheddigga iyo Dheeh Marinta Pap

Baadhitaanka dheddigga waxaa loo sameeyaa si loo hubiyo cudurrada hoostaada, afka ilma-galeenka, ilma-galeenka, iyo ugxansideyaasha. Dheeh marinta pap waa baaritaan hubinaya is-beddello ku yimid afka ilma-galeenka, kaasoo laga yaabo in uu yahay calaamad hore ee kansar. Baaritaan naas ayaa sidoo kale laga yaabaa in lagugu sameeyo.

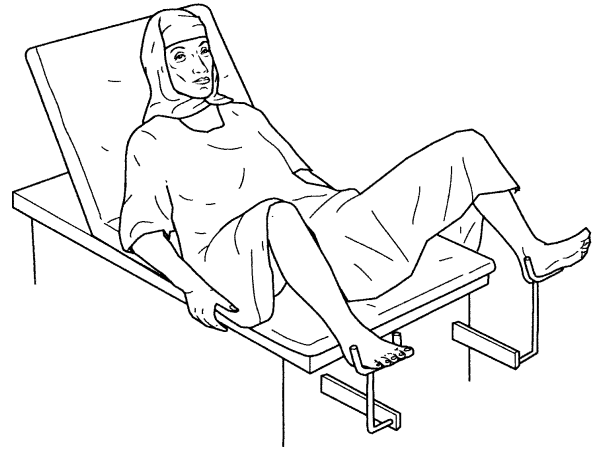


Female Exam Pap Smear. Somali.

Women should have an exam and pap smear each year once they are 18 years old or become sexually active.

During the Test

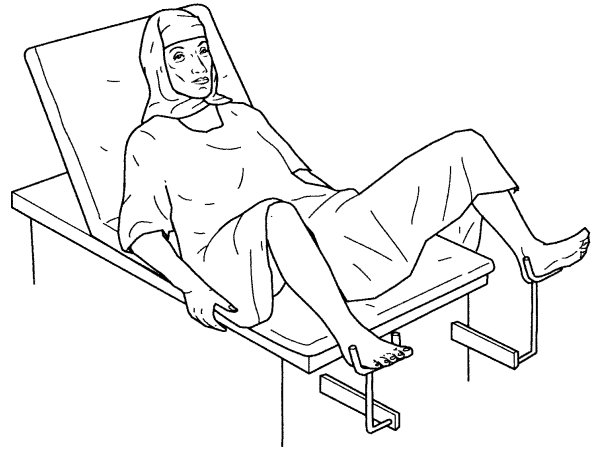
- A nurse asks you about your health. Your blood pressure and weight are checked.
- The nurse takes you to a room. You may need to open your blouse or remove your top for the breast exam.
- You need to undress from the waist down. You will have a paper sheet to cover your legs and stomach while you are on the exam table.
- Your doctor may start with a breast exam, gently feeling each breast to check for lumps.
- After the breast exam, your doctor asks you to put your feet in the stirrups and move down toward the end of the table. Let your knees fall open.
- Your doctor sits near your feet and turns on a lamp to see your vagina during the test.
- Your doctor touches your inner thigh and vaginal opening to check for signs of infection, lumps or other problems.
- An instrument is gently put into your vagina. It holds your vagina open for the test. Take deep breaths through your mouth to help you relax. Let your doctor know if you feel any pain or discomfort.
- Your doctor wipes the cervix to get a few cells. This is called a pap smear. The cells are sent for testing.



Haweenku waa in ay baadhitaan iyo dheeh marinta maraan sanad walba markay gaaraan 18 sano ama ay ahaadaan kuwo loo galmoonayo.

Waqtiga Baaritaanka

- Kalkaalisoo ayaa wax kaa weydiinaysa caafimaadkaaga. Cabbirka dhiiggaaga iyo miisaankaaga ayaa la hubinayaa.
- Kalkaalisadu qol ayey kuu kaxaynaysaa. Waxaa laga yaabaa inaad u baahato inaad furto canbuurkaaga ama iska bixiso kor-gashiga si naaska lagaaga baadho.
- Waxaad u baahan tahay inaad dharka iska bixiso laga billaabo sinaha ilaa hoos. Waxaa lagu siin doonaa warqad aad lugaha iyo caloosha ku daboolatid inta aad miiska baadhitaanka saaran tahay.
- Waxaa laga yaabaa in uu dhakhtarkaagu ku billaabo baadhitaanka naasaha, isagoo si dabacsan u tuutuujinaya naas kasta si uu uga baaro wax barar ah ama soo bax cusub.
- Baadhitaanka naasaha ka dib, dhakhtarkaagu wuxuu ku weydiinayaa inaad lugahaaga saarto dhinaca miiska ee lug saarka loogu talaggalay aadna hoos ugu soo dhawaato dhinaca geeska miiska. Jilbahaaga ha kala furmeen.
- Dhakhtarkaagu wuxuu fadhiisanayaa lugahaaga agtooda wuxuuna daarayaa nal si uu u arko hoostaada waqtiga baaritaanka.
- Dhakhtarkaagu wuxuu taabanayaa gudaha bowdadaada iyo daloolka hoostaada si uu u hubiyo calaamado cudur, soo buurasho ama dhibaatooyin kale.
- Qalab ayaa si tartiib ah loo gelinayaa hoostaada. Hoostaada ayuu kala furayaa oo kala haynayaa si loo baaro. Neef qoto dheer afka ka jiid si ay kaaga caawiso inaad is kala bixiso. U sheeg dhakhtarkaaga haddii aad dareento wax xanuun ah ama lur.
- Dhakhtarkaagu wuxuu ka soo xaaqayaa afka ilmo galeenka si uu u helo xoogaa unugyo ah. Tan waxaa loo yaqaanaa Dheeh Marinta Pap. Unugyada waxaa loo dirayaa baaritaan.



- The instrument is removed.
- With gloves on, your doctor puts 2 fingers gently into your vagina.
- With the other hand, your doctor will press on your lower abdomen to feel the shape and size of your uterus and ovaries.
- When the test is over, you can get dressed.

The office will contact you if your test results are not normal.

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

- Qalabka ayaa lagaa soo saarayaa.
- Iyadoo gacno gashi ugu jiro, ayuu dhakhtarkaagu 2 farood gelinayaa hoostaada.
- Gacanta kale, ayuu dhakhtarkaagu ku riixi doonaa gumaarkaaga si uu u dareemo qaabka iyo cabbirka ilma-galeenkaaga iyo ugxansideyaasha.
- Markuu baaritaanku dhammaado, dharkaaga ayaad gashan kartaa.

Xafiiska ayaa kula soo xiriiri doona haddii natiijooyinka baaritaankaagu aysan caadi ahayn.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaac ah qabtid.

1/2007. Developed through a partnership of Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.com.

Female Exam Pap Smear. Somali.