

Stool Test for Ova and Parasite (O&P)

This test looks for parasites and their ova or eggs in the digestive tract by checking a sample of stool in a lab. A parasite lives on or inside another organism. Treatment will be based on the type of parasite that is found.

Parasites enter the body through the mouth or skin. Most people become infected by drinking water or eating food that has parasites. Most parasites are too small to be seen and cannot be tasted or smelled in water or food. Parasites may get into the body through the skin or enter from bites of infected insects.

Signs

The most common signs are:

- Diarrhea
- Bloody diarrhea
- Mucus in stool
- Abdominal pain or cramping
- Gas
- Nausea
- Headaches
- Fever

See your doctor as soon as you have signs. For some parasites, a blood sample may be needed for testing.

O&P Test

You will need to collect _____ stool samples. Collect each sample from a different bowel movement over one or more days.

- You may be given a plastic tray to use in your toilet to collect your stool. If you do not get a tray, cover the toilet bowl with plastic wrap, like Saran. Loosely place the plastic wrap over the toilet bowl and hold it in place with the toilet seat so your stool does not get into the water of the toilet.

Saxarada oo laga Baarayo ku Dul-noole iyo Ukun (O&P)

Baaritaankaan wuxuu eegayaa ku dul-nooleyaasha iyo ukunooda ama ugxantooda ku jirta marinka dheef shiidka iyadoo sambal saxarada laga soo qaaday lagu hubinayo shaybaarka. Ku dul-nooluhu wuxuu ku dul nool yahay ama ku dhex nool yahay uun kale. Daaweyntu waxay ku saleysnaan doontaa nooca ku dul-noolaha meesha laga helo.

Ku dul-nooleyaashu jidhka waxay ku galaan iyagoo u maraya afka ama maqaarka. Dadka badankooda waxaa laga asiibaa cabidda biyo ama cunidda cunto ku dul-noole ku jiro. Ku dul-nooleyaasha badankoodu aad ayey uga yar yihiin in la arko lagama dhadhamin karo lagamana urin karo biyaha ama cuntada. Ku dul-nooleyaashu waxaa laga yaabaa iney jidhka ka galaan maqaarka ama ay kaa soo galaan marka uu cayayaan qofka qaniino.

Calaamadaha

Calaamadaha ugu badan waxay kala yihiin:

- Shuban
- Shuban dhiig leh
- Axal saxarada soo raacda
- Calool xanuun ama casiraad
- Dhuuso
- Lalabbo
- Madax xanuun
- Qandho

Sida ugu dhakhsaha badan ugu tag takhtarka marka aad isugu aragto calaamadaha. Ku dul-nooleyaasha qaarkood, sambal dhiig ayaa laga yaabaa in looga baahdo baaritaanka.

Baaritaanka O&P

Waxaa lagaaga baahan yahay in aad soo qaaddo _____ sambal saxaro. Sambal kasta oo saxaro ka soo qaad maalin ama maalmo badan.

- Waxaa laga yaabaa in lagu siiyo saxaarad caag ah si aad ugu isticmaasho musqusha si aad saxarada ugu soo qaaddo. Haddii aadan helin saxaarad, fadhiga musqusha ku dabool caag, sida Saran. Caagga dul dhig fadhiga musqusha meeshana ku hay si markaas saxaradaadu aysan biyaha musqusha ugu dhex dhicin.

Ova and Parasite Test. Somali.

- **Do not** get urine, water, or toilet paper in the stool sample.
- Put part of the stool sample in a clean container. Wash your hands.
- Follow these directions **if checked**:
 - Put your sample into a special container with fluid. Keep the fluid away from children and pets and handle it carefully. **The fluid is a poison.**
 - Keep your sample in the container in the refrigerator until you can take it to the doctor's office or lab.
 - Take the sample to the doctor's office.
 - Take the sample to the lab at

Your Care

If you have parasites, your treatment may include medicine and drinking large amounts of liquids to prevent dehydration.

To keep from getting parasites:

- Avoid food and water that may have parasites.
- Carefully wash your hands after using the toilet.
 - You can become infected by a person with the disease, so hand washing is very important to prevent its spread.

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

- **Ha ku darin** sambalka saxarada kaadi, biyo, ama warqadda saxarada.
- Qayb ka mid ah sambalka saxarada ku rid weel nadiif ah. Gacmaha iska dhaq.
- Raac jihayntan **haddii la xarriiqay**:
 - Sambalkaaga ku rid weel gaar ah oo dareere leh. Dareeraha carruurta iyo xayawaanka guriga ka fogee si taxaddar lehna u isticmaal.
Dareeruhu waa sun.
 - Sambalkaaga ku xafid weel tallaajadana la geli ilaa aad xafiiska takhtarka ama shaybaarka uga geyn karaysid.
 - Sambalka gee xafiiska takhtarka.
 - Sambalka gee shaybaarka ku yaalla

Daryeelkaaga

Haddii uu ku dulnooley kugu jiro, daaweyntaada waxaa laga yaabaa iney ku jiraan daawo iyo cabidda cabitaanno fara badan si looga hortago fuuq bixid.

Si aad isaga ilaaliso in ku dul-noole uu ku galo:

- Ka fogow cuntada iyo cabitaanka laga yaabo inuu ku dol-noole ku jiro.
- Si taxaddar leh gacmaha isaga dhaq markaad musqusha isticmaasho ka dib.
 - Waxaad cudurka ka qaadi kartaa qof cudurka qaba, sidaas awgeedna dhaqidida gacmuhu aad ayey muhiim ugu tahay ka hortagga faafidda.

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

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