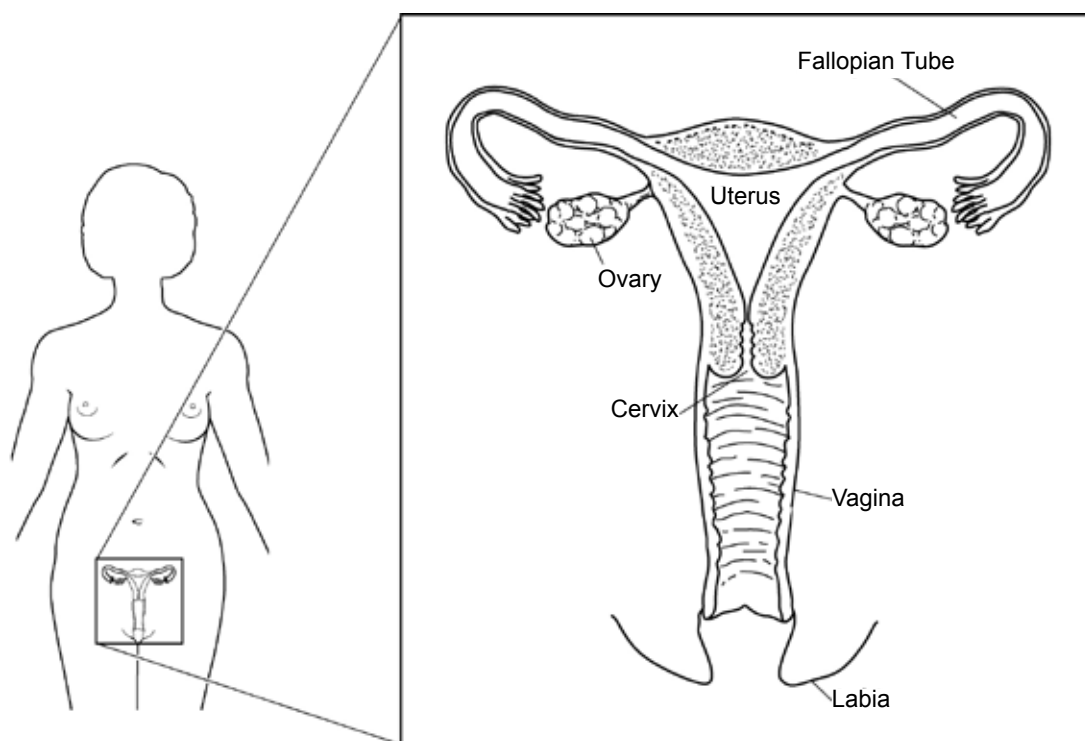


Colposcopy

A colposcopy is a test done to check your vagina and cervix for cells that are not normal. You may have a colposcopy if a pap smear shows cells that need to be checked further. The doctor uses a magnifying scope to check the tissue of the vagina and cervix. A small tissue sample, called a biopsy, may be removed to be checked in the lab.

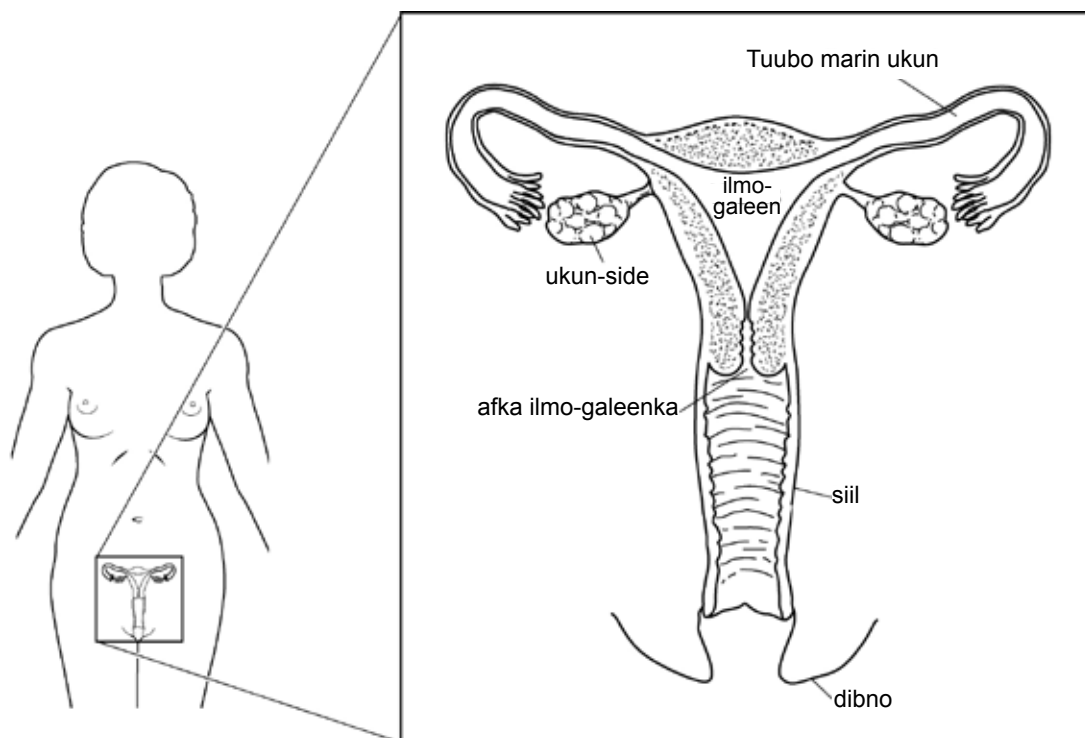
Arrive on time for your test. The test takes about 15 to 20 minutes. Plan to be here about 2 hours.



Baaridda Unugyada Hoosta haweeneyda (Colposcopy)

Colposcopy waa baaritaan la sameeyo si loo hubiyo unugyada aan caadiga ahayn ee siilka iyo afka ilmo galeenka. Waxa laga yaabaa in colposcopy lagu sameeyo haddii baaritaanka dheeha uu muujiyo unugyo aan caadi ahayn. Dhakhtarku wuxuu isticmaalayaa aalad weyneyso ah si uu u hubiyo unug aan caadi ahayn ee siilka iyo afka ilmo galeenka. Sambal unug oo yar, oo loo yaqaanno unugyo soo qaadid (biopsy), ayaa laga yaabaa in lagaa soo saaro si shaybaarka loogu soo hubiyo.

Baaritaankaaga waqtiga ugu imow. Baaritaanku wuxuu qaadanayaa ilaa 15 ilaa 20 daqiiqadood. Qorsheyso in aan halkaan joogi doonto ilaa 2 saacadood.



To Prepare

- Do not schedule your test during your menstrual period if possible.
- Do not have vaginal intercourse, use tampons or douche 1 to 2 days before your test.
- Take an ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) tablet before going to your appointment. Do not use ibuprofen if you are pregnant.

During the Test

- You may wear a hospital gown.
- You are helped onto the exam table. Lie down on your back and put your feet in the stirrups.
- A metal speculum is placed in your vagina to hold the walls of your vagina open. This helps your doctor to see your cervix.
- Your cervix may be covered with a weak vinegar solution to make the cells that are not normal show up. This may tingle or sting.
- The doctor checks your vagina and cervix for cells that are not normal.
- If your doctor wants to take tissue samples from the cervix, you will feel some pain or strong cramps. This will go away in about 1 minute.
- Any bleeding is stopped with pressure and a chemical solution.

Your Care at Home

- Stay quiet and rest for 24 hours.

Si aad isugu diyaarisid

- Ha ballansan baadhitaanka mudada aad leedahay dhiigga caadada, hadday suurto gal tahay.
- Ha yeelan galmo, ha isticmaalin suufka hoos la galiyo (tampons) ama istijada biyo xooggan ku shubta hoosta (douche) mudo ah 1 ilaa 2 maalmood ka hore baadhitaankaaga.
- Qaado Ibuprofen (Advil, Motrin), ama acetaminophen (Tylenol) balantaada horteed. Ha qaadan ibuprofen haddii aad uur leedahay.

Muddada Baaritaanku socdo

- Waxa laga yaabaa in aad xidhato goonnada isbitaalka.
- Waxa lagugu caawin doonaa in aad fuusho miiska baaritaanka. Dhabarka u seexo ka dibna lugaha saaro xarkaha soo lusha ee kala qaadaya.
- Birta kala-kaxeynta (speculum) ayaa la galinayaa siilka si loo kala kaxeeyo darbiyada siilka oo meeshu u furnaantu. Taasi waxay dhakhtarka ka gargaaraysaa in uu arko afka ilmo galeenka.
- Afka ilmo galeenka ayaa waxaa lagu daboolayaa milan khal oo khafiif ah. Taasi waxay unugyada aan caadiga ahayn ka dhigeysaa kuwo soo baxa. Waxa laga yaabaa in taasi kuu keento jidhidhico ama qaniinyo.
- Dhakhtarku wuxuu siilkaaga iyo afka ilmo galeenka ka hubiyaa unugyo aan caadi ahayn.
- Haddii dhakhtarkaagu uu doonayo in uu sambal unug ka qaado afka ilmo-galeenka, waxad dareemi doontaa xoogaa xanuun ah ama casiraad xooggan. Taasi waxay kaaga baabi' doontaa ilaa 1 daqiiqo.
- Wixii dhiig bax ah waxaa lagu joojinayaa cadaadis iyo milan kiimiko ah.

Daryeelka marka aad Guriga joogto

- Ha dhaqdhaqaaqin oo nasoo mudo ah 24 saacadood.

- Take ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) every 4 hours, if needed, for cramping or pain. Do not use ibuprofen if you are pregnant.
- If you had a biopsy, you may have a small amount of bloody vaginal discharge for a day. You may wear a pad.
- **Do not** have sexual intercourse, use tampons or douche until bleeding stops.
- You may take a shower. Do not take a tub bath for 3 days. This increases your chance for infection.

Call your doctor right away if you have:

- A large amount of bleeding where you soak a pad in an hour
- Severe abdominal cramps or pain
- Chills or fever of 100.4 degrees F or 38 degrees C
- Vaginal discharge that has a strange odor

Follow Up

A follow up visit will be scheduled for you. At this appointment, your doctor will talk to you about your test results and discuss treatment if needed.

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

- Qaado Ibuprofen (Advil, Motrin) ama acetaminophen (Tylenol) 4 saacadood kasta, haddii aad u baahato, maroojis ama xanuun daraadii. Ha isticmaalin ibuprofen haddii aad uur leedahay.
- Haddii unugyo lagaa soo qaaday, waxa laga yaabaa in dhiig yar ka yimaado siilka maalin dhan. Waxaad xidhataa suuf (pad).
- Galmo **ha sameynin, ha isticmaalin** suufka dhiigga ee hoos la galiyo, ama istijada biyo xooggan oo hoos galaya leh ilaa dhiiggu ka joogsado.
- Waad maydhan kartaa. Ha ku qubaysan saxanka qubaysiga la dhex galo ilaa 3 maalmood. Tani waxay kordhin kartaa fursadda in uu caabuq kugu dhaco.

Isla markiiba takhtarkaaga wac haddii aad isku aragto:

- Dhiig bax fara badan halkaasoo aad suufka saacad ku qoyneyso
- Casiraad ama xanuun daran ee uur ku jirta
- Qar-qaryo ama qandho ah 100.4 darajo oo F ah ama 38 darajo oo C ah
- Dheecaan siilka ka imaanaya oo si xun u uraya

La-sii-socod

Ballan la-sii-socod ah ayaa lagu dhigi doonaa. Marka aad tagtid ballantaas, waxa uu dhakhtarkaagu kaala hadli doonaa natiijooyinka baadhitaankaaga iyo daweynta haddii loo baahdo.

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

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Colposcopy. Somali.