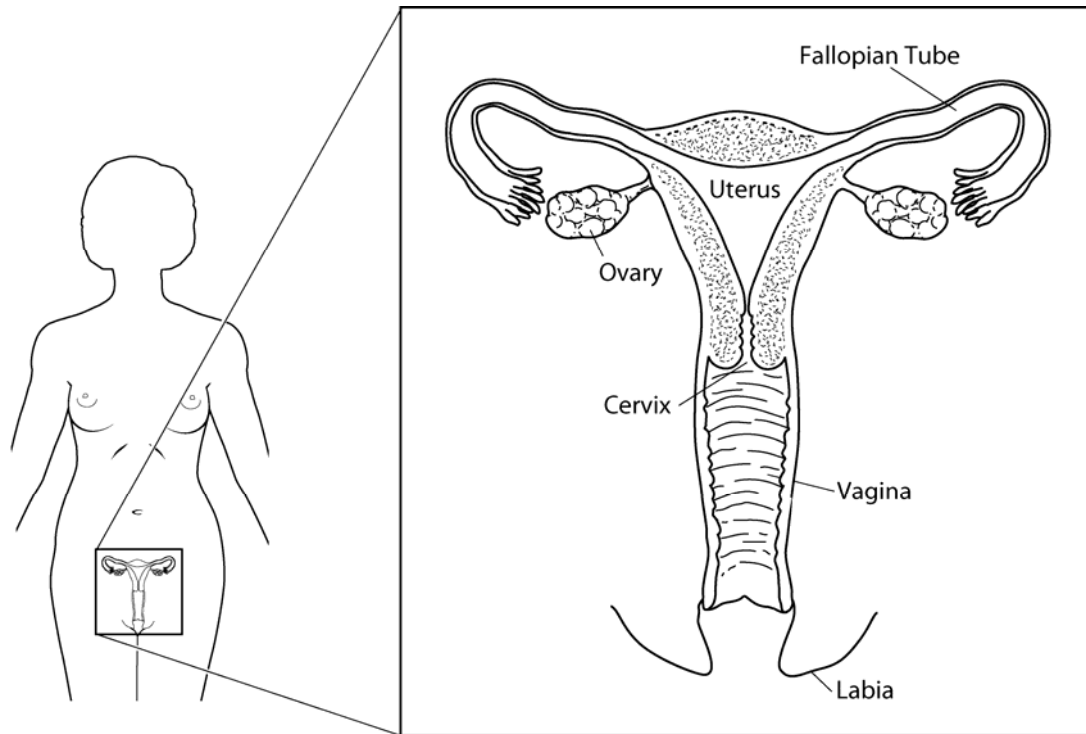


# Female Exam and Pap Smear

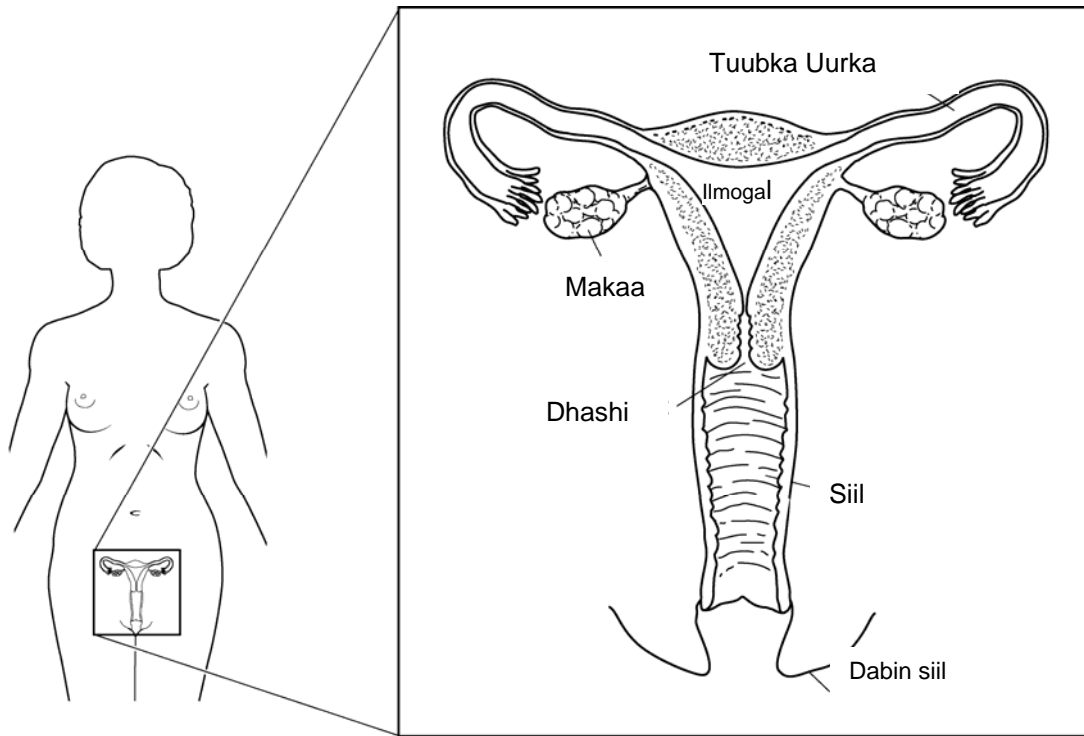
A female exam is done to check for diseases of the vagina, cervix, uterus and ovaries. A pap smear is a test that checks for changes in the cervix, which may be an early sign of cancer. A breast exam may also be done.



Women should have their first pap smear within three years of their first sexual activity or by age 21. After that, ask your doctor how often this test should be done based on your age and health history. Most women have the test every 1 to 3 years.

# Intixaanka Dheddigga iyo Dheeh Marinta Pap

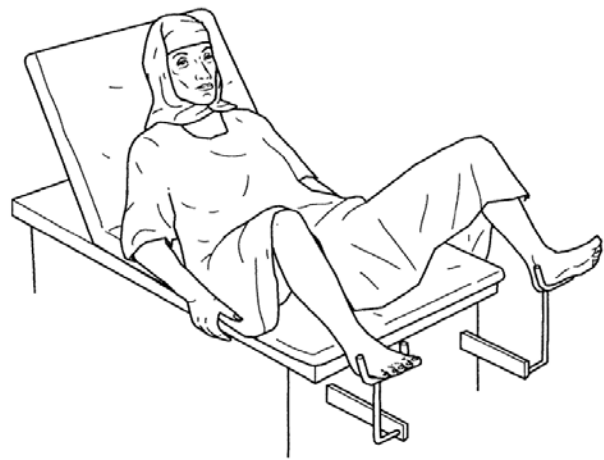
Intixaanka dheddigga waxaa loo sameeyaa si loo hubiyo cudurrada siilka, afka ilma-galeenka, ilma-galeenka, iyo ugxansideyaasha. Dheeh marinta pap waa baaritaan hubinaya is-beddello ku yimid afka ilma-galeenka, kaasoo laga yaabo in uu yahay calaamad hore ee kansar. Intixaan naas ayaa sidoo kale laga yaabaa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



Haweenku waa in ay intixaan iyo dheeh marinta maraanta ugu horryasa helaan saddex sanno gudahood markay bilaabaan inay galmoodaan ama da'da 21. Taas kadib, warso takhtarkaaga inta jeer ee aad u baahan tahay intixaankan taas oo ku salaysan da'daada iyo taariikhda caafimaadkaaga. Badi dumarku waxay maraan intixaankan 1 illa 3 sannadood mar.

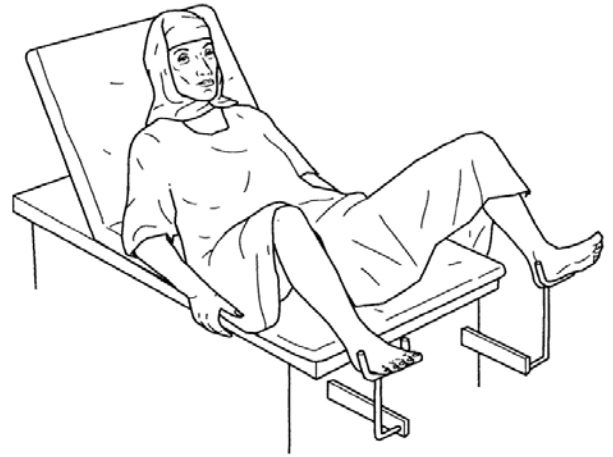
## During the Test

- 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.
- The instrument is removed.



## Waqtiga Baaritaanka

- Kalkaaliso 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 imtixaano.
- 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 imtixaanka saaran tahay.
- Waxaa laga yaabaa in uu dhakhtarkaagu ku billaabo imtixaanka naasaha, isagoo si dabacsan u tuutuujinaya naas kasta si uu uga baaro wax barar ah.
- Imtixaanka naasaha ka dib, dhakhtarkaagu wuxuu ku weydiinayaa inaad lugahaaga saarto dhinaca miiska ee lugsaarka loogu talagalay aadna hoos u dhaqaajiso 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 soo xaaqayaa afka ilmo galeenka si uu u helo xoogaa unugyo ah. Tan waxaa loo yaqaannaa Dheeh Marinta Pap. Unugyada waxaa loo dirayaa baaritaan.
- Qalabka ayaa lagaa soo saarayaa.



- 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 exam 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.**

2005 – 9/2010 Health Information Translations

Unless otherwise stated, user may print or download information from [www.healthinfotranslations.org](http://www.healthinfotranslations.org) for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

- Iyadoo gacno gashi ugu jiro, ayuu dhakhtarkaagu 2 farood gelinayaa hoostaada.
- Gacanta kale, ayuu dhakhtarkaagu ku riixi doonaa ubucdaada hoose si uu u dareemo qaabka iyo cabbirka ilma-galeenkaaga iyo ugxansideyaasha.
- Markuu imtixaanku dhammaado, dharkaaga ayaad gashan kartaa.

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

**U sheeg dhakhtarkaaga ama kalkaalisada haddii aad su'aalo ah ama walaac ah qabtid.**

2005 – 9/2010 Health Information Translations

Unless otherwise stated, user may print or download information from [www.healthinfotranslations.org](http://www.healthinfotranslations.org) for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Female Exam. Somali.