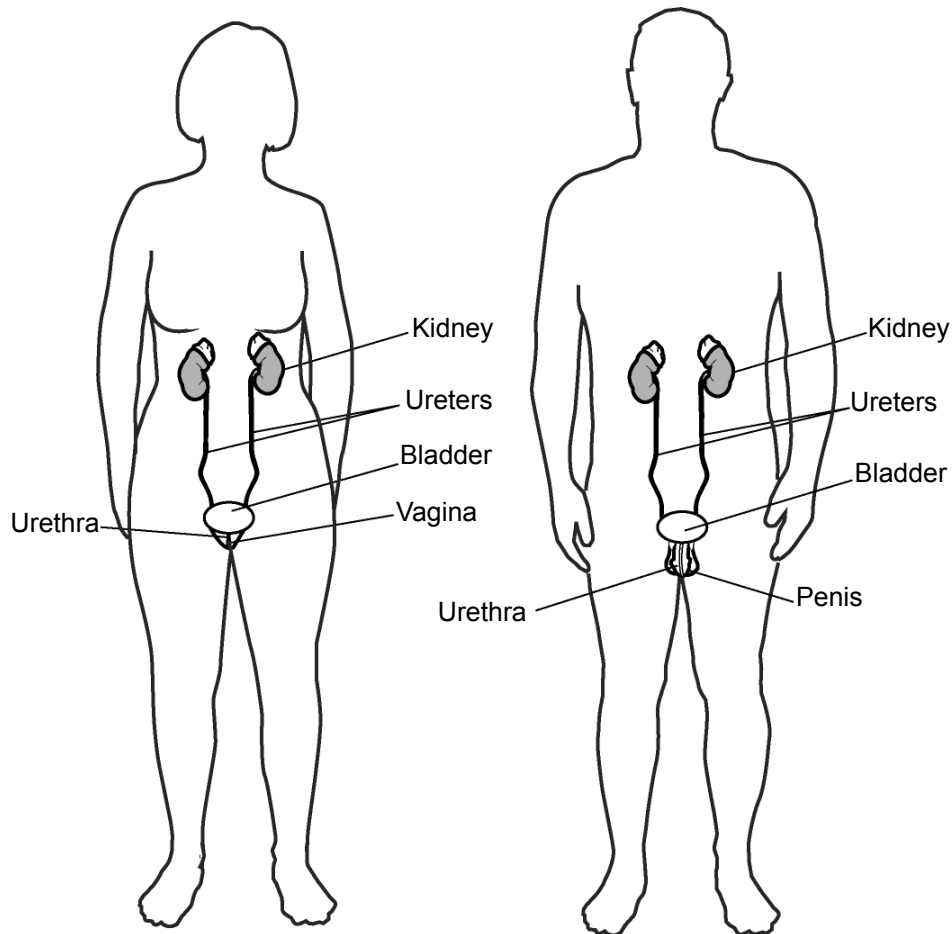


UTI (Urinary Tract Infection)

Urinary tract infection, also called UTI, is an infection of the bladder or kidneys.



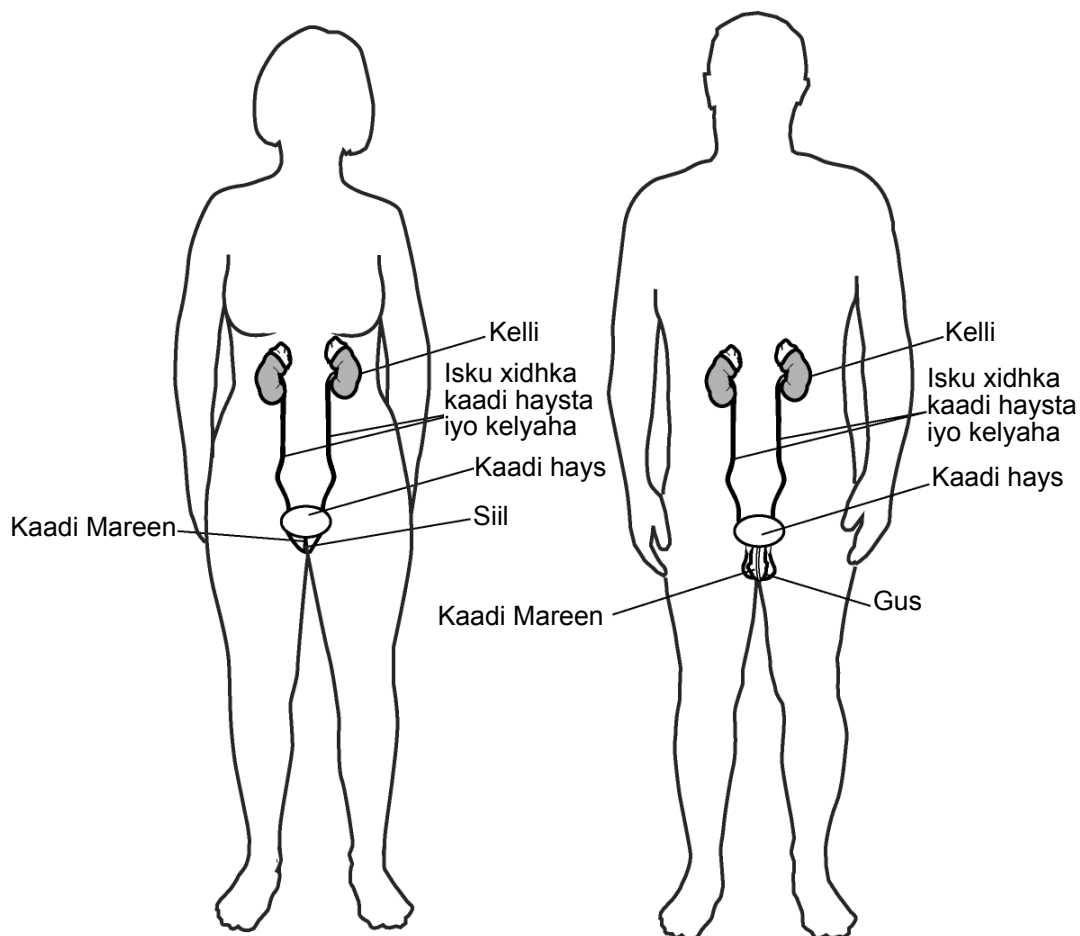
Causes

UTI may be caused by germs from:

- Urine that stays in your bladder after you urinate
- A blockage in the kidneys or kidney stones
- Irritation from tight slacks, nylon underwear or sexual intercourse
- Poor hygiene

Cudurka Kaadi Mareenka (UTI [Urinary Tract Infection])

Cudurka kaadi mareenka, oo loo yaqaanno UTI, waa cudurka kaadi haysta ama kelyaha.



Sababaha

UTI waxaa laga yaabaa iney keenaan jeermisyada ka yimaada:

- Kaadi ku harta kaadi haystaada marka aad kaadiso ka dib
- Xannibaad kellida ka dhex jirta ama dhagxaan kellida gala
- Lur ka yimaada suun isku dhuujin, nigis layloon ah ama galmo
- Nadaafad darro

UTI. Somali.

- Tube placed to drain urine
- Stool

Signs

- Burning or pain when passing urine
- Having to pass urine suddenly or often
- Urine that is bloody, cloudy or has a strong odor
- Pain in the lower back
- Feeling tired or not feeling well

Your Care

Tell your doctor your signs. Your treatment may include:

- Drinking at least 8 glasses of water each day.
- Avoiding drinks that have caffeine, such as coffee, tea and soft drinks.
- Taking antibiotics. Take all antibiotics as ordered until the bottle is empty. If you do not take all of the medicine, your infection may return or worsen.

Ways to Prevent UTI

- Keep your genital area clean.
- Take showers instead of tub baths.
- Empty your bladder every few hours even if you do not feel full.
- Women should always wipe from front to back after going to the toilet.

- Tubbo lagaliyey si ay kaadida u soo saarto
- Saxaro

Calaamadaha

- Gubasho ama xanuun marka la kaadinayo
- Kaadi badnaan ama si lama filaan ah qofka u qabata
- Kaadi dhiig leh, daruur oo kale ah, ama ur xoog leh
- Xanuun dhabarka qaybta hoose ah
- Daal dareemid ama jirasho

Daryeelkaaga

Takhtarkaaga u sheeg calaamadahaaga. Daaweyntaada waxaa ka mid noqon kara:

- Cabidda ugu yaraan 8 koob oo biyo ah maalin kasta.
- Ka fogaanshada cabitaannada kafeyga ku jirto, sida qaxwada, shaaha iyo cabitaannada fudud.
- Antibiyootik qaadasho. Antibiyootikada oo dhan u qaado sida lagu amray ilaa ay dhaladu ka dhamaato. Haddii aadan daawada oo dhan wada qaadannin, cudurku wuu kugu soo noqon karaa ama wuu ka sii dari karaa.

Siyaabaha looga Hortagayo UTI

- Nadiifi cawradaada.
- Tuubbada shabaqa ah ku maydho halkii aad tubbo biyo dhex gali.
- Kaadi haystaada faaruqi dhowrkii saacadood ee kasta xataa haddii aadan dareensaneyn iney buuxdo.
- Haweenku waa iney mar walba cawradooda horey iyo gadaalba utirtiraan markay musqusha aadaan ka dib.

UTI. Somali.

- Empty your bladder before and after sexual intercourse.
- Wear cotton underwear and loose pants.
- Drink 8 to 10 glasses of liquids a day. Include liquids that are high in Vitamin C, such as orange or cranberry juice.
- Avoid alcohol, and food and drinks with caffeine.

Call your doctor right away if you:

- Have any signs of UTI
- Have nausea or vomiting
- Have back pain
- Have problems with your medicines
- Do not improve with treatment in 48 hours or your signs are worse in 24 hours

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

- Bane kaadi haystaada galmada ka hor iyo ka dib.
- Xidho nigis suuf ah iyo surwaal dabacsan.
- Cab 8-10 koob oo cabitaan ah maalintiiba. Ku darso cabitaannada ay ku badan Fitamiin C, sida burtuqaalka ama casiirka karamberriga.
- Ka fogow aalkolo, iyo cuntooyin iyo cabitaanno kofee leh.

Isla markiiba takhtarkaaga wac haddii:

- Aad isku aragto calaamadaha UTI
- Aad isku aragto lalabbo ama matagid
- Aad isku aragto dhabar xanuun
- Ay dhibaato kaa haysato daawooyinkaaga
- Aadan daaweynta kaga soo raynin muddo 48 saacadood ah ama calaamadahaagu ay kaga sii daraan 24 saacadood

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

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