

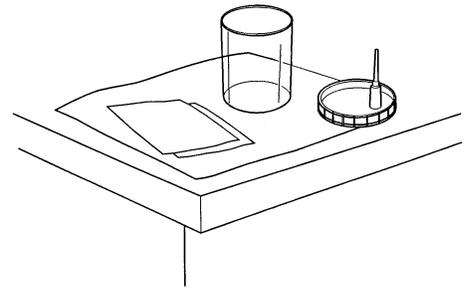
Urine Sample – Female (Clean Catch)

This test is done to check for bladder or urinary tract infections. Follow these steps:

1. Wash your hands with soap and water. Rinse and dry your hands well.



2. Use the urine sample kit. The kit includes a cup and 2 wipes.
3. Put a clean paper towel or cloth on a place you can reach from the toilet.



4. Open the wipes and place them on the towel.
5. If there is a sticker on the top of the lid of the cup, do not remove it. There is a sharp point under it.
6. Take the lid off the cup. Put the lid flat side down next to the wipes. Do not touch the inside of the cup or lid.

7. Sit as far back on the toilet as possible and spread your legs apart. Use two fingers of one hand to spread open your labia. The labia are the folds of skin on each side of your vagina. Hold the labia open like this until you get the urine sample.

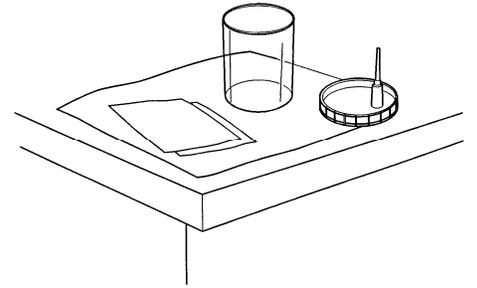


Saammi Kaadi – Dheddig (Qabasho Nadiif ah)

Baaritaankaan waxaa loo sameeyaa in lagu hubiyo cudur kaadi haysta ama kaadi mareenka ku jira. Raac tallaabooyinkaan soo socda:



1. Gacmaha saabbuun iyo biyo isaga dhaq. Iska raaci isla markaana si wanaagsan gacmahaaga u engeji.
2. Isticmaal xirmada muunadda kaadida. Xirmadu waxay ka kooban tahay koob iyo 2 tir-tire.
3. Warqad nadiif ah ama maro dhigo meel aad gaari kartid oo musqusha dhexdeeda ah.
4. Fur tirtireyaasha ka dibna dul dhig tuwaalka.
5. Haddii ay jirto warqad ku dheggan meesha ugu sarreysa furka, ha ka fiiqin. Waxaa ku hoos jira shay fiiqan.
6. Furka ka saar koobka. Furka meel u dhow tirtiraha iska dhig. Ha taaban gudaha koobka ama furka.
7. Gadaal ugu fadhiiso musqusha lugahaagana kala dhaqaaji. Isticmaal labo farood oo hal gacan si aad u kala qaaddo bushimaha siilka. Bishimuhu waa laalaabka maqaarka siilkaaga. Bishimaha siilka sidaan u kala fur ilaa aad saammiga kaadida ka heleyso.



8. With your other hand, use the wipes to clean your labia
 - Wipe **from front to back** in one stroke. Throw the wipe in the toilet.
 - Use the second wipe to clean again from front to back. Throw the wipe in the toilet.
9. Pick up the cup.
10. Urinate a small amount into the toilet then put the cup a few inches from your body. Urinate into the cup until it is about half full. Stop the flow. Put the cup back on the sink. Let go of your labia and finish urinating into the toilet.
11. Put the lid tightly on the cup. Be careful not to touch the inside of the cup or lid.
12. Wash your hands.
13. If you are in the hospital, give the sample to the staff. If you are at home, put the cup in a plastic bag. Put the bag in the refrigerator. Take it to the lab or doctor's office as directed.



Test results are sent to your doctor. Your doctor will share the results with you

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8. Gacantaada kale, u isticmaal tirtireyaasha si aad isaga nadiifiso bishimaha siilka

- Nadiifi **adigoo ka billaabaya horey gadaalna u tiraya** hal tirtirid. Tirtiraha musqusha isaga tuur.
- Tirtiraha labaad u isticmaal inaad mar kale ku nadiifiso oo horey ka soo billaabtid oo gadaal u waddid. Tirtiraha musqusha isaga tuur.

9. Koobka soo qaado.

10. In yar ku kaadi musqusha ka dibna koobka meel dhowr inji u jirta jidhkaaga dhig. Koobka ku kaadi ilaa uu kala badh soo gaaro. Ka jooji kaadida. Koobka ku celi meesha weji dhaqa. Iska sii daa bushimaha siilka kaadidana musqusha ku dhammeystir.

11. Furka si adag koobka ugu xir. Ka taxaddar inaadan taaban gudaha koobka ama furka.

12. Gacmaha iska dhaq.

13. Haddii aad isbitaalka ku jirtid, saammiga shaqaalaha u dhiib. Haddii aad guriga joogtid, koobka bac geli. Bacdana tallajada geli. U qaad shaybaarka ama xafiiska dhakhtarka hadba sidii lagu taliyo.



Natijjooyinka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaagu adiga ayuu natijjooyinka kula wadaagi doonaa.

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

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Urine Sample– Female. Somali