

Urine Sample – Male (Clean Catch)

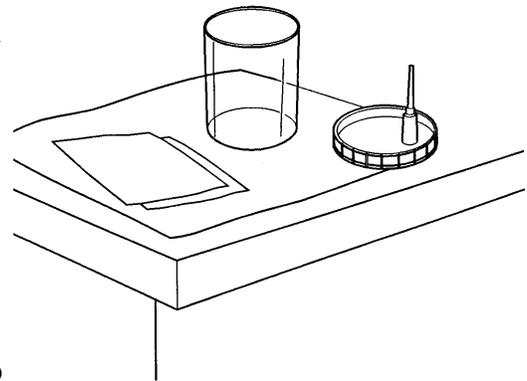
This test is done to check for bladder or urinary tract infection. Follow these steps:

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 cup lid, 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. Pull back on the fold of skin around the tip of your penis if you are not circumcised.

8. Wash the end of your penis with a wipe. Throw the wipe away.

9. Wash your penis with the second wipe. Throw the wipe away.

Saammi Kaadi – Lab (Qabasho Nadiif ah)

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

1. Gacmaha saabbuun iyo biyo isaga dhaq. Iska raaci isla markaana si wanaagsan gacmahaaga u engeji.

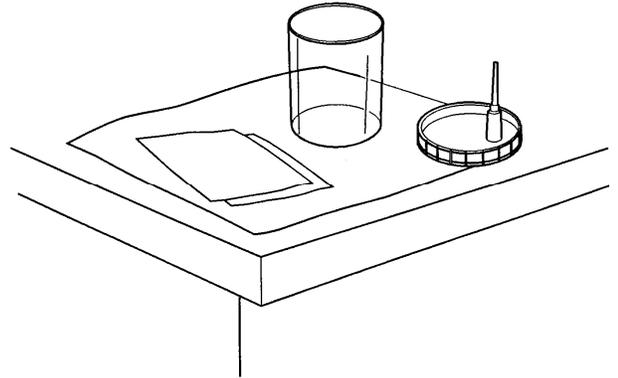


2. Isticmaal xirmada saammiga kaadida. Xirmadu waxay ka kooban tahay koob iyo 2 tirtire.

3. Warqad nadiif ah ama maro dhigo meel aad gaari kartid oo musqusha dhexdeeda ah.

4. Fur tir-tireyaasha ka dibna dul dhig tuwaalka.

5. Haddii ay jirto warqad ku dheggaan meesha ugu sarreysa furka, ha ka fiiqin. Waxaa ku hoos jira shay fiiqan.



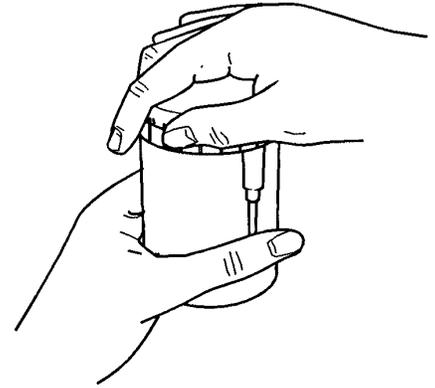
6. Furka ka saar koobka. Furka meel u dhow tirtiraha iska dhig. Ha taaban gudaha koobka ama furka.

7. Buuryada guska madaxiisa kaaga daboolan dib isaga jiid haddii aadan gudneyn.

8. Tirtiraha ku dhaq guska madaxiisa. Iska tuur tirtiraha.

9. Tirtiraha labaad ku dhaq guska isaga oo dhan. Iska tuur tir-tiraha.

10. Pick up the cup.
11. Start to urinate a small amount into the toilet.
12. Put the cup into the urine stream. Collect the urine in the cup until it is about half full.
13. Put the lid tightly on the cup. Be careful not to touch the inside of the cup or lid.
14. Wash your hands.
15. If you are in the hospital, give the sample to the staff. If you are 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.

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

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10. Koobka soo qabso.
11. Billow inaad kaadi yar ku kaadiso musqusha.
12. Koobka ku aaddi kaadida. Kaadida koobka ku shub ilaa uu kala badh gaaro.
13. Furka si adag ugu xir koobka. Ka taxaddar inaadan taaban gudaha koobka ama furka.
14. Gacmaha iska dhaq.
15. Haddii aad isbitaalka ku jirtid, saammiga shaqaalaha u dhiib. Haddii aad guriga joogtid, koobka bac geli. Bacdana tallaajada geli. U qaad shaybaarka ama xafiiska dhakhtarka hadba sidii lagugula taliyo.



Natijoooyinka waxaa loo dirayaa dhakhtarkaaga.
Dhakhtarkaagu adiga ayuu natijoooyinka kula socodsiin doonaa.

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

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Urine Sample –Male. Somali