

Stool Test for Ova and Parasite (O&P)

This test looks for parasites and their ova or eggs in the digestive tract by checking a sample of stool in a lab. A parasite lives on or inside another organism. Treatment will be based on the type of parasite that is found.

Parasites enter the body through the mouth or skin. Most people become infected by drinking water or eating food that has parasites. Most parasites are too small to be seen and cannot be tasted or smelled in water or food. Parasites may get into the body through the skin or enter from bites of infected insects.

Signs

The most common signs are:

- Diarrhea
- Bloody diarrhea
- Mucous in stool
- Abdominal pain or cramping
- Gas
- Nausea
- Headaches
- Fever

See your doctor as soon as you have signs. He or she may recommend that you have an O&P test to check for parasites.

Saxarada oo laga Baarayo ku Dul-noole iyo Ukun (O&P)

Baaritaankaan wuxuu eegayaa ku dul-nooleyaasha iyo ukunooda ama ugxantooda ku jirta marinka dheef shiidka iyadoo sambal saxarada laga soo qaaday lagu hubinayo shaybaarka. Ku dul-nooluhu wuxuu ku dul nool yahay ama ku dhex nool yahay uun kale. Daaweyntu waxay ku saleysnaan doontaa nooca ku dul-noolaha meesha laga helo.

Ku dul-nooleyaashu jidhka waxay ku galaan iyagoo u maraya afka ama maqaarka. Dadka badankooda waxaa laga asiibaa cabidda biyo ama cunidda cunto ku dul-noole ku jiro. Ku dul-nooleyaasha badankoodu aad ayey uga yar yihiin in la arko lagama dhadhamin karo lagamana urin karo biyaha ama cuntada. Ku dul-nooleyaashu waxaa laga yaabaa iney jidhka ka galaan maqaarka ama ay kaa soo galaan marka uu cayayaan qofka qaniino.

Calaamadaha

Calaamadaha ugu badan waxay kala yihiin:

- Shuban
- Shuban dhiig leh
- Axal saxarada soo raacda
- Calool xanuun ama casiraad
- Dhuuso
- Lalabbo
- Madax xanuun
- Qandho

Sida ugu dhakhsaha badan ugu tag takhtarka marka aad isugu aragto calaamadaha. Dhakhtarka ama dhakhtarada waxaa laga yaabaa inuu kugula taliyo inaad qaadato baadhitaanka O&P si loo oggaado jeermiska ku dul-nooleyaasha qaarkood.

Stool Test OP. Somali.

O&P Test

You will need to collect _____ stool samples. Collect each sample from a different bowel movement over one or more days.

- You may be given a plastic tray to use in your toilet to collect your stool. If you do not get a tray, cover the toilet bowl with plastic wrap, like Saran. Loosely place the plastic wrap over the toilet bowl and hold it in place with the toilet seat so your stool does not get into the water of the toilet.
- **Do not** get urine, water or toilet paper in the stool sample.
- Put part of the stool sample in a clean container. Wash your hands.
- Follow these directions **if checked (✓)**:
 - Put your sample into a special container with fluid. Keep the fluid away from children and pets and handle it carefully. **The fluid is a poison.**
 - Keep your sample in the container in the refrigerator until you can take it to the doctor's office or lab.
 - Take the sample to the doctor's office.
 - Take the sample to the lab at:

Your Care

If you have parasites, your treatment may include taking medicine and drinking large amounts of liquids to prevent dehydration.

Baaritaanka O&P

Waxaa lagaaga baahan yahay in aad soo qaaddo _____ sambal saxaro. Sambal kasta oo saxaro ka soo qaad maalin ama maalmo badan.

- Waxaa laga yaabaa in lagu siiyo saxaarad caag ah si aad ugu isticmaasho musqusha si aad saxarada ugu soo qaaddo. Hadii aadan helin saxaarad, fadhiga musqusha ku dabool caag, sida Saran. Caagga dul dhig fadhiga musqusha meeshana ku hay si markaas saxaradaadu aysan biyaha musqusha ugu dhex dhicin.
- **Ha ku darin** sambalka saxarada kaadi, biyo, ama warqadda saxarada.
- Qayb ka mid ah sambalka saxarada ku rid weel nadiif ah. Gacmaha iska dhaq.
- Raac jihatntan **hadii la xarriiqay (✓)**:
 - Ku dhex rid muunad saxaradaada ah weel khaasa. Si aad ugu ilaaliso saxarada carruurta iyo xayawaanka guri joogta ah oo u maaree si taxadar ku jiro. **Saxaradu waa sun.**
 - Ku daa muunada weelka talaajada dhexdeeda ilaa iyo inta aad gaynayso xafiiska dhakhtarka ama shaybaadhka.
 - U qaad muunad xafiiska dhakhtarka.
 - U qaad muunad shaybaadhka:

Daryeelkaaga

Hadii aad leedahay ku dulnoole, daawayntaada ayaa laga yaabaa in ay ku jirto daawo qaadashada iyo cabitaanka cadad tiro badan si looga hortago fuuqbax.

How to Prevent Parasites

- Avoid food and water that may have parasites.
- Wash your hands often. Wash them before and after eating, and after using the toilet. This will help protect you and prevent the spread of parasites to others.

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

Sida looga hortago ku dulnoolaha

- Iska ilaali cunada iyo biyaha laga yaabo inay ku jiraan ku dulinku.
- Maydh gacmahaaga had iyo jeer. Maydh iyaga kahor iyo kadib wax cunista, iyo kadib isticmaalka suuliga. Arrintan ayaa kaa caawin doonta si aad uga hortagtid inuu dulinku ku fido dadka kale.

La hadal dhaktarkaaga ama kalkaaliyahaaga caafimaadka aad hayso wax su'aala ama cabasho ah.

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