

# Muunada Kaadida – Nimanka (Caaga kaadida lagu qaado ee nadiifka ah)

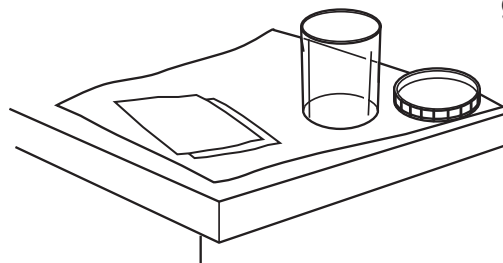
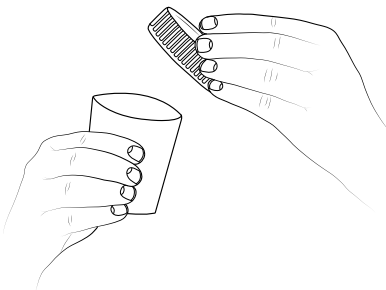
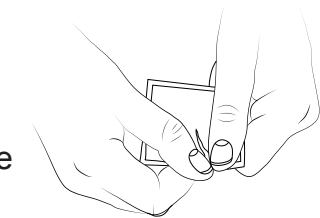
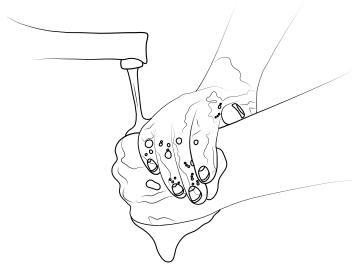
## Urine Sample – Male (Clean Catch)

This test is done to check for bladder or urinary tract infections. The best time to get a urine sample is when the urine has been in your bladder for at least two to three hours. We suggest that you get the sample when you first wake up in the morning.

Baaritaan waxaa loogu talagalay in lagu ogaado kaadi haysta ama caabuqa xididka kaadida. Waqtiga kugu fiican ee muunada kaadida la qaado waa marka kaadidu kujirtay kaadi haystaada muddo ugu yaraan dhan labo illaa saddex saacadood. Waxaan soojeedinaynaa inaad iska qaado muuno marka koowaad ee aad subaxdii sookacdo.

### Follow These Steps

1. Wash your hands with soap and water. Dry your hands well.
2. Get the urine sample kit. The kit has a cup with a lid and a packet of wipes.
3. Spread a clean paper or cloth towel out on a counter or surface you can reach from the toilet.
4. Open the wipes and place them on the towel.
5. Take the lid off of the cup. Put the lid flat side down on the towel. Do not touch the inside of the cup or lid.

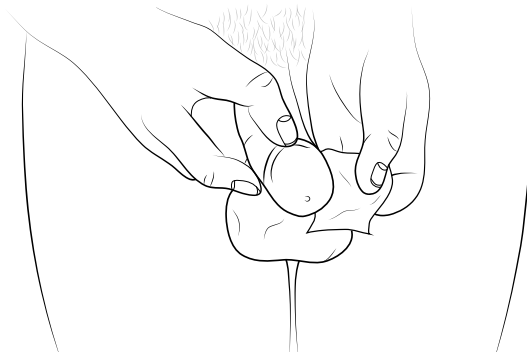


### Raac Tilmaamahaan

1. Ku dhaq gacmahaaga saabuun iyo biyo. Sidoo kalena qalaji gacmahaaga.
2. Soo qaado caaga kaadida lagu qaado. Caaga waxaa afka kaga daboolan dabool waxa uuna wataa baakad lagu tirtiro.
3. Warqad nadiif ah ama dhar shukumaan ah ku fidi koontarka ama sagxada oo ah meel aad laaci karto oo kamid ah musqusha.
4. Fur tirtiraha dulsaarna shukumaanka.
5. Kaabka ka qaad daboolka. Daboolka dhig hoos korka shukumaanka. Ha taaban gudaha koobta ama daboolka.

6. Wash your entire penis with **one wipe**.

7. Pull back on the fold of skin around the tip of your penis. Wash this area with the **second wipe**.



6. Ku dhaq guud ahaan guskaaga **hal qalajiye**.

7. Dib u celi maqaarka afka hore ee guskaaga. Ku dhaq aagaan **qalajiyaha labaad**.

8. Throw away the wipes in the trash.

8. Qashinka ku tuur qalajiyasha.

9. Start to urinate a small amount into the toilet.



9. Billoow inaad musqusha ku kaadiso kaadi yar.

10. Urinate the rest of the urine into the cup.

10. Inta kale kaadida ku shub koobka.



11. Put the lid tightly on the cup. Be careful not to touch the inside of the cup or lid.



11. Kaabka daboolka ugu xir si fiican. Iska ilaali inaad taabato gudaha koobta ama daboolka.

12. Wash your hands with soap and water.

12. Ku dhaq gacmahaaga saabuun iyo biyo.

**13. If you are in the hospital**, call the nurse to take the fresh specimen. Do not allow the sample to sit in the room.

**13. Haddii aad kujirto isbitaal**, wac kalkaalisada si ay kaaga qaado baaritaan cusub. Muunada ha dhigan qolka.

**If you are at home**, put the cup in a plastic bag and put the bag in the refrigerator to keep the sample fresh. Take the sample with you when you go to the laboratory or doctor's office, as directed.

**Haddii aad guriga joogto**, ku rid koobka bac gelina bacda qaboojiyaha si muunada u noqoto fireesh. Qaad muunada marka aad aadeyso laabka ama xaafiiska dhaqtarka, sida lagu faray.

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

Natiijada baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaaga ayaa kuu sheegaaya natiijada.

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

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