

DIS104-SO

Tuubada Kaadida soo qaada waa qaab kaadida looga soo qaado kaadi haysta ayadoo la adeegsanaayo kanoole cusub waqti walba iyo farsamada habboon ee kanoorka kaadida Qaada. Marka aad si joogto ah u faaruqiso kaadi haystaada, waxaad gacan ka geysanaysaa kahortaga caabuqyada kaadi mareenka ku dhaca (urinary tract infections, UTIs), dhagaxa gala kaadi haysta iyo dhaawaca soo gaara kelyaha.

Jadwalka Adeegsashada Tuubada Kaadida

Kaadida Iskaga keen Tuubada waqtiyadaan:

1. Marka aad soo kacdo subaxdii
2. 4 tii saacba gudaha maalinta (dhakhtarkaaga ayaa kusiin kara jadwal gaar ah oo dheeraad ah)
3. Kahor inta aadan seexan

Qaabka loo adeegsado tuubada kaadida

1. Soo qaado qalabka:
 1. Tuubada kaadida (Cabirka: _____Fr.)
 2. Saabuun iyo biyo iyo maro nadiif ah ama istaraasho la tuuri karo
 3. Wax jilicsan oo dareere ah (sida kareemka K-Y jelly). **HA** isticmaalin jelka baatrootka, sida Baasliinta
 4. Maro ama shukumaan waa inaad hoos iska geliso marka aad isticmaalayso tuubada kaadida Qaada
 5. Weel aad ku shubto kaadida (haddii aadan ku kaadineyn musqusha)
 6. Gacmo gashi, haddii aad u baahan tahay
2. Dhig dhammaan qalabka meel nadiif ah.
3. Hubi oo dharkaagu yaysan u dhawaan jirkaaga waana inuu kuu shidan yahay layr kugu filan inaad si fiican wax u aragto.
4. Si fiican gacmahaaga ugu dhaq saabuun iyo biyo. Arrintan waxay yareyneysaa bakteeriyada waxayna ka hortagaysaa caabuqa.
5. Fur baakada tuubada kaadida kadibna qoo 2 inji oo ah afka hore ee tuubada ayadoo adeegsanaaya dareere qoyaan leh. **HA** isticmaalin jelka baatrootka, sida Baasaliinta, sababtoo ah ma milmo.
6. Si fiican biyo iyo saabuun ugu dhaq dhammaadka guskaaga ama ku tir istiraasho la tuuri karo. Haddii aadan gudnayn, buji buuryada kadibna si adag biyo iyo saabuun ugu dhaq. Arrintan waxay yareyneysaa bakteeriyada waxayna ka hortagaysaa caabuqa.
7. Geli qaybta dheecaanka tuubada kaadida musqusha, meesha aad ku kaadineyso ama weel.
8. Adoo adeegsanaaya **gacanta midig** (tusaale, haddii aad midigle tahay, adeegso gacanta bidix), qabo guskaaga oo kacsan, kor u taag oo horay uga bixi jirkaaga. Qabo geesaha guskaaga halkii aad tuujin lahayd afkiisa iyo salkiisa.

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9. Ku qabo tuubada kaadida **gacantaada kale** kadibna si tartiib ah u geli 6 inji duleelka guskaaga (kaadi mareenka), kadibna kusoo wad ilaa kaadi soo raacdo. Marka kaadidu billowdo inay soo daadato, geli 1 inji oo ah tuubada kaadida oo dheeraad ah. Haddii aad adeegsanayso tuubada kaadida qaada ee caarada katiitarka, geli ayadoo caarada dhuuban kor u jeedo. Sii wad inaad kaadi qaada meesha ku hayso ilaa kaadidu joogsato.
10. Haddii aad dareento wax ku hortaagan, waxyar jooji. Neefsi qoto dheer qaado. Kadib tartiib dib ugu bilow gelinta adoo adeegsanaaya cadaadis dabacsan laakiin xoog leh ilaa muruqaagu nasto tuubada kaadida qaadana ay fudayd noqoto in la riixo. Muruqaaga kaadi mareenka ayaa xukuma gkaadi haystaada. **Marna xoog ha u isticmaalin tuubada kaadida.**
11. Kadib marka kaadidu joogsato, si tartiib ah uga bixi kaadi qaada, adoo u oggolaanaaya kaadida ku jirta kaadi mareenka inay gebi ahaanba faaruq noqoto. Haddii aadan gudnayn, haraga buuryada dib ugu fidi madaxa guska kadib marka aad tuubo gelinta dhamayso. Haddii aan haraga buuryadaadu soo laaban, mareegta dhiiga ayaa cilad geli kartaa, taasoo keenaysa waxyeelada hilibka. **Haddii buuryadaada ay meesha ku dhegto oo soo laaban waydo, tani waa xaalad caafimaad oo degdeg ah. Tag qaybta kuugu dhow ee xaaladaha degdega ah.**
12. Marka aad u diyaar garowdo inaad soo saarto afka tuubada kaadida, qabo qaybta ugu danbeysa tuubada si kaadida hoos tuubada kusoo qulqusho si aysan adiga dib kuugu laaban.
13. Fiiri kaadidaada oo eeg midabkeeda, inay urayso, astaamaha iyo inta ay la eg tahay. Meel ku qor cadadka kaadida haddii uu sidaas kugu amray dhakhtar. Markaas kadib daadi kaadida oo tuur tuubada kaadida. Ku dhaq gacmahaaga saabuun iyo biyo.

Abuurista Jadwal

Waa muhiim inaad sameysato jadwal la xiriira adeegsashada tuubada kaadida. Si aad u abuurto jadwal, si joogto ah u qor maalin walba marka aad adeegsato tuubada kaadida, cadadka kaadida aad aruurisay, iyo haddii aad qoyan tahay, qoyaan dareemeyso ama inaad qalalan tahay. Ku xirashada alaarmi xasuusin ah taleefankaaga gacanta, saacad ama aalad elektaroonig ah oo kale ayaa ku caawin karta.

Dejinta jadwalka ayaa qaadan karta dhowr billood. Marka jadwalku u shaqeeyo si sax ah, uma baahan doontid inaad cabirto cadadka kaadida aad aruuriso mar walba ood kaadi iskaga keento tuubada kaadida.

Adeegsashada tuubada kaadida adoo kaligaa ah

Si aad u hesho madaxbanaani, waa inaad barato qaabka loo adeegsado tuubada kaadida adigoo kaligaa ah, haddii ay macquul tahay.

Sababo la xiriira in bukaanada qaar kamid ah aanay ku fiicneyn hawlaha gacanta lagu qabto, waa muhiim inaad sameyso hawlaha kaa caawin doona inaad si sax ah u geliso tuubada kaadida kaadi mareenka. Waydii dhakhtarkaaga waxyaabaha kaa caawin kara inaad sameyso arrintan.

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Waa inaad barato qaabka qofku isku gelin karo tuubada kaadida asagoo fadhiya, si aad isku geliso adoo ku fadhiya kursiga curyaamada, baabuur ama sariir, ama marka aad ku jirto musqusha. Si ay kuugu fududaato inaad hoos iskaga dhigto dharka marka aad xiraneyso tuubada kaadida, iskuday inaad toloto dhar suuf la isku dhejiyo ama jiinyeer ku leh geesaha ama aaga sinta.

Booqashooyinka Dabagalka Caafimaadka

Dhakhtarkaaga kaadi mareenka ama dhakhtarkaaga koowaad ayaa kuusoo jeedin doona goorta ay tahay inaad qabsato ballamaha dabagalka caafimaadka. Marka aad booqashada ku imaanayso rugta caafimaadka soo qaado diiwaankaaga maalinlaha ah ee aad ka diyaarisay tuubada kaadida, haddii sidaas lagugu amro.

Goorta ay tahay Inaad la socodsiiso Dhakhtarkaaga

U sheeg dhakhtarkaaga haddii:

- Aadan tuubada kaadida marsiin karin kaadi mareenka
- Kaadi kasoo daadato meelo kale mararka aad adeegsanayso tuubada kaadida
- Aad dhiig ku aragto kaadidaada
- Aad ay kaa timaado kaadi saa'id ah ama aad kaadiso kaadi yar ayadoo isbadel wayn ku sameyn waxyaabaha aad cunto ama waxyaabaha aad cabto
- Aad isku aragto astaamo sida caabuqa ku dhaca xididka kaadi mareenka, oo ay kujiri karaan:
 - Xanuun ama gubasho aad dareento inta aad adeegsaneyso tuubada kaadida
 - Gumaar xanuun
 - Xumad ka saraysa 101.5 F
 - Kaadi badan oo kasoo daadato meelo kale mararka aad adeegsanayso tuubada kaadida
 - Urka kaadida oo saa'id noqda

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