

Baaritaanka Makaanka iyo Dumarka

Female Exam and Pap Smear

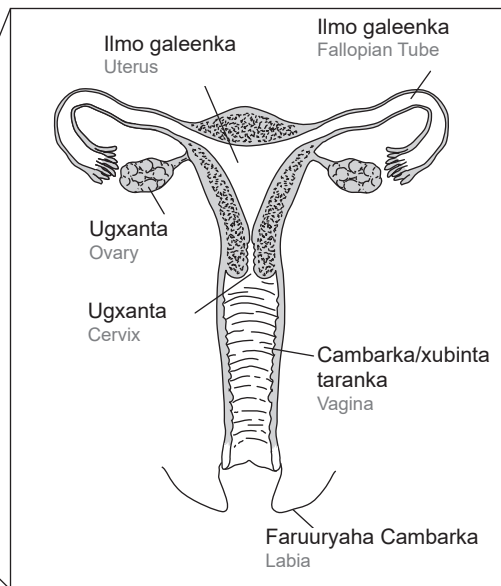
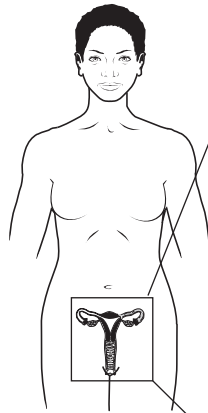
A female exam is done to check for diseases of the vagina, cervix, uterus and ovaries. A pap smear is a test that checks for changes in the cervix, which may be an early sign of cancer. A breast exam may also be done.

Baaritaanka dumarka waxaa loo sameeyaa in lagu oggaado cudurada siilka, makaanka, ilmo galeenka iyo ugxan sidaha. Baaritaanka makaanka waa baaritaan lagu oggaado isbedelka makaanka, oo noqon kara calaamado hordhac u ah kansarka. Sidoo kale waxaa la sameyn karaa baaritaanka naasaha.

Female Pelvic Exam

This exam is done to check your:

- Vagina
- Cervix - opening into your uterus
- Uterus - also called the womb
- Ovaries



Baaritaanka Miskaha Dumarka

Baaritaankaan waxaa loo sameeyaa in lagu oggaado:

- Xubinta taranka dumarka
- Makaanka - afka ilmo galeenka
- Ilmo galeenka - oo sidoo kale loo yaqaan ilmo sidaha

A pelvic exam is not the same as a pap smear (pap test). Other tests may be done during this exam, such as a pap smear or testing for infection.

Reschedule your annual exam if you are having your period.

- Ugxan sidaha

Baaritaanka miskaha lama mid ahan baaritaanka makaanka (baarista miskaha). Baaritaan kale ayaa la sameyn karaa inta lagu jiro baaritaankaan, sida baaritaanka makaanka ama baaritaanka caabuqa.

Dib u qorshe waqtigaaga baaritaanka sanadlaha ah haddii aad kujirto waqtigaagii caadada.

Day Before Your Exam

For 24 hours before you have this exam, you need to avoid:

- Having sex.
- Vaginal douches or rinsing your vagina.
- Use of any perfumed sprays or powders around your vagina.



Maalinta Ka Horeyso Baaritaankaaga

24 Saac kahor baaritaankaan, waxaa inaad iska ilaaliso:

- Galmo.
- Nadiifinta ama mayrida xubinta taranka.
- Isticmaalida waxyaabaha la isku buufiyo ama waxyaabaha la mariyo agagaarka xubintaada taranka.

Having the Exam

- Go to the bathroom and empty your bladder before this test.
- You will be asked to undress from your waist down and will have a paper sheet to cover you.
- You will be asked to lie down on the exam table and place your feet in holders at the end of the table, called stirrups.
- Let your knees fall to the sides. Take slow, deep breaths to relax the muscles around your vagina during the exam.
- Your provider will examine the skin around your vagina, called the labia, for signs of infection or other problems.
- A plastic or metal duck-bill shaped tool, called a speculum, will be placed into your vagina to allow the provider to see inside your vagina. If other testing is needed, such as a Pap Smear, it will be done while the speculum is in place. The speculum is then removed.

Sameynta Baaritaanka

- Aad musqusha kadibna soo kaadi kahor baaritaankaan.
- Waxaa lagaa codsan doonaa inaad dharka ka bixisid qaybta jirkaaga hoose waxaana lagu siin doonaa warqad xaashi ah si aad isku daboosho.
- Waxaa lagaa codsan doonaa inaad ku seexatid miiska baaritaanka aadna lugahaaga gelisid labada gees ee miiska, oo loo yaqaan lugo geliska.
- U ogolow jilbahaaga inay taabtaan geesaha. Qaado neef degan, oo hoose si aad u dejiso murqaha xubintaada taranka inta lagu jiro baaritaanka.
- Dhaqtarkaagu waxa uu baari doonaa maqaarka u dhawdhaw xubinta taranka, oo loo yaqaan geesaha siilka, waxa uuna ka baari doonaa calaamadaha caabuqa ama dhibaatooyin kale.
- Qalab caag ah ama bir ah oo leh qaabka shinbirka afka dheer, oo loo yaqaan birta kala qabatada, ayaa la gelin doonaa xubintaada taranka si dhaqtarkaagu uu u arko gudaha xubinta taranka. Haddii baaritaan kale loo baahan yahay, sida Baaritaanka Makaanka, waxaa la

- Using gloves, your provider will place 2 fingers into your vagina and the other hand will be placed on your lower abdomen to feel the size and shape of your uterus and ovaries.
- When the exam is done, the provider will remove the gloves and ask you to get dressed.
- Your provider will review the results of the exam with you.

Pap Smear (Pap Test)

This test is done to look for changes in the cells of your cervix, the lower end of your uterus. This checks for cancer of the cervix.

Women are encouraged to have a Pap Smear during their annual female pelvic exam, starting at age 21 and every 3 to 5 years after that. Based on your age and health history, your provider may make other recommendations.

Having the Test

During your pelvic exam, your provider will look at your cervix. A small brush will be used to pick up cells from your cervix that will be sent to the lab for testing. This test is often painless.

- sameyn doonaa inta birta kala qabatada ku jirto xubinta taranka. Birta qabatada ayaa markaas kadib lasoo saarayaa.
- Ayadoo la isticmaalaayo gacmo gashi, dhaqtarkaaga waxa uu 2 far gelin doonaa xubinta tarankaaga gacanta kalena waxa uu saari doonaa korka gumaarka si uu u dareemo cabir ama qaabka ilmo galeenkaaga ama ugxaan sidahaaga.
- Marka baaritaanka la dhameeyo, dhaqtarkaagu waxa uu soosaari doonaa gacmo gashiga waxa uuna kuu sheegi doonaa inaad dharka xirato.
- Dhaqtarku waxa uu kuu akhrin doonaa natiijada baaritaanka.

Baaritaanka Makaanka (Baarista Makaanka)

Baaritaankaan waxaa loo sameeyaa in lagu oggaado isbedelada unugyada makaanka, qaybta hoose ee ilmo galeenkaaga. Kani waxa uu kansar ka baaraa makaanka.

Dumarka waxaa lagu dhiirigelinayaa inay sameeyaan baaritaanka Makaanka marka ay sameynayaan baaritaankooda sanadlaha ah ee miskaha, marka ay gaaraan da'da 21 waa inay sameeyaan 3 illaa 5 sano kadib hadba. Ayadoo lagu saleynaayo da'daada iyo taariikhda caafimaadkaaga, dhaqtarkaagu waxa uu sameyn karaa soojedino kale.

Sameynta Baaritaanka

Inta lagu jiro baaritaanka miskaha, dhaqtarkaagu waxa uu fiirin doonaa makaankaaga. Waxaa la isticmaali doonaa suuf yar si unugyo looga soo qaado makaankaaga looguna diro shaybaarka si baaritaan loogu sameeyo. Badanaa baaritaankaan malahan xanuun.

The lab will send a report to your provider. Your provider will share the results with you and discuss any needed follow-up care or more tests that may be needed.

Shaybaarku waxa uu warbixinta u diri doonaa dhaqtarkaaga. Dhaqtarkaagu waxa uu kula wadaagi doonaa natiijooyinka waxa uuna kaala hadli doonaa daryeel kasta oo ay tahay inaad sameyso ama baaritaanada dheeraadka ah ee aad u baahan tahay.

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

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabto wax su'aalo ah ama walaacyo ah.