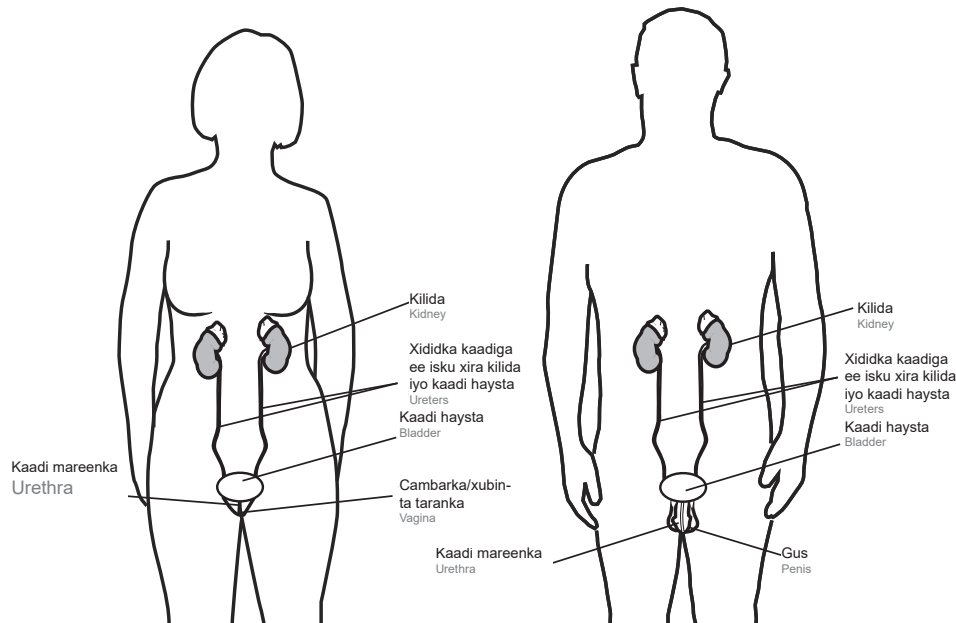


Urinary Tract Infection (UTI, Cudurada Kaadi Mareenka)

Urinary Tract Infection (UTI)

Urinary tract infection, also called UTI, is an infection of the bladder or kidneys.

Cudurada Kaadi Mareenka, oo sidoo kale loo yaqaan UTI, waa caabuq ku dhaca kaadi haysta iyo kilyaha.



Causes

UTI may be caused by bacteria (germs) from:

- Urine that stays in your bladder after you urinate
- A blockage in the kidneys or kidney stones
- Irritation from tight slacks, nylon underwear or sexual intercourse
- Not keeping the genital area clean and dry
- Tube placed to drain urine (catheter)
- Bacteria from stool entering the urethra

Waxa Sababa

UTI waxaa sababi kara bakteeriya (jeermis) ka imaada:

- Kaadi kaadi-haystaada ku harta kadib marka aad kaadiso
- Kilida oo wax isku xiraan ama dhagaxa kilida
- Xirashada maro dhexda kaaga dhegan, nigiska nylon ama galmo
- Nadiifin la'aanta ama qalin la'aanta gumaarka
- Tuubo la geliyay si ay kaadida usoo qaado (tuubada kaadida kasoo qaada kaadi haysta)
- Bakteeriyada saxarada ee gaarta kaadi mareenka

Signs and Symptoms

- Burning or pain when passing urine
- Having to pass urine suddenly or often
- Pressure in the lower belly
- Urine that is bloody, cloudy or has a strong odor
- Pain in the lower back or side
- Feeling tired or not feeling well

Your Care

If you have symptoms of a UTI, tell your health care provider. A urine test can diagnose an infection. Your treatment may include:

- Taking antibiotics. Take all antibiotics as ordered until the bottle is empty, even if you feel better. If you do not take all of the medicine, your infection may return or get worse.
- Drinking at least 8 glasses of water each day.
- Avoiding drinks that have caffeine, such as coffee, tea and soft drinks.

Ways to Prevent UTI

- Keep your genital area clean.
- Take showers instead of tub baths.
- Empty your bladder every few hours even if you do not feel full.
- Women should always wipe from front to back after going to the toilet.

Astaamaha iyo Calaamadaha

- Gubasho ama xanuun marka qofku kaadinaayo
- Kaadi isla markiiba imaata oo joogto ah
- Cadaadis dhanka gumaarka ah
- Kaadi dhiig leh, cadhiif ah ama leh ur saa'id ah
- Gumaar xanuun ama xanuun dhanka geesaha ah
- Dareemista daal ama dareemista xanuunka

Daryeelkaaga

Haddii aad leedahay calaamadaha UTI, u sheeg dhaqtarkaaga daryeel bixiyaha ah. Baaritaanka kaadiga ayaa sheegi kara caabuqa. Daaweyntaaa waxaa ku jiri kara:

- Qaadashada daawada antibiyootikada. U qaado dhammaan antibiyootikada sidii laguugu soo qoray illaa aad ka dhameyneysid dhalada, xataa haddii aad dareento caafimaad. Haddii aadan qaadan dhammaan daawooyinka, waxaa laga yabaa in caabuqaagu soo noqdo uuna kasii daro.
- Cab ugu yaraan 8 koob oo biyo ah maalin kasta.
- Iska ilaali cabitaanada leh kafeynka, sida kafeega, shaaxa iyo cabitaanada fudud.

Qaababka looga hortago UTI

- Nadiifi aagga xubinta tarankaaga.
- Mayro halkii aad biyo kulul dhex fadhisan lahayd.
- Faaruji kaadi haystaada dhowrkii saacba mar xataa haddii aadan dareemeyn kaadi.
- Dumarku waa inay markasta gadaal iyo horeyba tirtiraan marka ay isticmaalaan musqul.

- Empty your bladder before and after sexual intercourse.
- Wear cotton underwear and loose pants.
- Drink 8 to 10 glasses of liquids a day.
- Avoid alcohol, and food and drinks with caffeine, as they can irritate the bladder and worsen symptoms.
- Kaadi haystaada faarujii kahor iyo kadib galmada.
- Xiro nigis suuf ah iyo buume jilicsan.
- Cab 8 illaa 10 koob oo cabitaan ah maalin kasta.
- Iska ilaali aalkolada, iyo cuntooyinka iyo cabitaanada leh kafeega, maadaama ay xanuun ku keenaan kaadi haystaada ayna kasii daraan calaamadaha.

Call your doctor right away if you:

- Have any signs of UTI
- Have nausea or vomiting
- Have back pain
- Have problems with your medicines
- Do not improve with treatment in 48 hours or your signs are worse in 24 hours

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

Soo wac dhakhtarkaaga isla markaas haddii aad:

- Isku aragto wax calaamad ah oo ah UTI
- Dareento matag iyo lalabo
- Dareento dhabar xanuun
- Dhibaato ku qabto daawooyinkaaga
- Kasoo rayn kadib markaad qaadato daawada 48 saacadood ama haddii calaamadahaagu kasii daraan 24 saacadood inta lagu jiro

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