



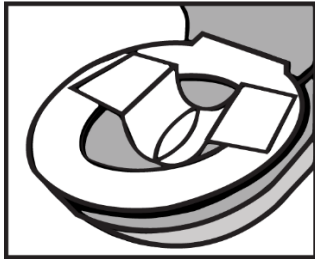









SIDA LOO QAADO SAXARADA BAARITAANKA LAGU SAMEYNAYO

<p>TALLAAB ADA KQQWAA D</p>	<p>Ka soo qaado Dhakhtarka ama kalkaalisada:</p> <ul style="list-style-type: none"> • Weel caag ah • Bac • Foomka codsiga 	
<p>Xusuusnow!</p>	<p>Waxa laga yaabaa inaad u baahato inaad muunad 3 maalmood oo isku xigta ku ururisno 3 dhalooyin oo kala duwan.</p>	
<p>TALAABA DA LABAAD</p>	<p>Haddii aad u baahan tahay inaad kaadisid, midan samee ka hor inta aadan qaadin xoogaa yar.</p>	
<p>TALAABA DA SADDEXA AD</p>	<p>Weelka waxaad ku qortaa magacaaga iyo taariikhdaada dhalashada.</p> <p>Qor taariikhda iyo wakhtiga ururinta ee aad soo ururisay muunad kasta si gooni ah</p>	
<p>TALAABA DA AFARAAD</p>	<p>Weel u dhig bahalka lagu saxarooda si aad u qabato saxarada, sida weel caag ah oo nadiif ah, ama warqada musqusha loo isticmaalo.</p>	
<p>TALAABA DA SHANAAD</p>	<p>Saxaroo — Hubi in aysan ku jirin wax saxaro ah muunada.</p>	

<p>TALAABA DA LIXAAD</p>	<p>Ku rid qayb ka mid ah saxarada (qiyaastii 2.5cm) aad ku soo ururisay weelka ururinta adoo isticmaalaya qaadada furka oo ku xir furka.</p>	
<p>TALAABA DA TODQBAA D</p>	<p>Ku falaash saxarada inta soo hadhay musqusha.</p> <p>Ku rid wax kasta oo saxarada lagu ururiyo bac, xidh oo ku tuur weelka qashinka</p>	
<p>TALAABA DA SIREEDAA D</p>	<p>Ku dhaq gacmahaaga saabuun iyo biyo</p>	
<p>TALAABA DA SAGAALA AD</p>	<p>Ku rid muunada saxarada iyo foomka bac.</p> <p>Ku dhaq gacmahaaga saabuun iyo biyo.</p>	
<p>TALAABA DA TOBONAA D</p>	<p>Dib ugu soo celi dhakhtarkaaga ama adeega daraasada cudurada sida ugu dhakhsaha badan</p>	
<p>OGOOW</p>	<p>Haddii aadan ku keeni karin muunada saxarada 2 saac gudaheed, ku kaydi talaajadda MAAHA FIRINJEER ilaa aad awoodid inaad keento (wax aan ka badnayn 24 saacadood).</p>	

Somali

Dhigaalkan waxaa sameeyay Refugee Health Network Queensland for Refugee Health Services si loogu isticmaalo bukaanada (Joon, 2022)

*Sawirada qaar ayaa dib loo soo daabacay iyadoo ogolaansho laga helayo Zymo Research.
Sawirrada kale ayaa laga soo xigtay WikiHow www.wikihow.com/Take-a-Stool-Sample*

