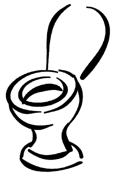
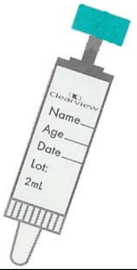
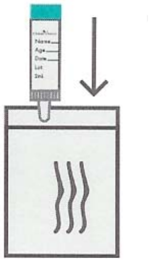
Waxa jira noocyo fara badan oo baaritaanada caafimaadka ah oo u baahan noocyo fara badan in loo diyaariyo. Tusaale ahaan, baaritaanada qaarkood waxay u baahan yihiin in cuntada laga soomo halka kuwa kale aanay u baahnayn. Kala hadal takhtarkaaga isu-ditaarinta baaritaanka caafimaadka kugu habboon adiga.

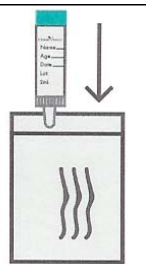
Qaaditaanka Saxarada(xaar) Tusaalaha ah

(Stool Sample Collection)

Kala fur waraaqda cad. Ku rid gudaha fijaanka musqusha biyaha dushooda.	
Ku saxaroo. Xaarku wuxu dul fuulayaa waraaqda. Marooji oo soo saar furka cagaarka. Soo jiid usha.	
Ka soo qaad tusaalaha xaarka kahor intaanay waraaqdu hoos u dhaadhicin oo xaarku taaban biyaha. Usha ku soo qaad xaarka.	
Hubi qaybta hoose ee ushu in uu ku dhabooqan yahay xaarka tusaalaha ahi.	
Dib ugu rid usha dhalada gudaheeda. Wareeji oo si adag u xidh furaha cagaarka. Ha furin mar kale. Biyaha ku sii daa. Waraaqada cadi waxba ma yeelayso musqusha.	
Ku rid dhalada iyo dalabka shaybaadhka kiishka bacda oo ku soo celi shaybaadhka.	

There are many different kinds of medical tests and they require different kinds of preparation. For example, some tests require fasting while other tests do not. Talk to your doctor about the test preparation that is right for you.

Stool Sample Collection

Unfold white paper. Put inside toilet bowl on top of the water.	
Have a bowel movement. Stool will be on top of the paper. Twist and lift off the green cap. Pull out the stick.	
Take stool sample before paper falls and stool touches water. Scrape stool with the stick.	
Make sure the grooved part of the stick is covered with stool sample.	
Put stick back in bottle. Screw the green cap on tight. Do not reopen. Flush toilet. White paper will not harm plumbing.	
Put bottle and lab requisition in plastic bag and return to lab.	

HARBORVIEW MEDICAL CENTER
UW Medicine

325-Ninth Avenue, Seattle, WA 98104-2499
www.harborview.org

Patient & Family Resource Center, 06-07
Program Manager, AACS Clinical Dev 744-9488