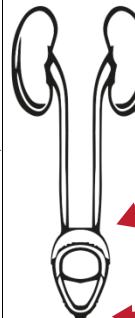


DAAWEYNTA INFEKSHANKAAGA – NOOCYADA CUDURADA KAADI-MAREENKA (UTI)

Haweenka da'doodu ka yar tahay 65 sano ee qaba cudurka infakshanada kaadi-mareenka ee hooseeya (UTIs) ama soo noqnoqoshada hooseeya ee UTIs-yada (cystitis ama urethritis)

Astaamaha suurtgalka ah ee kaadi-mareenka	Natiijada	Daryeelka La-soo Jeediye	Noocyada cudurada kaadi-mareenka (UTI)
<p>Calaamadaha / astaamaha muhiimka ah: Kaadi xanuu badan: Xanuu aad u daran marka la kaadinaayo ah Kaadida habeenkii oo badata: Rabitaanka ah in la kaadsho habeenkii dhoor jeer Kaadi cadaan ah: Kaadida oo nooceedy caddaan noqdo markaad kaadineyso</p> <p>Calaamadaha / astaamaha kale ee daran: Imisa Jeer: In la kaadiyo in ka badan sida caadiga ah Deggsiimida: U baahasho in si degdeg ah loo kaadsho Dhiig kaadida la socda: Kaadidaada oo dhiig ku jira Bog Xannuu: Caloosha hoose oo ku xannunta</p> <p>Waxyalaha kale ee ay tahay in laga feker: Taariikhdi galmo ee dhowaan ah</p> <ul style="list-style-type: none"> Caabuqa ay hawlaha galmadu keento ayaa la mid noqon kara astaamaha Cudurada kaadi-mareenka (UTI) Cuduro kale oo galmaada lagu kale qaado (STIs) ayaa yeelan kara astaamo kuwa Cudurada kaadi-mareenka oo kale ah (UTI). <p>Isbedelada mudada caado-qabsiga</p> <ul style="list-style-type: none"> Isbedellada qaar inta lagu jiro caado-qabsiga waxay leeyihiin calaamado la mid ah kuwa UTI 	<p>Haweenka aan uruka lahayn:</p> <ul style="list-style-type: none"> Haddii aan gebi ahaanba jirin uu keliya jiro mid ka mid ah: Kaadida xanunka leh, Kaadida habeenkii oo badata, kaadi cadaan ah; IYO /AMA uu jiro dheecaan xubinta taranka ee dumarka Macauqluhinimada UTI ayaa aad u yar Waxaa laga yaabaa inaad u baahato baaritaanka kaadida si aad u hubiso UTI Antibiotic-ga waxay u badan tahay in aanay kaa caawin. Caadiyan wuxuu sucdaa 5 ilaa 7 maalmood <p>Haddii 2 ama in ka badan oo ka mid ah: kaadida xanunka badan, kaadida oo habeenkii badata, kaadida oo cadaan noqota; AMA bakteeriya laga helo Kaadida; AMA AYSAN jirin dhecaanka xubinta taranka ee dumarka</p> <ul style="list-style-type: none"> waxay u badantahay inay tahay UTI; antibiyotikis waa in la isticmaalaa si la iskaga caawiyoo Waa inaad bilaawdo inaad ku roonaato 48 saacadood gudahood Badanaa astaamaha waxay ku dhamaadaan 3 maalmood <p>Haweenka uruka leh: Inta badan waxaad codsataa baaritaanka bakteeriyyada ee kaadida</p> <p>Haddii aad iskaga shakiso UTI</p>	<p>Is-daryeelibidda iyo xanuu baabi'inta.</p> <ul style="list-style-type: none"> Astaamaha waxaa laga yaabaa inay iskooda iskaga raystaan <p>U qorida daawooyinka ee la daahiyey ama la kordhiyey ee la socda isdaryeelib iyo xanuu baabi'in</p> <ul style="list-style-type: none"> Bilaw antibiotics haddii astaamuhu: Ka sii daraan Inta badan laguma raysto/roonaado isdaryeelib 48 saacadood gudahood ah <p>Si degdega ah u qaadashada Dawooyinka antibiyotikada iyo is-daryeelibidda</p> <p>Haddii calaamadaha ay yihiin kuwa khafiifka ah, qoritaan daawooyin antibiotic ah oo la daahiy ama kordin ah iyo isdaryeelib</p> <p>Si degdega ah u qaadashada Dawooyinka antibiyotikada iyo is-daryeelibidda</p>	<p>Cudurada kaadi-mareenka waxaa keena bakteeriyo gasha tuubaadaada kaadida ama kaadi-haystaada oo inta badan ka timaada mindhiciradaada Cudurka waxaa laga yaabaa in lagu arko qaybo kala duwan oo kaadi-mareenka ah.</p>  <p>Kalliyuhu waxay sameeyaan kaadida Infekshanka ku dhaca xaga sare ee kaadi-mareenka</p> <ul style="list-style-type: none"> Pyelonephritis (bay-lo-nef-rayt-is) Laguma Sharxin buug-yaraahan oo had iyo jeer waxay ubaahantahay <p>Kaadiheystuwaxay keedisa kaadida Infekshanka ku dhaca xaga hoose ee kaadi-mareenka</p> <ul style="list-style-type: none"> Cystitis (sis-tayt-is) <p>Kaadi-mareenka (wuxuu kaadida u saaraa jirka dibadiisa)</p> <ul style="list-style-type: none"> Cudur ama caabuq ku dhaca tuubaada kaadida Urethritis (yoor-it-rayt-is)

Haddii aad u maleynesid inaad qabtid COVID-19 fadlan booqo qeypta coronavirus ee GOV.UK iyo NHS si aad u hesho hagihi iyo macluumaadkii ugu danbeeyey.

Is-daryeelib kaa caawisa inaad si dhakhso ah u ladnaato	Goorma ayaad caawimaad helaysaa: La xiriir dhaqtarkaaga guud and la xiriir NHS	Qaababka loo caawin karo ka hortagga cudurada kaadi-mareenka (UTI)	Adkysi u lahaanshaha antibiotic-ga
<ul style="list-style-type: none"> Cab cabitaan badan si aad uga hortago dareemida haraad. Ujeedada: cab 6 ilaa 8 koob oo ay ku jiraan biyo iyo cabitaano kafeentii laga saaray oo aan sonkor lahayn. Si joogto ah oo wakhti u dhexdhexeyyo u qaado paracetamol ama ibuprofen kaar jebin ahaan, haddii aadan lahayn dhibtaato hore oo ay kugu keeneen daawooyinkas. Ma jiraan wax caddayn ah oo ku saabsan taageeridda alaabta loo yaqaan cranberry ama cystitis si loo yareeyo astaamahaaga Ka feker khataraha la xidhiidha 'Qaababka loo caawin karo ka hortagga cudurada kaadi-mareenka (UTI)' xidhmo-qoraalka qotinka si loo yareeyo cudurada kaadi-mareenka (UTIs) ee mustaqbalka. 	<p>Astaamahan soo socda waa calaamadaha suuragalka ah ee infekshanka halista ah waanaa in si degdeg ah qiimeeyn loogu sameeyaa:</p> <p>Soo wac si talo laguu siyo haddii aadan hubin ilaa heerka calaamaduhu ay degdeg yihiin.</p> <ol style="list-style-type: none"> Aad leedaay qadhqadhyo, qabow iyo muruqyo xanuu. Aad dareemayso jaahwareer, ama aad dareemysu lulaysnaan aad u daran. Aadan maalinta oo dhan kaadinin. Aad mataqeysyo. Aad kaadidaada dhiig ku aragtag. Uu heer-kultaagu ka sareeyo 38°C ama ka hooseeyo 36°C. Ay kelida ku xanuu nayo xaga dambe ee dhabarkaaga feedhaha hoostoda. Astaamahaagu ka sii darayaan. Astaamahaagu aanay ka soo yare roonaanin 48 saacadood gudahood ka dib markii aad qaadatay antibiyotikada. 	<p>Waxaa laga yaabaa inay ku caawiso inaad ka feker khataran.</p> <p>Jooji in bakteeriyyada mindhicirkaaga ay u gudubto kaadiheystaaada: U masax xubinta taranka dhanka dambe adigoo kasoo bilaawaayo xagga hore ka dib markaad isticmaasho musqusha</p> <p>Iska ilaali inaad sugto kaadiyidda. Kaadi isla marka ay kaadi ku qabato. Kaadi marka aad galmo samayso si aad u saarto wixii bakteeriyo ah ee laga yaabo inay u dhowdahay afka hore ee kaadi marenka.</p> <p>Ku maydh biyo xagga dibadda ee xubinta taranka agagaarkeeda ah ka hor iyo ka dib galmada si aad uga maydhoo wixii bakteeriyo ah ee laga yaabo inay u dhowdahay afka hore ee kaadi marenka.</p> <p>Cab dareere kugu filan si aad u hubiso in aad si joogto ah u kaadido maalinta oo dhan, gaar ahaan xiliga jawiga kulaylka ah</p> <p>Haddii aad qabto cudur kaadi-mareenka ah oo soo noqnoqda, sidoo kale ka feker waxyalaha soo socda.</p> <ul style="list-style-type: none"> alaabta cranberry-ga iyo karraaniga ah iyo Sokorta gulukooska: Waxaa jira caddaymo muujinaya in kuwani ay ka shaqeeyan ka hortagga UTI ee soo noqnoqda Ka dib caado-joogsiga: Daaweyn dheecaano taroobikal ayaan caawin kara, tusaale ahaa kirimo xubinta taranka la mariyo Antibiyotikada habeenkii ama galmaada kadib ah ayaa iyadana ka tixgelin karaa 	<p>Antibiotics ayaa noqon kara kuwa noolasha badbaadiya Laakiin antibiyotikada looma baahna had iyo jeer haddii la arkaba astaamaha kaadida</p> <p>Antibiyotikada afka laga qato, sababtu waxay doonto ha ahaatee, waxay saamayn ku yeeshaan bakteeriyyada mindhicirkeena taas oo adkysi u yeelataa antibiotic-ga aynu qaadano.</p> <p>Adkysi u yeelashada antibiotic-ga macnaheedu waa in aan antibiotic-gu dili karin bakteeriyyada.</p> <p>Bakteeriyyada antibiyotikada u adkysata waxay kuugu jiri kartaa caloosha ugu yaraan hal sano ka dib qaadashada antibiyotikada.</p> <p>Waxyalaha inta badan ka imaan kara qaadashada antibiyotikada waxaa ka mid ah barobaro cadcad, finan, hunqaaco iyo shuban. Raadso talobinx caafimaad haddii aad ka welwelsen tahay wax ka mid ah waxyalaha daawadu keento oo aad aragtag.</p> <p>Marwalba ka shaqeysii antibiyotikada, kaliya isticmaal marka dhakhtarkaagu / kalkaalifyahaaga kugula taliyo Sidaan haddii aad sameyso, waxaa laga yaabaa in ay wax ka qabato UTI-yada mustaqbalka.</p>