



Waxbarashada Bukaanka

Xarunta Hooyada iyo Dhallaanka – Uurka iyo Dhalmada



Daryeelkaaga Dhalmada Ka Hor

Daryeelka hore iyo kan caadiga ah ee dhalmada ka hor waxaa uu muhiim u yahay caafimaadkaaga iyo kan ilmahaaga. Qoraalkani waxaa uu tilmaamayaa inta goor aad helaysid booqashada dhalmada ka hor waxaana uu si kooban u qeexayaan waxa la sameynayo marka aad timaadid. ***Eeg Uurka, Dhalmada iyo Carruurta Cusub (Pregnancy, Childbirth and the Newborn)***, bogagga 49 illaa 55.

Imise goor ayaa la rabaa in aan dhakhtarka tago inta aan uurka leeyahay?

Muddada dhan ee uurku waa 40 Asbuuc, marka laga bilaabo taariikhda kuugu dambeysey dhiigga. Kalkaalisadaada ama dhakhtarkaaga ayaa kuu sheegi karaya asbuuca uu uurkaagu yahay.

Waqtiyada aad dhakhtarka imanaysaa waxey noqondoonaan sida soo socota ama si u dhow:

- Afartii Asbuucba mar, illaa inta aad gaadheyso asbuuca 28aad (waa 7 billood).
- Labadii Asbuucba mar, laga bilaabo asbuuca 28aad illaa asbuuca 36aad (bisha 7aad illaa bilowga bisha 9aad).
- Asbuuc kasta laga bilaabo asbuuca 36aad illaa intaa aad dhaleyso.

Bukaan socod eegtooyinka gaarka ahi ee qaabilsan Macaanka, Dhiig Karka, iyo Dhiciska waxaa laga yaabaa in ay jadwal nooc kale ay ku socdaan.

Maxaa dhacaya marka dhakhtarka aan booqdo dhalmada ka hor?

Marka aad u timaad dhakhtarka dhalmada ka hor, daryeelaha caafimaadka (dhakhtarka, kalkaalisada, ama umulisada) waxay sida soo socota ay baaritaan ku eegi doonaan adiga iyo ilmahaaga:

- Waxay kaaga jawaabi doonaan su'aalaha aad qabto, iyo waxaad ka cabanayso.
- Waxay caabiri doonaan dhiigaaga, culeysgaaga, iyo garaaca wadnaha ilmaha (10 illaa 12 asbuuc kaddib).
- Waxay kaala hadli doonaan waxa aad cunto iyo waxa aad cabto.
- Kaadidaada ayaa laga baari doonaa barootiinka iyo galukooska (sonkorta).
- Hawlo shaybaar ah oo kale ayaa la sameyn doonaa iyadoo natiijada lagaala hadli doono.

Su'aalo?

Su'aalihiinu aad ayeey qiimo inoogu leeyihiin. Haddii wax su'aala ah aad qabtaan ama aad wax ka cabaneysaan, waxaad la soo xidhiidhaa dakhtarkaaga ama daryeelaha caafimaadkaaga. Shaqaalaha UMMC ayaa iyaguna kuugu diyaar ah in ay markasta ku caawiyaan.

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- Marka uu sii socdo uurku, waxa laga yaaba in la qiyaaso calooshaada si loo eego korriinka ilmahaaga.
- Waxaa la sameyn doonaa ugu yaraan 1 ultrasound ah si loo eego korriinka ilmaha.

Waxaad ina weydiin kartaa wax kasta oo su'aala ah, ama waxaad waxyaabaha aad ka walwal qabtid kala hadli kartaa dhakhtarkaaga. Waxaad wici kartaa dhakhtarkaaga inta u dhaxeysa xilliyada booqashada dhalmada ka hor, haddii aad doonto.

Sidee ayeey shaqaalaha cusbitaalku ii caawini karaan?

Waxay diyaar u yihiin shaqaalaha cusbitaalku in ay kaa caawiyaan sidii aad u dhali laheyd ilmo caafimaad qaba. Waxaa ay soo dhaweynayaan wixii su'aala ah, waxaana ay jecel yihiin in ay kaa caawiyaan:

- Sidii aad u sameysan lahayd balamo iyo in aad barato nidaamka caafimaadku sida uu u shaqeeyo.
- Sida qofka ku daweeeyaa aad su'aalo u weydiin laheyd.
- In aad ogaato arrimaha ku saabsan waxbarashada iyo meelaha ku caawin kara.
- In aad ogaato meelaha wax kuu qaban kara iyo kuwa lagugu xawili karayo ee kuu furan adiga, sida:
 - Macluumaadka nafaqada caafimaadka leh.
 - Barnaamijka nafaqada ee carruurta iyo dumarka (WIC).
 - In aad la hadasho shaqaalaha bulshada.
 - In ay guriga kuugu timaad kalkaalisada caafimaadka guud.
 - Casharro ku saabsan dhalmada.
 - Barashada sida naaska loo jaqsiiyo ilmaha.
 - Barnaamijka Adeegyada Taageerada Hooyooyinka ee uu bixiyo Gobolka Washington.
 - In aad wax ka ogaato khatarta ay leedahay bey'adda aad ku nooshahay.
 - In aad qorshaysato nolol caafimaad leh (sigaarka oo aad dayso, jimicsiga, isticmaalka maandooriyaasha).

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Your Prenatal Care

Early and regular prenatal care are vital for the health of you and your baby. This handout outlines how often you will have prenatal visits and briefly describes what happens when you come. See *Pregnancy, Childbirth and the Newborn*, pages 49 to 55.

How often will I come in for prenatal visits?

A full-term pregnancy lasts about 40 weeks, counting from the first day of your last menstrual period. Your nurse or health care provider can tell you which week of pregnancy you are in.

Your clinic visits usually will follow, or be close to, this schedule:

- Every 4 weeks until week 28 (7 months).
- Every 2 weeks from week 28 to week 36 (7 months to the start of the ninth month).
- Every week from week 36 until the birth.

Specialty clinics such as Diabetes, Hypertension, and Prematurity may follow a different schedule.

What happens at a prenatal visit?

When you come for a prenatal visit, your health care provider (doctor, nurse practitioner, or nurse midwife) will check you and your baby in these ways:

- They will answer your questions and address your concerns.
- They will measure your blood pressure, weight, and the baby's heart rate (after 10 to 12 weeks).
- They will talk with you about what you eat and drink.
- A urine sample will be checked for protein and glucose (sugar).
- Other lab work will be done and the results discussed with you.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help at any time.

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- As your pregnancy progresses, your abdomen will be measured to check your baby's growth.
- At least 1 ultrasound will be done to check your baby's growth and development.

Feel free to ask any questions or share your concerns with your health care provider. You can call your provider between prenatal visits, if you wish.

How can the clinic staff help me?

Your clinic staff are here to help you have a healthy baby. They welcome your questions and want to assist you in:

- Making appointments and getting to know the health care system.
- Asking your health care provider questions.
- Finding information on perinatal education classes and community resources.
- Learning what resources and referrals are available to you such as:
 - Healthy diet information.
 - The Women, Infants and Children (WIC) nutritional program.
 - Talking with a social worker.
 - Having a public health nurse visit your home.
 - Childbirth classes.
 - Learning about breastfeeding.
 - Maternal Support Services Program sponsored by Washington State.
 - Learning about environmental hazards.
 - Planning for a healthy lifestyle (smoking cessation, exercise, substance use).

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