

## **WAXAA LAGA YAABAA INAAN UUR LEEYAHAY**

Waxaan sameeyay galmo aanan taxadar laheen

Caadadaydii way daahday

Jidhkaygu wuxuu dareemayaa si si kale

Maxaan sameeyaa?

Calaamadaha uurka

- Caadadaadu way daaheysaa ama kama imaaneyso
- Waxaa laga yaabaa in naasaha ku jilcaan
- Waxaa laga yaabaa inaad dareento lallabbo ama matag maalintii oo dhan [walaca wuxuu ku qaban karaa waqti kasta maalintii oo dhan]
- Urka qaarkood ayaa kaa dhigaya qof xanuunsan
- Waxaad dareemaysaa daal ama tabar daciifnimo
- Waxaa laga yaabaa inay isbeddesho qaabka kaadidaada

Maxaa la sameeyaa

Waxaad ka iibsana kartaa qalabka lagu baaro uurka supermarket ka ama farmashiyaha [qiimihisu waa qiyaastii \$ 20- \$ 25] waxaadna sameyn kartaa baaritaan ama waxaad aadi kartaa GP-ga 'kuwa qarashkiisu dowlada bixiso. Waxay kuu xaqiijin doonaan uurkaaga iyagoo samaynaya kaadi iyo / ama dhiig baaris. Waxay ku weydiin karaan inaad taqaanid maalintii ugu horeysay ee caadadaadii ugu dambaysa ay kuu bilaabatay. Macluumaadkani wuxuu kaa caawinayaa inaad ogaatid inta toddobaad ee aad uurka leedahay.

Waxaa laga yaabaa inay ku weydiyaan meesha aad rabtid inaad ku dhashid ama waxay kuu gudbinayaan isbitaalka dhalmada ee kuugu dhow. Kadib cisbitaalka ayaa kuugu soo diri doona boostada maalinta iyo waqtiga balanta.

GP-ga ayaa sidoo kale kuu diri kara baaritaano [ka eeg xaashiyaha macluumaadka kale].

## I MIGHT BE PREGNANT

### Signs of pregnancy

Your period will be late or not come

Tender breasts

Morning sickness [anytime of the day] - nausea and/or vomiting

Smells make you feel sick

Feeling tired or exhausted

Changes in urination pattern

### What should I do?

You can buy a pregnancy test at the supermarket or pharmacy [cost around \$20-\$25] and do the test yourself or go to a GP who 'bulk bills'. They will confirm your pregnancy by doing a urine and/or blood test. They might ask you if you know the first day of your last period. This information helps to work out how many weeks pregnant you might be.

They may ask where you want to give birth or just refer you to the nearest maternity hospital. Then the hospital will send you an appointment day and time in the mail.

The GP may also order some tests [see other information sheets].

## DISCLAIMER

This information is not intended to be medical advice, it is a guide only. Please ask your midwife or doctor for information and advice directly related to your care and your baby's care.