

BALAMAHA

Waxaad aadi doontaa ballamaha 8 - 10 inta aad uurka leedahay.

Waa muhiim inaad tagto ballamahaaga inta aad uurka leedahay.

Umulisada ayaa ku baran doonta oo ku siin doonta macluumaad ku saabsan uurkaaga iyo foosha iyo dhalmadaada.

Waxay ku siinaysaa fursad aad su'aalo ku weydiiso oo aad ku baratid cusbitaalka.

Waxa lagula yeelan doonaa baadhitaano si loola socdo caafimaadka adiga iyo ilmahaaga. Haddii aadan hubin waxa baadhitaanada lagula yeelan doono, fadlan weydii.

Weligaa yaan lagaa dhaadhicin in baadhitaanku qasab yahay, waxaad had iyo jeer leedahay go'aanka kala doorashada.

Haddii aad u baahan tahay turjubaan waa inaad marwalba dareentaa inaad codsan karto haddii uusan joogin markaas.

Balamahaaga badanaa waxay ka dhici doonaan waaxda bukaan socodka (aan la jiifineyn balse imaanaya oo baxaya) ee isbitaalka ama rugta caafimaadka bulshada ee uu maamulo isbitaalka. Haddii aad la kulmeysid GP wuxuu ka dhacayaa rugta GP-ga.3

Ballanta ugu dheer badanaa waa tan koowaad, taas oo loo yaqaan (Booking-in appointment) waxay qaadan kartaa 2 saacadood.

Balamaha kale badanaa waxay qaataan qiyaastii 20 - 30 daqiiqo.

Waxaad la kulmi doontaa umuliso, in adiga ama ilmahaaga aad arrimo caafimaad qabtaan mooyee markaas waxay noqon kartaa takhtar. Waxay samayn doonaan cadaadiska dhiiggaaga (blood pressure test) ballan kasta.

Qiyaastii 20-22 toddobaad kadib waxay taa taabanayaan calooshaada uurka leh wayna cabirayaan si loo hubiyo in cunuggu korayo oo waxay dhageysan doonaan garaaca wadnaha ilmaha. Qiyaasta caadiga ah ee garaaca wadnaha ilmaha waa inta udhaxeysa 110 iyo 160 garaac daqiiqadii.

Qiyaastii 33 toddobaad kadib umulisada ama dhakhtarku waxay isticmaali doonaan gacmahooda si ay u hubiyaan booska ilmaha iyagoo taabanaya calooshaada.

Waxay ku weydiin doonaan inaad dareemeyso dhaq dhaqaaqa ilmaha. Tani waa su'aal muhiim ah maadaama taasi ay tahay sida ugu fiican ee lagu ogaan karo in ilmuhu caafimaad qabo. Waa inaad markasta u sheegtaa haddii aad u malaynayso inuu dhaqdhaqaaqa ilmahaagu isbeddelay.

APPOINTMENTS

You will go to 8 - 10 appointments during the pregnancy.

It is important to attend your appointments during pregnancy.

The midwife will get to know you and give you information about your pregnancy and labour and birth.

It gives you the chance to ask questions and become familiar with the hospital.

You will be offered some tests to monitor the health of you and your baby.

If you are not sure what test is being offered, please ask.

You should never be told you HAVE to have a test, you always have a choice.

If you need an interpreter always ask for one.

Your appointments usually happen in the Outpatients department at the hospital or at a community clinic run by the hospital. If you are seeing a GP it will happen at the GP clinic.

The longest appointment is often the first one, that is called the Booking in appointment it may take 2 hours. Other appointments usually take about 20 - 30 minutes.

You will see a midwife, unless you or your baby have some health issues then it may be with a doctor. They will do your blood pressure at every appointment.

After about 20-22 weeks they feel your pregnant belly & measure it to check the baby is growing and listen to the baby's heartbeat. A normal rate for the baby's heartbeat is 110 to 160 beats per minute.

After about 33 weeks the midwife or doctor will use their hands to check the position of the baby by feeling your abdomen.

They will ask you if you are feeling your baby move. This is an important question as that is the best way to tell if the baby is well.

You must always tell them if you think your baby's pattern of movement has changed.

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.