

DHALASHADA MANDHEERTA (PLACENTA)

[MARXALADDA 3AAD]

Mandheerta waa inay dhalataa si ay dhalashadu u dhameystiranto. Madheerta waxay siisaa nafaqo iyo oksijiin ilmahaaga inta aad uurka leedahay waxaana ku xira ilmaha xudunta. Mandheerta culeyskeedu waa 500gram. Marka xudunta la gooyo kabacdi umulisada ayaa sii wadi doonta inay kaa caawiso dhalashada mandheerta.

Waxay isticmaali karaan daroogooyinka - loo yaqaan 'maareynta firfircoon' iyadoo cirbad daawo la yiraahdo syntocinon lagu duri doono [muruqa ama xididka] ka bacdina xarigga si tartiib tartiib ah laakiin adag loo jiidayo, iyadoo ilmo galeenka la ilaalinayo. Umulisadu waxay hoos u jideysa xarkaha, iyadoo si tartiib ah u jiidanaysa si ay u fududeyso dhalashada mandheerta. Tani waxay u badan tahay inay qaadan doonto 15 daqiiqo.

Mandheerta sidoo kale way dhalan kartaa iyada oo aan la isticmaalin daroogo haddii dhalmada ay u dhacday si caadi ah oo micnaha aan lagu qalin, umulisada way daawaneysaa oo sugeysaa ilaa hooyadu ka daremeyso fool iyo dareenka riixitaanka. Tani waxay qaadan kartaa ilaa saacad waxaana loo yaqaannaa heerka saddexaad ee jir ahaaneed.

Marka mandheerta ay banaanka timaado ka dib, umulisada ayaa salaaxi doonta calooshaada dusheeda si ay u hubiso in ilmo-galeenku adag yahay, si loo joojiyo dhiigbaxa. Mandheerta waa la baarayaa si loo hubiyo inay dhantahay oo aan qaybo ka mid ahi ka maqnaayn. Umulisadu waxay baari doontaa aagga siilkaaga iyo futada si ay u hubiso in loo baahan yahay tolitaan iyo in kale. Umulisada ama dhakhtarka ayaa ku toli doona waxii tolmo ah haddii loo baahdo waxaana lagu siin doonaa xoogaa daawada kabaabyada ah isla markaasna cabaar kabacdi, kiniinniyada xanuunka.

Umulisadu way sii wadi doontaa inay la socoto marxaladaada iyo tan ilmahaaga markaad kujirto qolka dhalmada illaa aad ka aadi doontid qaybta umusha ka dib. Umulisadu waxay hubin doontaa dhiigbaxaaga & cadaadiska dhiiggaaga (blood pressure), waxayna eegi doontaa ilmahaaga dhalashada ka dib - neefsashada, wadne garaaca, heerkulka iyo quudinta ugu horreysa. Waad sameyn kartaa daabacaad mandheer ama waad u qaadan kartaa mandheertaada guriga hadii aad rabto inaad aasto oo aad geed ku dul beerto, kaliya waxaad u baahan tahay inaad weydiiso umulisadaada oo aad saxiixdo xoogaa waraaqo ah.

Haddii aadan rabin in xarigga isla markiiba la jaro oo loo dhaafdo inay ku xirnaato ilmaha, tan waxaa loo yaqaan 'dhalasho Lotus'. Madheerta badanaa waxaa lagu ridayaa weel waxaana lagu hayaa meel u dhow ilmaha. Go'aan waad ka gaari kartaa goorta la jarayo xarigga, ama u oggolow inuu qalalo oo si dabiici ah u dhaco [tani waxay qaadan kartaa 5-10 maalmood].

BIRTH OF PLACENTA [3RD STAGE]

The placenta must be born to complete the birth. The placenta provides nourishment and oxygen to your baby during the pregnancy and is connected by the umbilical cord to the baby. The placenta weighs about 500grams. After the cord is cut the midwife will continue to assist with the birth of the placenta.

They might use drugs, called 'active management' where an injection of syntocinon is given [either into a muscle or into the vein] and then traction is put on the cord while the uterus is guarded. The midwife puts downward pressure on the cord, gently pulling to facilitate the birth of the placenta. This will most likely take up to 15 minutes.

The placenta can also be born without using drugs if the birth has occurred naturally, the midwife watches and waits until the mother experiences a contraction and the urge to push. This may take up to an hour.

After the placenta is out, the midwife will rub the top of your abdomen to make sure the uterus is well contracted, to stop bleeding. The placenta will be examined to make sure it is all there and no parts are missing. The midwife will examine your perineum to check to see if need any stitches. The midwife or doctor will do any stitches if needed and you should be offered some tablets for pain relief.

The midwife will continue to observe you and your baby in the birth suite until you go to the postnatal ward. The midwife will check your bleeding & blood pressure, and will check your baby's transition to being born, breathing, heartrate, temperature and the first feed.

You can make a placenta print or take your placenta home if you want to bury it and plant a tree on it, you just need to ask your midwife and sign some paperwork.

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.