

HAGIDA NIDAAMKA CAAFIMAADKA HOOYADA [AUSTRALIA]

Haddii aad haysato kaarka Medicare daryeelkaaga uurka, dhalashada iyo dhalashada kadib ee isbitaal dawladeed waa bilaash, wax kharash ahna kuguma fadhiyo.

Waxaa jira kharash kugu baxaya haddii aadan haysan kaarka Medicare. Eeg Xaashida Macluumaadka - Daryeelka Hooyada ee aan lahayn kaarka Medicare.

Haddii aad u maleyneyso inaad uur leedahay, waxaad sameyn kartaa baaritaanka guriga [oo la heli karo adoo ka iibsanaaya supermarket ama farmashiyaha oo ku kacaya \$ 15-25] ama aad GP. Waxaad u baahan doontaa inaad aragto GP kuu xaqiijiya uurkaaga oo kuu gudbiya isbitaal dhalmada.

Raadi GP-ga deegaankaaga oo 'biilka bilaashka ah' taas oo macnaheedu tahay in wax lacag ahi kaaga baxaynin ballanta.

Badanaa waxaa lagu gudbin doonaa isbitaal kuugu dhow ee bixiya adeegyada dhalmada. Haddii adiga ama ilmahaaga aad qabtid xanuuno kale waxaa laga yaabaa in lagu gudbiyo isbitaal weyn oo bixin kara daryeel gaar ah.

GP-ga ayaa ku weydiin kara isbitaal aad rabto inaad ilmaha ku dhashid. Isbitaalada badanaa waxay bixiyaan noocyo daryeel oo kala duwan oo loogu tala galay dumarka uurka leh, waxaad codsan kartaa nooc daryeel, tusaale ahaan 'Caselod umulisada ama MGP'. Eeg Xaashida Macluumaadka - Noocyada Daryeelka.

GP-ga ayaa kuu u diri doona gudbintaada isbitaal, markii isbitaal ku helo codsiga waxay kuu soo diri doonaan waqti ballan ah 'Boos celintaada booqashada'.

Waxay sidoo kale amri doonaan baaritaanno qaarkood - baaritaanno dhiig ah, ultrasound-ka xilli hore la sameeyo iyo baaritaanno kale. Waa inay kuu sheegaan waxa baaritaanada loogu talagalay iyo sababta ay u doonayaan inaad u sameeyso. Haddii aadan hubin, waa inaad markasta weydiisato macluumaad dheeri ah. Baaritaanada qaarkood waxaa laga yaabaa inay lacag ku kacaan, weydii GP-gaaga in baaritaanada ay kugula talinayaan ay lacag la'aan yihiin ama lacag kuugu kacayso. Baaritaanada oo dhami waa kuwo aad adigu ikhtiyaar u leedahay, waa go'aan adiga kuu yaal haddii aad sameyneyso iyo haddii kale.

Booqashadaada ballanta waxay noqon kartaa qiyaastii 3-4 bilood markuu uurka yahay - haddii aad heysatid natiijoyinkii baaritaanno kasta, xaqiiji inaad u qaadato ballanta. Tani waa ballanta ugu dheer waxayna qaadan doontaa ilaa 2 saacadood, waxaad u tagi kartaa umuliso iyo dhakhtar. Waxay ku weydiin doonaan su'aalo badan waxayna eegi doonaan caafimaadkaaga iyo ilmahaaga. Waxay ku lug yeelan karaan bixiyeyaasha daryeelka kale sida shaqaale bulsho ama waxay kuu gudbin karaan rug caafimaad oo takhasus leh.

Waxaad ka qeyb geli doontaa ku dhowaad 8-10 ballamo inta aad uurka leedahay, waxay u dhexeyn doonaan dhowr toddobaad markuu uurka bilaaw yahay, marba marka kasii dambeyna ee uu uurkaagu sii weynaado si joogta ah ayaa uga qayb geli doontaa.

Waxaad imaan doontaa isbitaal adoo foolanaya waxaadna ku dhaleysaa ilmahaaga isbitaal [haddii aadan ku jirin barnaamijka dhalmada guriga mooyee, oo ay bixiyaan labo isbitaal kaliya], waxaad joogi doontaa 2-3 maalmood ka dib marka cunugga dhasho ka dibna guriga ayaa lagu diri doonaa. Umuliso ayaa ku soo booqan doonta hal ama laba jeer marka guriga tagto, ka dib waxaad daryeel ka heli doontaa Kalkaalisada Caafimaadka Hooyada iyo Dhallaanka [oo waxaad u tagi doontaa GP-gaaga muddo 6-toddobaad ah oo baaritaan ah].

NAVIGATING THE MATERNAL HEALTH SYSTEM [AUSTRALIA]

If you have a Medicare card your pregnancy, birth and post-birth care at a public hospital is free, no cost to you.

There is a cost involved if you do not have a Medicare card. See Info Sheet - Maternity care without a Medicare card.

If you think you are pregnant, you can do a home test [available to purchase at the supermarket or pharmacy cost around \$15-25] or go to a GP. You will need to see a GP who will confirm your pregnancy and make a referral to a maternity hospital.

Find a GP in your area who 'Bulk Bills' that means it will not cost you any money for the appointment.

You will usually be referred to the nearest hospital that provides maternity services. If you or your baby have any complex health issues you may be referred to a larger hospital that can provide specialised care.

The GP might ask you which hospital you want to go to have your baby. Hospitals often offer different models of care for pregnant women. See the Info Sheet - Models of Care.

The GP will send the referral for you to the hospital, when the hospital receives the referral they will send you an appointment time for your 'Booking in visit'.

They will also order some tests - blood tests, early ultrasound and other screening tests. They should tell you what the tests are for and why they want you to have them. If you are not sure, you must always ask for more information. Some tests may cost money, ask your GP if the tests they are recommending will cost you money.

All tests are your choice, it is your decision as to whether you have the test or not.

Your booking visit may be around 3-4 months into the pregnancy - if you have results of any tests, make sure you take them with you. This is the longest appointment and will take about 2 hours, you might see a doctor and a midwife. They will ask lots of questions and check your health and your baby. They may involve other care providers such as a social worker or refer you to a specialist clinic.

You will attend approximately 8-10 appointments during your pregnancy, they will be several weeks apart in early pregnancy, as your pregnancy progresses you will attend more frequently.

You will attend the hospital in labour and give birth to your baby in the hospital [unless you are in a homebirth program, offered only by 2 hospitals], you will stay 2-3 days after the baby is born then be discharged home. A midwife will visit you one or two times after you go home, then you will receive care from the Maternal and Child Health Nurse [& see your GP for a 6 week checkup].

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.