

## QORSHEYNTA FOOSHA IYO DHALMADA

Ka fikir jawaabaha su'aalahan:

Yaa ku caawin doona intaad foolaneyso?

- Lamaanahaaga / Saaxiib / gabar shaqaale ah / Qaraabo

Ma leedahay caruur kale? Yaa ilaalin doona intaad cisbitaalka ku jirto?

- Lamaanahaaga / Saaxiib / Qaraabo

Muddo intee le'eg ayaad joogi doontaa cisbitaalka dhalmada kadib?

- Badanaa dhalmada siilka 1ilaa 2 habeen kabacdi
- Badanaa dhalmada qalliinka ah 3 habeen kabacdi
- Haddii aadan hubin, weydii umulisada balantaada dhalmada ka hor

Sideed cisbitaalka ku tagi doontaa?

- Lamaane / saaxiib / qaraabo ayaa ku kaxeyn doona
- Ambalaaska [hubi inaad leedahay ambalaas aad dabartay]
- Taksi/Uber

Maxaa loo baahan yahay inaad boorsada ku ridato si aad ugu qaaddid isbitaalka?

Adiga:

- Warqad kasta oo caafimaad / kaarka Medicare
- Nooca dhalmada aad rabtid/qorshe
- Telefoon iyo jaajar
- kastuumo/nigis & rajastiinka hooyada umusha ah
- Dhar aan kugu dhaganeen
- Bajaamooyinka & dharka lagu jiipto
- Waxyaabaha musqulaha lagu isticmaalo
- Suufka hoos la gashto
- Dacas

Nuunaha:

- Xafaayado
- Kan ilmaha lagu masaxo ama wejiga looga dhaqo
- garano
- dharka carruurta ee isku dhagan surweel iyo funaanad
- Buste qafiif ah
- Bustaha dhaxanta

Umulisadaada ayaa laga yaabaa inay ku siiso liiska waxyaabaha loo baahan yahay inaad cisbitaalka u qaadatid iyo liistada waxyaabaha aad nuunahaaga ugu baahan doonto.

Waxaad u baahan doontaa meel uu ilmuhu seexo [gaariga carruurta lagu seexiyo, sariir ama dambiisha caruurta la dhex seexiyo] marka aad guriga aadeyso.

Hubso inaad wax kasta u haysid nuunahaaga ka hor taariikhda dhalmada. Haddii aadan haysan wax walba la hadal shaqaale bulsheed (social worker) oo laga yaabo inuu kugu xiriiriyo adeeg kaa caawiya sidii aad u heli lahayd alaabaha nuunahaaga.

Kala hadal gabadha kuu shaqeysa wixii aadan hubin.

## PLANNING FOR LABOUR AND BIRTH

Think about the answers to these questions:

Who will support you during labour?

- Partner/Friend/Doula/Relative

Do you have other children? Who will look after them while you are at the hospital?

- Partner/Friend/Relative

How long will you stay in hospital after the birth?

- Usually after a vaginal birth 1-2 nights
- Usually after a caesarean section 3 nights
- If you are not sure, ask the midwife at your antenatal appointment

How will you get to hospital?

- Partner/friend/relative will drive you
- Ambulance [make sure you have ambulance cover]
- Taxi/Uber

What should you pack in your bag to take to hospital?

For you:

- Any medical paperwork/Medicare card
- Birth preference/plan
- Phone and charger
- Underwear & maternity bras
- Comfortable clothes
- Pyjamas & dressing gown
- Toiletries
- Sanitary pads
- Slippers

For baby:

- Nappies
- Baby wipes or face washer
- Singlets
- Grow suits
- Light blanket
- Warm blanket

Your midwife will probably give you a list of things to take to hospital and a list of items you will need for your baby.

You will need somewhere for the baby to sleep [pram, cot or bassinette] when you go home.

Make sure you have all the things for your baby before the due date. If you don't have everything talk to a social worker who may be able to link you with a service to help provide you with baby items.

Talk to your doula if you are not sure about something.

## 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.