

## CALAAMADAHA LAGU OGAAN KARO IN FOOSHII KUU BILAABATAY

Ilmahaagu wuxuu dhalan karaa wakhti kasta laga bilaabo 37 toddobaad illaa iyo toddobaadyada 42 waxaana loo tixgeliyaa uurka 'muddada'. Tani waxay ka dhigan tahay in ilmahaaga aan loo tixgelin doonin inuu dhicis yahay.

Maxaad sameyn kartaa haddii aad la kulanto dareemadan?

Lalabbo / matag, xanuunka caadada oo kale, xanuunkadhabarka hoose, shuban, biyahaaga oo jabay

Waxaad dareemi kartaa - welwel, gaajo, xanaaq, nafis, farax, cabsi, daal ama fircooni

Ku mashquuli naftaada - cunto karin, nadiifinta, akhriska, qoob-ka-ciyaarka, daawashada telefishanka, socodka iwm

Hadday habeen tahay, isku day inaad seexato ama nasato. Isticmaal barkimooyin si aad ugu seexato qaab raaxa leh - waxay noqon kartaa inaa dhinac u jiifsatid, xoogaa soo fadhiisatid, horey isku soo tiirisid adoo isticmaalaya barkimooyin si aad u taageerto calooshaada.

## WAC ISBITAALKA AMA XAASKAAGA

Haddii aad u maleyneyso in biyahaaga ay jabeen [waxaa laga yaabaa inay yihiin qulqulaya, ama tartiib u dareeraya], ama dhiig kaa imaanayo siilka sida caadadaada, ilmuhu uusan u dhaq dhaqaaqeyn sida caadiga ah ama aad la kulantid xanuun ku walwal gelinaya.

Halkan ku qor lambarka isbitaalkaaga \_\_\_\_\_

Haddii ay jiraan biyo ama dhiig ka imanaya siilkaaga, hubi inaad gashato suuf si aad umulisada u tustid markaad isbitaalka tagtid.

Haddii aad leedahay gabar ku caawisa xilliga dhalmada ee aad geleyso isbitaalka wac iyada si aad ula socodsiiiso waxa dhacaya.

## SIGNS YOUR LABOUR MIGHT BE STARTING

Your baby could be born at any time from 37 weeks until about 42 weeks and it is considered 'term' pregnancy. This means your baby would not be considered premature.

What can you do if you are experiencing these feelings?

Nausea/vomiting, period like pain, lower back pain, diarrhea, your waters might break  
You might feel - anxious, hungry, irritable, relieved, excited, scared, tired, exhausted or energised  
Distract yourself - cooking, cleaning, reading, dancing, watching television, walking etc

If it is night-time, try to sleep or rest. Use pillows to support a comfortable position - it might be lying on your side, sitting up slightly, leaning forward using pillows to support your belly.

## CALL THE HOSPITAL OR YOUR MIDWIFE

If you think your water has broken [it might be a gush, or a trickle], or you have bleeding from the vagina like your period, the baby is not moving as it normally does or you are experiencing pain that makes you worried.

Write your hospital number here \_\_\_\_\_

If you have water or blood coming from your vagina, make sure you put a pad on so that you can show the midwife when you arrive at hospital.

If you have a doula and are going into the hospital call them to let them know what is happening.

## 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.