

VITAMIN K, HEPATITIS B, NST [BAARITAANKA DHALLAANKA CUSUB]

Dhalashada ka dib waxaa la siin doonaa ilmaha fiitamiin K iyo cagaarshowga B [haddii aad adiga u oggolaatid iyaga], irbado ayaa la siin doonaa ilmahaaga.

Faytamiin K wuxuu ka caawiyaa kahortaga cillad dhiigbax dhif ah oo loo yaqaan Haemorrhagic Disease of Newborn. Carruurta badankood waxaa lagu siiyaa fiitamiin K cirbad looga durayo bowdada. Waxaa laga siin karaa afka laakiin dhowr mar in la qaato ayaa loo baahan yahay maadaama aysan sidoo kale nuugi karin, saameyntuna uma sii dheera sidaas. Haddii aad dooratid in la siiyo tallaalka fiitamiin K ilmahaaga, waa hal cirbad oo la siinayo hal mar dhalashada ka dib, muruqa bowdada.

Haddii aad doorato in fiitamiin K laga siiyo afka, ilmahaagu waa inuu qaataa seddex wax siinta: Qiyaasta 1 dhalashada, Qiyaasta 2 badanaa 3-5 maalmood kadib, Qiyaasta 3 waxaa la sameeyaa usbuuca afaraad haddii ilmuhu si buuxda loo naas-nuujiyo [haddii ilmaha la siinayo caanaha la qaso waxaa laga yaabaa inuusan u baahnayn qaadashada afraad].

Waxaa lagugula talinayaa in talaalka kahortaga cagaarshowga nooca B la siiyo 24 saac gudahood dhalashada ka dib iyadoo laga talaalayo cagaarshowga B kaligiis, tan waxaa lagu sameeyaa cirbadeynta muruqa bowdada. Tallaalo dheeri ah waxaa si joogto ah loo bixiyaa laba bilood, afar bilood iyo lix bilood, talaal isku jira [sida ay kuu sheegi doonto Kalkaalisadaada Caafimaadka Hooyada iyo Dhallaanka].

Dhammaan carruurta dhasha oo eey dhaleen hooyooyinka la ogyahay inay leeyihiin cagaarshowga B ee raaga waa inay qaataan labadaba: tallaalka dhalashada tallaalka cagaarshow B iyo cagaarshowga B immunoglobulin (HBIG). Kuwani waa in labadaba la bixiyaa maalinta dhalashada, isla waqtigaas laakiin bawdyo kala gooni ah.

Umulisadaadu waa inay ku siiso macluumaad ku saabsan cirbadahaan - waa inaad fasax bixisaa in ilmahaaga la siin karo cirbadahaas. Weydii su'aalo haddii aan waxaan lagu sheegin.

NST - 48 saacadood kadib ilmahaaga waa la miisaami doonaa umulisaduna waxay kuu soo bandhigi doontaa in loo baahan yahay baaritaanka dhiig oo ilmaha ah ee loo yaqaanno Baaritaanka Dhallaanka Cusub [NST]. Baaritaankaan waxaa lagu baaraa cilladaha dheef-shiid kiimikaad dhif ka ah oo haddii goor hore la helo la daaweyn karo [laakiin aanan bogsoonayn] Cidhibta ayaa dhallaanka laga durayaa, dhibcaha dhiigana waxaa la gelinayaa kaar kaas oo loo dirayo shaybaarka cisbitaalka Royal Children's Hospital si loogu baadho. Badanaa wax war ah ma maqli doontid in tijaabada loo baahan yahay in lagu celiyo mooyee. Xaaladaha ugu muhiimsan ee la baarayo waa Phenylketonuria, Congenital Hypothyroidism iyo Cystic Fibrosis iyo xaalado kale oo dhif ah. Baaritaano kale ayaa laga yaabaa in loo soo bandhigo ilmahaaga, haddii aadan hubin waxa ay yihiin ama sababta loo sameynayo had iyo jeer weydii macluumaad dheeraad ah. Waad qaban kartaa ama quudin kartaa ilmahaaga si aad u hesho raaxo inta baaritaanka la sameynayo.

VITAMIN K, HEPATITIS B, NST [NEWBORN SCREENING TEST]

After the birth you will be offered Vitamin K and hepatitis B vaccine [if you have consented to them] to be administered to your baby.

Vitamin K helps to prevent a rare bleeding disorder called Haemorrhagic Disease of the Newborn. Most babies are given vitamin K by injection into the thigh. It can be given orally but several doses are required as it is not absorbed as well, and the effect does not last as long. If you choose to have the vitamin K injection given to your baby, it is one injection given once after the birth, into the muscle of the thigh. If you choose vitamin K by mouth, your baby must have three doses: Dose 1 at birth, Dose 2 usually 3-5 days later, Dose 3 done in the fourth week if the baby is fully breastfed [if the baby is formula fed they may not need the fourth dose].

It is recommended that immunisation against Hepatitis B is given within 24 hours of birth with a vaccine against hepatitis B alone, this is done by an injection into the muscle of the thigh. Further doses are routinely given at two months, four months and six months, as a combination vaccine [as discussed with your Maternal and Child Health Nurse].

All newborns of mothers known to have chronic hepatitis B must receive both: a birth dose of hepatitis B vaccine and hepatitis B immunoglobulin (HBIG). These should both be given on the day of birth, at the same time but in separate thighs.

Your midwife should have given you information about these injections – you must provide consent to your baby being given these injections. Ask questions if you have not been told about them.

NST - After 48 hours your baby will be weighed and the midwife will offer to complete a blood test on the baby called a Newborn Screening Test [NST]. This test screens for rare metabolic disorders that if found early can be treated [but not cured]. The baby's heel is pricked, and the drops of blood put onto a card which is sent to the lab at the Royal Children's Hospital for testing. Usually you do not hear any news unless the test needs to be repeated. The main conditions tested for are Phenylketonuria, Congenital Hypothyroidism and Cystic Fibrosis and other rarer conditions. Other tests may be offered for your baby, if you are not sure what they are or why they are offered always ask for more information. You can hold or feed your baby for comfort while the test is being done.

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.