**Nigerian Antenatal Orientation (Pigin Text)**

Woman body wey get belle, e get some wey dey feel wan kind, like the body dey worry dem. But e get different times and wetin our body dey experience dey different from person to person. For the early stage of the belle, the body fit get as e be for position. When e enter the second stage of the belle, Oyigbo call am trimester, the body fit assume another position and for the last stage of the belle, the body go assume a different position, especially, those people wey na their first belle. Inside the first trimester, wetin be the symptoms wey person fit get?

1. Em period fit stop2. Some go dey vomit3. You fit dey feel small pain for the down side of the belle, no be so? Abeg make una answer!No be everybody dey experience all the things wey we don mention. Some fit dey spit everytime, na lie? Some of us get komkom or plastic bottle wey we dey use spit put.

Na true, e dey normal because some things for inside our body system don dey change if we compare am to wetin e dey as belle enter. E get times wey you go feel small pain for chest, wey resemble ulcer. For people wey get this kind experience, make we see una, e fit be say na pain or na say you no chop early, you go begin feel pain for your chest.

So, no be sickness at all but na wetin person wey get belle suppose experience as body dey change. For the first trimester as Oyigbo call am, wetin dey happen be say, the pikin wey Dem dey call feotus go begin dey grow. Make you know say, e Ben dey like egg when e start, before e start to get small small parts of body, them call this stage, “developmental stage”. TE get calendar here wey we go use explain for una, make I bring am. If you look this calendar well well, e talk say, “Stages of Birth’. You fit see am? Make una look this side, ‘Development of Embryo’, this na the time wey the pikin wan begin get small small body part wey person dey get. Look here, na belle wey don reach sis weeks, this one own na eight weeks and for here na three months, You go don notice say small difference dey. See the head for here, for this side, you go see say e don dey resemble person head. If the belle reach three months, wen dey happen? The legs don show, the hands sef follow don come out. Na wetin make, if belle wey don enter three months comot, e dey drop like this. When e happen like dat, e don resemble pikin small. Some fit talk say the woman born lizard or gecko, no be so, na because the body parts don form finish. For the second trimester, look here, this one na three months, this na five months, this na seven months, see the head of the pikin, the head dey face down. For this second trimester, all the things wey we been dey experience before, wither na vomiting, or spitting go dey reduce small small. Women wey no fit chop well for the beginning go start dey chop. For this period, e dey good to drink medicine like the first stage. For the beginning, e get some kind medicine wey person fit take because na the time wen all the body dey form na em make we must take all the medicine make the pikin body dey kampe. Medicine like folic acid, any woman wey no take am for the early stage of the belle, the pikin fit carry sickness follow come this world. Some of una no dey come register for the first month wen belle enter talk less of medicine to drink. For the second trimester, you go see say the pikin don comot for the down side of your belly come up small. Na dis stage too, all the belle wen dey pain go reduce small. Vomiting too go reduce make the woman fit chop well. Now for the last three months wey remind, as in the last trimester, for this period, the baby don form finish and don begin ready to come out world. If you look am, you go see say the whole body don form gidigba, that one na em Oyigbo call third trimester. E good make you know say for this period, when you don dey enta seven to nine months of the belle, the pikin wey don climb up for inside belly go begin go down till the head position for the cervix. For this period, wetin you fit see?

The pain for the down side of the belly wen been don stop before go start again because the pikin head do go shift the backbone, we go also begin feel pain for here. Na em make, when we wan stand up sometimes, you go see say the pain for the down side of our belly dey worry us. Na for this period you go dey puss anyhow. Even if na small water you drink sef piss go dey catch you because pikin head don press the bladder so to hold piss go dey hard, na piss go dey hungry you.

Na dis time wey you fit dey think say you wan born, e go dey come dey go. Na wetin Oyigbo call false labor. That is Braxton-Hicks contraction, no be say the pikin don ready to come out world but na to prepare for the D-Day. So, e go dey do you like say you wan born but you no go born. How many months wey baby dey stay for belle before Dem born am? Abeg make una answer me!

Chorus: na nine months!

This one mean say, between 37 weeks to 40 weeks, the baby fit come out world. If the baby stay for belly reach 37 weeks, our EDD, wey be the time when baby fit come out, we fit born am two weeks before the day. If na two week before our EDD e no mean say the pikin no mature, the time don reach, time to come out world. Now, if the time to born reach 40weeks dey go front, and e don pass e don pass 40 weeks, e don turn postdated. The time to born don’t pass. For dis period , If we notice say the baby suppose don ready to come out this world but e no gree, we fit give medicine or drip wey medicine dey inside to the mama to help am born the pikin and she go born am well. Una dey hear me so? Na d tin wey make I dey use this calendar for us

Na like dis d pikin head suppose dey as una dey see am. But e time wen d head fit no face down maybe the pikin no dey ok so for am to face down, some go face up, some fit cross, others na leg dey down come carry hand and head up. The size of the woman pikin bag go be how the pikin go dey for inside. So no b juju or wintch wey Dem do anybody. Na em make, if the pikin no gree come out normal, Dem go tell you say make Dem do operation. e no mean say na witches and wizard dey follow you. How you wan take born pikin wey no position well for belle? E no get how the pikin wan come out. Dem go open the mama belly den comot the pikin. Na for antenatal Dem go begin tell you everything. You Sabi say now wey you start antenatal, plenty of una start am late? Some don enter 7months belle before dem start, some go wait till 9months before dem come but Dem no Sabi say the weight of the pikin matter. Some see am like say dem dey worry d m because Dem no know the importance. The first time wey you Sabi say you don carry belle, we must come make Dem measure the pikin. And wetin be this weight measurement? You go see say anytime wey you come, we go dey ask plenty plenty question from you. How many pikin you don born before? Your last period? Make we know the time when the belle enter and other Tori about BP, or whether you don do operation born before, make Dem Sabi how to take care of you or maybe you dey drink medicine, we go know how to handle am. Whenever you come, you go see say dem dey run tests. We go check BP, urine sef follow to check for protein and glucose, and we go also check your weight. E get y we dey do all these tests, no be play. If na the weight measurement own, na when we don write other test Dem wey you go do. We go check your blood sugar level (CTV). Woman wey carry belle wey get sugar level dey below 30% no get enough blood. E fit be say she no dey chop well or she no dey chop fruits or she no dey drink her medicine, the blood level come reduce. We go also check your blood group. Wetin be blood group and why we dey check am? E dey help us know whether you be Rhesus-positive or Rhesus-Negetive. As you una go don see am say, if the woman be Rhesus-Negetive, and her husband na Rhesus-positive, wetin we go do the woman?

Una wey don take the injection, wetin we go give Dem? Anyi-Rhesus. We go give Dem injection so that the pikin no go get wahala for body, also make the pikin no die and other ones wey dey come, make you no dey born Dem come dey die finish. Una dey hear wetin I dey talk so?

After, we go come check your genotype to know if you be AS, AC, or SS because our genotype fit affect the kind treatment you go get when you get belle. Na em make all the test dey important to do. Hepatitis dey there, HIV sef, we go do test to know the treatment. If the woman na HIV positive, e get medicine wey dey wey she go take before she born and after she don born, and the one wey her pikin go take even the woman too.

If the woman get hepatitis, e get injections wey she go take, if we see say after we don check am say the woman get am, or the pikin get am when Dem born am. All these test Dem na to Sabi wetin dey happen for your body. Na to help you make you no give yourslef anyhow treatment.

E get other treatment for antenatal wey we dey give but we dey check the how the pikin dey breathe, no be so? When you bring the pikin for weighing, e get something wey we dey use hear how the pikin dey breathe if e dey normal. For pikin wey no dey breathe normal e get wetin we go do. We fit give the woman medicine or admit am for hospital because of the wahala wey dey worry the pikin, make she rest small. E get times wey we fit tell you say make you do scan make we see the position of the pikin inside belle. When we don do am finish, we go come give you another date wey you go come hospital. Those of una wey dey come clinic for first trimester that is early stage of belle, e get the time wey you go come for check up for this period. Them go tell you say make you come back after four weeks. If you don enter second trimester, na two weeks appointment Dem go give you. Then for the third trimester, if your date to born don near, Dem fit say make you dey come every week make Dem monitor the pikin. We dey advice you on the different ways wey you fit prepare when you get belle. You know say na visitor dey come your house for nine months no be for one day. E get things wey you must do to take welcome the new pikin.

This pikin neva come out world before, and na we go welcome am. For the belle stage, e get some kind food wey we suppose chop, I don talk about the medicine Dem wey we go take. Any good wey we wan chop go be balanced diet for this period of nine months. Wetin dey for balanced diet? E must get carbohydrate, wey we Sabi as food wey dey give strength, e must get protein, e must get vitamins, e must get fat and oil and we must drink plenty water everytime. Fruits and vegetables also dey important during belle. No b to dey chop indomie or drink akamu or kuli kuli with orobo, no! Balanced diet dey get complete nutrient. Make we say you wan drink akamu, you must support am with moimoi or akara and milk. Abeg, ₦100 milk no too cost. Make you chop egg like three times a week. You fit buy the one of ₦100, get the one of ₦150 too e no bad. And make sure say you drink plenty water, at least 4 litres of water before night cover, or 3 to 4 litres before night reach. How you wan take measure am? If you drink 8 pure water before night cover e no too much but if fear dey catch you to piss, say you go piss plenty no stop you make you no drink water. You fit pour am for inside komkom make you know say you dey drink enough water. You go see say your piss dey color yellow and you no dey drink water well. So, make sure say you drink plenty water. When you get belle, take care of you body well. Make you baf at least two times a day. Wash your underwears Dem. The clothes wey you wan wear, make e clean. Make your hair fine. We must maintain our surroundings join. No scatter your house or leave am dirty. No wait till you wan born you come begin prepare or dey take care of your house. Your belle no stop you to sweep house, sweep your compound. I hope say una understand wetin I dey talk so? E no stop you to wash clothes, and to cook. So make sure say you take care of your surroundings. No expose yourself to mosquito, na em make we give you insecticide treated net so that mosquito no go bite you, use am. If you get malaria, e get medicine wey we go give you. We go also give you medicine like fansidar or the one wey get three capsule make you use am for one month. We go kontinu next time.

Una thank you, we dey appreciate una.

Make una ask all una questions.