**Nigerian Antenatal Orientation (English Text)**

Our body system, during pregnancy, some people would say that the way they are feeling, they are not comfortable at all. But there are different stages and what we experience in our body system differs from one person to another. In the first trimester of our pregnancy, the body assumes a certain position. In the second trimester, the body assumes a different position and in the last trimester, the body also assumes a different position, particularly, in those who are having their first child. In the first trimester, what are the likely symptoms that we may experience?

1. The monthly period stops flowing
2. Some may begin to vomit
3. You may begin to feel some pain in the lower abdomen, isn’t it? Please respond!

We all may not experience what I have just listed. Some may be spitting all the time, isn’t it? Most of us have designated a tin or a bottle of Fanta/a bottle of malt for spitting.

Yes, it is normal because some substances in our body system are changing compared to what they were when we are pregnant. There are times that you feel mild pain in the upper region of the chest, it feels like ulcer. For those that have had such an experience, let me see your hands up, it could be just a feeling of pain in your chest or if you fail to eat early, you will begin to feel pain in your chest?

So, it is not a sickness at all but what we ought to experience due to the changes that our body is undergoing. Then, in this first trimester, what happens is that this foetus will begin to develop. Just so you know that its initial form was like an egg, it then begin to develop different parts of the body bit by bit, this period is called ‘developmental stage’. There is a calendar here that can be used for better explanation, let me fetch it. If you focus your attention on this calendar, it reads ‘Stages of Birth’. Can you see it? Look at this part below, ‘Development of Embryo’, this is the period where the baby is about to start developing the various body parts intermittently. Look at this, this is the sixth week, this is eight weeks, and this is three months, you will notice the little differences. Look at the head here, look at it here, you will notice that it is beginning to form up. At three month, what happened? The leg has form-up, the hand has form-up. A more reason why, at third month, if there is a miscarriage, it is possible for it do drop like this. When it comes out like this, it looks a bit like a baby. Some may say she gave birth to lizard or gecko, no, it is because the various parts of the body have been well formed. In the second trimester, look at it, this is three months, this is five month, this is seven month, look at the head of the child, the head is turned downward. In this second trimester, all the symptoms that we have been experiencing before, be it vomiting, or spitting will begin to dwindle gradually. Those who could not eat well will begin to eat gradually. This period, it is important to take your drugs, same with the first trimester. In the first trimester, there are some drugs that are meant for the first trimester because this is the developmental period of the various body parts, we must take some drugs during that period so that the baby can develop perfectly. Folic acid for example, whoever fails to use it in the first trimester, there are times that the child may develop congenital problem. And most of us do not come for registration in the first month talk more of using this drug. For the second trimester, you will notice that this period, the baby has left the lower abdomen, it will move up a bit. This same period, the second trimester, all those stomachache will stop for a while. Puking will also reduce for a while and we will begin to eat well. Now the last three month, that is the last trimester, this period, the baby has fully developed and will begin to prepare for delivery. If you look at it, you will notice that the whole body system has fully developed, that is the third trimester. Note that this period, when you are approaching the seventh to ninth month, the baby that had moved up initially will begin to move down slowly till the head is positioned within the cervix. For this period, what are the likely symptoms?

The pain in the lower abdomen that had stopped before now will start again because the baby’s head has displaced the backbone, we will also begin to feel pain here. That is why, when we try to get up sometimes, you will notice that you are feeling pains in the lower abdomen. This same period, you will begin to urinate almost all the time. Even if you take a small quantity of water, you will still notice that you are still urinating endlessly because the head of the baby has displaced our bladder and it makes it impossible to hold urine, hence the urge to urinate.

This same period, there are times you will notice symptoms of labor, it will come for a while and go. That is what we call false labor. That is Braxton-Hicks contraction, this is not to say that the child is ready for delivery but just preparing for it. Therefore, we feel like laboring and then it disappears. How many month does the baby stays in there before delivery? Please respond to me!

Chorus: nine months!

That is to say that between 37 weeks to 40 weeks, the baby may be delivered. If the baby is up to 37 weeks, our EDD, the timeframe given for the baby’s delivery, we can give birth to the baby two weeks before that day. If it is two weeks before our EDD, that does not mean that the child is premature, the time is up, it is already time for delivery. Now, if the time of delivery is 40 weeks upward, and it is well over 40 weeks, it has become a post-dated. The time of delivery is well overdue. This period, if we notice that the baby ought to have been preparing for delivery but reverse is the case, we may likely give you drugs or give you drip with drugs in it that will hasten your labor, and you will give birth comfortably. I hope I am clear? That is the more reason I used this calendar for us to have a better understanding. This is the direction of the baby’s head, this is the right position for the baby. But there are times that turning downward like this may not be comfortable for our baby, for some baby, rather than turn downward, some may turn their face upward, some may be horizontally positioned, some may turn their leg downward and have their head hung up. The size of the mother’s womb determines the position of the baby. So, it is not a spiritual attack from anybody. That is why, if the positioning of the child makes it difficult for natural birth, you may be informed that you will have to undergo caesarian session. That does not mean that witches and wizards are in control. How do you expect to be delivered of a baby that is horizontally positioned? There is no way out for the baby. A small opening will be made in the stomach and the baby will be exhumed. It is during this antenatal that you will begin to know all of these. Did you know that now that you have started antenatal, many of you are starting at the wrong time? Some are already 7 months away before they started, some will wait until 9 month before they come, but they do not know the importance of weight measurement. Many think that they are just being stressed unnecessarily because they do not know the importance. The very moment you find out that you are pregnant, we must come immediately for weight measurement. And what is weight measurement? You will notice that whenever you come, we do a mini interview to gather necessary information from you. The number of children you have, your last menstruation, so as to ascertain the exact month of the pregnancy you are carrying and other information about BP or maybe you have had a cesarean session before, so as to know how to go about the care giving or maybe you are under treatment, we will know how to go about it. Whenever you come, you will notice that we conduct series of test. We will check your BP, your urine will be tested to check for protein and glucose, and we also check your weight. There are reasons for all of these, it is not just a charade. During the weight measurement for instance, is when we write all other test that will be conducted. We will check your blood level (CTV). A pregnant woman whose blood level is below 30% has a shortage of blood. It could be due to lack of feeding or failure in doing the basic, that is, failure to take fruits or necessary drugs, the blood level has reduced. We will also check your blood group. What is blood group and why do we check your blood group? It enables us to know if you are Rhesus–positive or Rhesus–negative. As you all are aware, if the woman is Rhesus–negative, and the husband is Rhesus–positive, what do we do to such a woman?

To those of you that have taken the injection, what do we give them? Anti-Rhesus. We will give them injection so that the baby will be delivered in good health, also for the survival of the new baby and those unborn, not that you will give birth to them and they begin to die. I hope you understand what I am saying?

After that, we will check your genotype to know if you are AS, AC, or SS because our genotype also dictates the kind of treatment your body requires during pregnancy. So, all the test must be done. Hepatitis is also there, HIV too, we must conduct those test to know the required treatment. If the mother is HIV positive, there are available drugs for her to use before delivery and after delivery, there are drugs that the baby must use and there are drugs for the mother too.

If the mother is diagnosed of hepatitis, there are injections that she will take, if we notice, after proper examination, that the mother is has it or the baby is diagnosed of it after birth. All those examination results will be gathered to know what is happening within your body system. This will stop you from giving yourself the kind of treatment that is not deserving.

To other treatment that must be administered during antenatal, you will notice that we listen to the breathing of the baby, don’t we? When you come for weight measurement, there is this instrument we use to listen to the breathing of the baby to know if the baby is breathing normally. For a baby that has difficulty in breathing, something can be done about that. We may place the mother on drugs or admit her because of the troubles her restlessness is rubbing on the baby, to come and have some rest. There are times we will request the mother to have an ultrasound to know the positioning of the baby in the mother. After all this must have been done, you will be given a new date for appointment. For those of you that are coming to the clinic within your first trimester, or your pregnancy is within this period, there is a stipulated number of times that you will be given for appointment. You will be told to come back in four weeks. If you are in your second trimester, you will be given a period of two weeks for appointment. For the third trimester, if your date of delivery is close, you may be told to come every week so as to monitor the development of the baby. We do admonish you on the different forms of preparation that you must make during pregnancy. You are aware of the coming of this visitor for complete nine month, not a day. There are some preparation that you must make for the coming of the new baby.

This baby has not been to the world before, and we are the ones to welcome him/her. During pregnancy, there are import foods that we must eat, I have talked about the necessary drugs that we must take. Whatever food we want to take must be a balanced diet for the duration of that nine month. What are the supplements in a balance diet? It must contain carbohydrate, which is also known as an energy giving food, it must contain protein, it must have vitamins, it must have fat and oil and we must drink water regularly. Fruit and vegetables are also important during pregnancy. It is not just about eating noodles, or taking pap, or kúlí or róbó, no. A balance diet, with complete nutrients. If you intend to take pap for instance, you must support it with maybe moinmoin or àkàrà and milk. Please, ₦100 milk is not too much to buy. You should also consume egg, at least three times a week. You will get egg at the rate of ₦100, you will get that of ₦150 too that you can eat. And make sure you drink a lot of water, at least 4 litres of water before night fall, or 3 to 4 litres before night fall. How do you measure that? If you drink 8 sachet of water before night fall, it is not too much but you are always scared of the time to time urge to urinate. That you are constantly urinating does not stop you from taking water. You may pour it in a bottle of water to help you confirm that you are drinking enough water as required. You will notice that whenever we examine your urine, I do tell you that your urine is too yellowish, and that you are not drinking enough water. So, make sure you drink enough water. During pregnancy also, your wellbeing must be your priority. Make sure you bathe at least twice a day. Wash your underwear. The clothes you intend to wear but be very clean. Make sure your hair is done beautifully. We must take care of our surroundings too. Do not leave your homes in dirty conditions do not wait till you begin to prepare for delivery before you start taking care of your home. Your pregnancy does not stop you from sweeping your home, it does not stop you from sweeping your surroundings. I hope you understand what I am saying? It does not stop you from doing laundry, and it does not stop you from cooking. So, make sure you take care of your surroundings. Do not expose yourself to mosquitoes, that is why we gave you a treated insecticide mosquito net so that mosquitoes will not get the chance to feast on you. If you are down with malaria fever, there is a drug that we will prescribe for you. We will also give you some drugs like Fansidar or the three-capsule drug that we give you to use once a month. We will continue from here next time.

Thank you, we are grateful.

Drop your questions.

**Nigerian Antenatal Orientation (Yorùbá Text)**

Nínú àgọ ara wa tí a bá ti lóyún, òhun ló ṣe máa ń dàbí ẹni pé ẹlòmíì á wò wí pé bí àìsàn ṣe ń ṣe òun, òun ò tilẹ̀ wá gbádùn rara. Ṣùgbọ́n ó ní ìpele ìpele tó sì fi jẹ́ wí pé ǹkan tí a máa rí nínú àgọ ara wa ó yátọ̀ síra wọn. Oṣù mẹ́ta àkọ́kọ́ tí a bá lóyún, ó ní bí ara wa ṣe máa wà. Oṣù mẹ́ta kejì, ó ní bí ara wa ṣe máa wà. Oṣù mẹ́ta tó parí, ó ní bí ara wa ṣe máa wà, pàápàá jùlọ àwa tí a jẹ́ alákọ̀bí.

Oṣù mẹ́ta àkọ́kọ́, kí ni àwọn ǹkan tí a máa ń rí gẹ́gẹ́ bí àpẹẹrẹ? Ẹlòmíì lè ri wí pé:

1. Nǹkan oṣù ò ní wá

2. Ẹlòmíì lè máa bí

3. Ìsàlẹ ikùn lè máa dun èèyàn díẹ̀díẹ̀, àbí bẹ́ẹ̀ kọ́ ni?

Ẹ máa dá mi lóhùn

Ó lè jẹ́ wí pé kì í ṣe gbogbo la ní irú ìrírí ǹkan tí mò ń sọ yìí. Ẹlòmíì èsùrẹ́, tí èyán ó ma tutọ́ ní gbogbo ìgbà, àbí bẹ́ẹ̀kọ́? Ọ̀pọ̀lọpọ̀ wa ló jẹ́ wí pé a dá agolo itọ́ tó jẹ́ pé bí ìgo Fanta, ìgo malt là ń tu ú sí.

Bẹ́ẹ̀ ni, ó bójú mu. Nítorí pé àwọn èròjà tó wà nínú àgọ ara wa ló máa ń yátọ̀ sí bó ṣe ń ṣe tẹ́lẹ̀tẹ́lẹ̀ nígbà tí a bá lóyún. Ìgbà míì wà, ibi òkè àyà báyìí lè rọra máa tàyàn, bí ìgbà tí èyán ní ọgbẹ́ inú. Àwa tí a bá ti ní irú ìrírí yìí, ẹ jẹ́ kí n rí ọwọ́ wa lókè, bóyá bí àyà ń ta wá, bóyá tí a ò bá tètè jẹun, a ó kàn rí i pé àyà ń ta wá.

Kì í ṣe àìsàn rárá, ṣùgbọ́n àwọn ǹkan tí a gbọ́dọ̀ là kọjá nítorí àwọn àyípadà tó ń dé bá àgọ ara wa. Lẹ́yìn náà, ṣé ẹ wá rí oṣù mẹ́ta àkọ́kọ́ yìí, ǹkan tó máa ń ṣẹlẹ̀ ni wí pé ọmọ yìí á bẹ́rẹ̀ sí dágbà. Ẹ mọ̀ pé bí ẹyin ló ṣe kọ́kọ́ wà tẹ́lẹ̀tẹ́lẹ̀, á wá bẹ́rẹ̀ sí máa yọ oríṣiríṣi ẹ̀ya ara díẹ̀díẹ̀, àsìkò yẹn là ń pè ní àkókò ìsọdọmọ. Kàlẹ́ndà wa kan wà níbí bayìí tí mo lè fi ṣe àpẹẹrẹ, ẹ jẹ́ kí n yọ ọ́ wá. Tí a bá wo kàlẹ́ndà yìí, ó ní ‘Stages of Birth’, ẹ wo ibi ìsàlẹ̀ yìí, ‘Ìdàgbàsókè Ọlẹ̀-inú’, àsìkò yìí ni ìgbà tí ọmọ yẹn ṣẹ̀ fẹ́ máa yọ àwọn ẹ̀ya ara jáde díẹ̀díẹ̀. Ẹ wo eléyìí báyìí, ọ̀sẹ̀ mẹ́fà nìyí, nígbà tó wà lọ́sẹ̀ mẹ́fà, ìgbà tó wà ní ọ̀sẹ̀ mẹ́jọ, ìgbà tó wà ní oṣù mẹ́ta, ẹ ó ri pé ó ti ń yátọ̀ díẹ̀díẹ̀. Ẹ wo bí orí rẹ̀ ṣe rí níbí bayìí, ẹ wo bó ṣe rí níbí, ẹ ó ri pé ó ti ń jáde. Ìgbà tó dé oṣù mẹ́ta, báwo ni? Ẹsẹ̀ ti jáde, ọwọ́ ti jáde. Ìdí nìyẹn tó fi jẹ́ wí pé tí ó bá ti di wí pé oyún ń pé oṣù mẹ́ta, tó bá ti di pé oyún fẹ́ máa bàjẹ́, ó ṣeéṣe láti ṣàn yọ bẹ́ẹ̀. Tó bá máa jáde báyẹn, á rọra ti di ọmọ díẹ̀. Wọ́n lè ní ó bí láǹgbá ó bí lánkọkọ, rárá. Nítorí wí pé ẹ̀ya ara ọmọ yẹn ò tíì jáde dáadáa ni ó ṣe rí bẹ́ẹ̀. Tí a bá wá wo oṣù mẹ́ta kejì, oṣù mẹ́ta nìyí, oṣù márùn-ún nìyí, oṣù méje nìyí, ẹ wo orí ọmọ yẹn, ó kọrí sísálẹ̀. Ṣé ẹ wá rí oṣù mẹ́ta kejì yẹn, gbogbo àwọn ǹkan tí a máa ń rí tẹ́lẹ̀tẹ́lẹ̀, bóyá bíi èébì, èṣùrẹ́, ó ti máa ń rọra dínkù díẹ̀díẹ̀. Ẹni tí ò lè jẹun déédé, á bẹ́rẹ̀ sí máa jẹun díẹ̀díẹ̀. Àsìkò yẹn, a nílò láti máa lo àwọn ògùn wa, àti oṣù mẹ́ta àkọ́kọ́ náà. Oṣù mẹ́ta àkọ́kọ́ yẹn, àwọn ògùn kan wà tó jẹ́ pé oṣù mẹ́ta àkọ́kọ́ ló wà fún. Torí àkókò tí àwọn ẹ̀ya ara ń dàgbà yìí, a gbọ́dọ̀ lo àwọn ògùn kan ní àsìkò yẹn kí ọmọ náà lè yọ dáadáa. Irú fólíkí asìdì nísinyìí, ẹni tí ò bá lò ó lóṣù mẹ́ta àkọ́kọ́, ìgbà míì wà tí ọmọ yẹn lè ní ìṣòro lásìkò ìbí. Ọ̀pọ̀lọpọ̀ wa dẹ̀ nìyí, a ò kín wá f'orúkọsílẹ̀ ní oṣù àkọ́kọ́ débi wí pé a máa lo ògùn yìí. Ṣé ẹ wá rí osù mẹ́ta ẹlẹ́ẹ̀kejì, ìyẹn tirimẹ́sítà kejì, àsìkò yẹn, a ó ti rí i wí pé ọmọ yẹn ti kúrò níbi ìsàlẹ ikùn báyìí, á ti rọra sún sókè díẹ̀. Àkókò yìí, oṣù mẹ́ta kejì yẹn, gbogbo inú rírun yẹn á rọra mọ́wọ́ dúró fún ìgbà díẹ̀, èébì á mọ́wọ́ dúró fún ìgbà díẹ̀, à á dẹ̀ bẹ̀rẹ̀ sí máa jẹun dáadáa. Ṣé ẹ wá rí oṣù mẹ́ta tó wá kẹ́yìn, ìyẹn ni trimẹ́sítà kẹ́ta, àkókò yẹn, ọmọ yẹn ti dàgbà tán, á dẹ̀ ti máa múra láti wá sí inú ayé. Tí ẹ bá wò ó, ẹ ó ri pé gbogbo ẹ̀ya ara rẹ̀ ló ti pé pérépéré, trimẹ́sítà kẹ́ta nìyẹn.

Ṣé ẹ wá rí àkókò yìí, tó bá ti di wí pé ó ti ń sún mọ́ bíi oṣù mẹ́jọ sí oṣù mẹ́sàn-án, ọmọ yẹn tó ti sún sókè tẹ́lẹ̀tẹ́lẹ̀ a tún wá rọra sún sísálẹ̀ díẹ̀ tó fi di wí pé orí rẹ̀ á lè wọ ibi ihò tí yóò gbà jáde nígbà tí a bá fẹ́ bí i. Ní àkókò yẹn, kí ni àwọn àpẹẹrẹ tí a máa máa rí?

Ìsàlẹ ikùn tí ò ti dùn wá mọ́ tẹ́lẹ̀tẹ́lẹ̀ á tún bẹ́rẹ̀ sí ní máa dùn wá torí wí pé orí ọmọ yẹn á lé eegun tó wà lẹ́yin wa, ibí yìí náà á sì tún máa dùn wá. Ìdí nìyẹn tó fi jẹ́ pé tí a bá fẹ́ dìde nígbà míì, à á kàn rí I wí pé ìsàlẹ̀ ikùn ń dùn wá. Àkókò yẹn bákan náà, à á bẹ́rẹ̀ sí máa tọ̀ ní gbogbo ìgbà. Tí a bá momi níwọ̀n ẹ ó ri wí pé ẹ̀mẹwàá náà lẹ ṣì ń lọ tọ̀, torí wí pé orí ọmọ yẹn ó ń lé ibi ilé ìtọ wa, kò kí ń jẹ́ kí ìtọ̀ lè dúró pẹ́ títí tí ìtọ̀ ó fi máa gbọ̀n wá.

Àkókò yẹn bákan náà, ìgbà míì wà tó jẹ́ wí pé a lè rí àpẹẹrẹ pé bóyá ọmọ rọra ń mú wa díẹ̀díẹ̀, á mú wa díẹ̀ á tún fi wá lẹ̀, ìyẹn là ń pè ní ìrọbí aláìjóòtọ́. Ìfúnpinpin ilé-ọmọ nìyẹn tó jẹ́ wí pé kìí ṣe pé ọmọ yẹn ti ṣetán láti wá ṣùgbọ́n ó ń múra lọ́wọ́lọ́wọ́ ni. Tó bá mú wa díẹ̀, á tún fi wá sílẹ̀. Oṣù mẹ́lòó lọmọ́ máa ń pé kí ó tó di wí pé a máa bí i? Ẹ dá mi lóhùn! Ìdáhùn: Oṣù mẹ́ẹ̀sán.

Oṣù mẹ́ẹ̀sán, ìyẹn ni pé láàárín ọ̀sẹ̀ mẹ́ta-dín-lógójì tàbí ogójì ọ̀sẹ̀, ọmọ lè wáyé. Tó bá ti jẹ́ pé ọmọ yẹn ti pé ọ̀sẹ̀ mẹ́ta-dín-lógójì, EDD wa, ìyẹn àsìkò tí wọ́n bá fún wa pé, ọjọ́ báyìí ló yẹ ká bímọ, ọ̀sẹ̀ méjì kó tó di ọjọ́ yẹn àti ọ̀sẹ̀ méjì lẹ́yìn ìgbà yẹn, a lè bímọ. Tó bá jẹ́ pé ọ̀sẹ̀ méjì sẹ́yìn EDD wa ni, kìí ṣe wí pé bóyá kògbókògbó ni ọmọ yẹn, àkókò ti tó láti wáyé. Ṣé ẹ wá rí, tó bá ti wá di wí pé ó kọjá ogójì ọ̀sẹ̀ sókè, tó ti ń lọ méjì-lé-lógòjì, ó ti kọjá àkókò-ìbí, ó ti ń kọjá ọjọ́ tó yẹ kí á bí i. Àkókò yẹn, tí a bá ti wò ó wí pé ó yẹ kí ọmọ ti máa mú wa tí ò mú wa, ó ṣeéṣe kí á fún yín ní àwọn ògùn tàbí ká gbómisókè fun yín tí ògùn wà níbẹ̀ tó fi jẹ́ wí pé ọmọ yẹn á bẹ̀rẹ̀ sí mú wa, à á dẹ̀ fi bí i lẹ́rọ̀ wọ̀ọ́. Ṣé àlàyé mi yẹn ń yé wa?

Òun ló jẹ́ kí n lo kàlẹ́ndà yìí, kí ó lè yé wa dáadáa. Bí ọmọ ṣe máa ń kọrí ni eléyìí, ipò tó yẹ kí ọmọ wà gan-an nìyẹn. Ṣùgbọ́n ìgbà míì wà tó jẹ́ wí pé ó lè má rọrùn fún ọmọ láti kọ orí sí ìsàlẹ̀ báyìí. ọmọ míì, dípò bó ṣe kọjú yìí, ó lè kọjú síwájú, ọmọ míì lè dábùú, ọmọ míì lè kọ ẹsẹ̀ sí ìsàlẹ̀ kó kọ orí sókè. Bí inú ìyá bá ṣe rí ni ọmọ ṣe máa ń kọrí nígbà míì. Torí náà, kì í ṣe wí pé bóyá ìyálé kan ló ń ṣe mí àbí ìya ìsàlẹ̀ kiní kan ló ń ṣe mí. Ìdí nìyẹn tó fi jẹ́ pé tó bá jẹ́ pé bí ọmọ yìí ṣe kọrí a ò wá lè dá a bí fún ra wa, wọ́n lè sọ wí pé wọ́n máa ṣiṣẹ́ abẹ fún wa. Ìyẹn ò túmọ̀ sí wí pé àjẹ́ kan ló ń ṣe wá. Ọmọ tó dábùú, ẹ jọ̀ọ́ báwo ló ṣe fẹ́ jáde? Kò sí bí ó ṣe fẹ́ jáde. Wọ́n á rọra la ikùn wa wọ́n á dẹ̀ gbé ọmọ yẹn jáde.

Ní àsìkò tí à ń ṣe àyẹ̀wò ṣíwájú ìbímọ yìí ni a gbọ́dọ̀ mọ̀ nípa gbogbo àwọn ǹkan yìí. Ṣé ẹ mọ̀ wí pé bí a ṣe wá bẹ̀rẹ̀ àyẹ̀wò ṣíwájú ìbímọ yìí, ọ̀pọ̀lọpọ̀ wa, kì í ṣe àkókò tó yẹ ká bẹ̀rẹ̀ la bẹ̀rẹ̀. Ẹlòmíì, oyún rẹ̀ ti pé oṣù méje kó tó wá bẹ̀rẹ̀, ẹlòmíì nígbà tó bá ṣẹ̀ pé oṣù mẹ́sàn-án la á ṣẹ̀ṣẹ̀ rí wọn pé kọ́ wá bẹ̀rẹ̀. Ṣùgbọ́n wọn ò mọ ìdí tí wọ́n fi ń ṣe ìwọ̀n. Wọ́n á wò ó wí pé wọ́n kàn ń da àwọn láàmú ni jàre, wọn ò mọ idi rẹ̀ rárárárá. Àkókò tó di wí pé a ti mọ̀ pé a lóyún, tí a bá ti mọ̀ pé a lóyún ni a gbọ́dọ̀ wá fún ìwọ̀n. Kí sì ni ìwọ̀n, kí la máa ń ṣe níbẹ̀? Ẹ ó ri wí pé tí a bá ti wá, a máa gba ọ̀rọ̀ lẹ́nu wa. Gbogbo iye ọmọ tí a ti bí, ìgbà tí a ṣe ǹkan oṣù kẹ́yìn, ká fi lè mọ iye oṣù tí oyún tó wà nínú wa pé àti gbogbo àwọn ìtàn míràn bóyá nípa ìfúnpá tàbí bóyá a ti ṣiṣẹ́ abẹ kan tẹ́lẹ̀tẹ́lẹ̀, kí á lè mọ bí a ó ṣe máa tọ́jú wa àbí bóyá àìsàn kan wà tí à ń gba ìtọ́jú fún, à á lè mọ bí a ṣe máa ṣe é. Tí a bá ti wá, ẹ ó ri wí pé oríṣiríṣi àyẹ̀wò ni a máa ń ṣe. A ó ṣe ìfúnpá wa, wọ́n máa yẹ ìtọ wa wò fún purotéénì àti gúlúkósì, a dè máa wọ̀n wá. Ó ní ìdí tí a ṣe ń ṣe gbogbo àwọn ǹkan yìí, kì í ṣe pé bóyá a kàn ń ṣe é lásán ní àsìkò tí à ń ṣe é yẹn. Àsìkò tí à ń ṣe ìwọ̀n yìí la máa kọ àwọn àyẹ̀wò tí a máa ṣe fún wa. A máa ṣàyẹ̀wò bí ẹ̀jẹ wa ṣe gbéra sí CTV. Olóyún tí ẹ̀jẹ rẹ̀ bá ti kọjá ọgbọ̀n sísálẹ̀, ẹ̀jẹ̀ rẹ̀ ti lọlẹ̀ o. Bóyá kò jẹun dáadáa tàbí kò ṣe àwọn ǹkan tó yẹ kó ṣe, kò jẹ èso àbí kò lo àwọn ògùn tó yẹ kó lò, ẹ̀jẹ̀ ti lọọlẹ̀. A máa wo irúfẹ́ ẹ̀jẹ wa. Kí ni ìrúfẹ́ ẹ̀jẹ̀, kí sì ni ìdí tí a fi ń wo irúfẹ́ ẹ̀jẹ wa? Kí á fi lè mọ̀ ṣé a ní purotéénì lára páádì ẹ̀jẹ̀ pupa wa ni àbí a ò ní purotéénì lára páádì ẹ̀jẹ̀ pupa wa. Ṣé ẹ mọ̀ wí pé ẹni tó bá jẹ́ pé kò ní purotéénì lára páádì ẹ̀jẹ̀ pupa rẹ̀, tí ọkọ sì ní purotéénì lára páádì ẹ̀jẹ̀ pupa rẹ̀, kí la máa ń fún wọn? Àwa tí a ti gba abẹ́rẹ́ yẹn, kí la máa ń fún wọn? Anti-Rhesus. A máa ń fún wọn lábẹ́rẹ́ tó fi jẹ́ pé ọmọ tó wà nínú, à á lè bí i lálàáfíà. Eléyìí tí a sì bí yẹn, àwọn mìíràn tó ń bọ̀ lẹ́yin rẹ̀ wọ́n á lè wà láàyè, kò ní jẹ́ pé a máa máa bí wọn, wọ́n á máa kú. Ṣé ohun tí mò ń sọ yẹn yé wa?

Lẹ́yìn ìgbà yẹn, a tún máa ṣe jẹ́nótáípu wa, bóyá AS ni wá, bóyá AC ni wá, bóyá SS ni wá, torí wí pé jẹ́nótáípu wa tún máa ń sọ irú ìtọ́jú tí a máa fún wa nínú oyún. Torí náà, gbogbo àwọn àyẹ̀wò yìí ni a gbọ́dọ̀ ṣe, jẹ̀dọ̀jẹ̀jọ̀ wà níbẹ̀, HIV wà níbẹ̀, a gbọ́dọ̀ yẹ̀ ẹ́ wò kí á lè mọ irú ìtọ́jú. Ẹni tó bá jẹ́ pé ó ní HIV, ó ní àwọn ògùn tó yẹ kí wọ́n máa lò kó tó di wí pé wọ́n bímọ. Nígbà tí wọ́n bá dẹ̀ bímọ tán, ọmọ náà ní ògùn tó máa lò, ìyá náà ní ògùn tó máa lò.

Tó bá jẹ́ wí pé jẹ̀dọ̀jẹ̀dọ̀ ni, ó ní abẹ́rẹ́ tí wọ́n máa gbà. Tí a bá ti yẹ̀ ẹ́ wò tí a rí i wí pé ìyá ní i tàbí ọmọ náà ní i nígbà tí a bá bí i. Gbogbo àwọn àyẹ̀wò yẹn, à á wá kó èsì àyẹ̀wò náà wá, à á fi mọ kí ni ǹkan tó ń ṣẹlẹ̀ pẹ̀lú àgọ ara wa. Tí a bá dẹ̀ wá fún àyèwò ṣíwájú ìbímọ, ẹ mọ̀ pé ibẹ̀ la ti máa gbọ́ gbogbo àwọn ìgbésẹ̀ tó yẹ kí a gbé ní àsìkò inú oyún. Tí ò fi ní jẹ́ pé ìtọ́jú tí ò yẹ ká fún ara wa, a ò ní lè fún ara wa.

Àwọn ìtọ́jú tí a tún gbọ́dọ̀ gbà ní àkókò àyèwò ṣíwájú ìbímọ, ẹ ó ri wí pé a máa ń gbọ́ mímí ọmọ, àbí ṣé wọn kì í gbọ́ mímí ọmọ wa ni? Tí a bá ti wá sí ìwọ̀n, ó ní nǹkankan tí a máa fi gbọ́ mímí pé ṣé ọmọ yìí ń mí dáadáa? Ọmọ tí ò bá mí dáadáa, ó ní ǹkan tí a máa ṣe. Bóyá a máa fún ìyá lóògùn tàbí ká dá a dúró pé wàhálà tí ẹ̀ ń fún ọmọ yìí ṣe ti pọ̀jù, ẹ wá simi. Ìgbà míì wà a máa ní kí a lọ ya ultrasound kí á lè mọ bí ọmọ yìí ṣe wà nínú ikùn wa. Nígbà tí a bá dẹ̀ ṣe àwọn ǹkan yìí tán, ẹ̀yìn ìgbà yẹn, a ó fún wa ní déétì tí a máa padà wá. Àwa tó bá jẹ́ wí pé oṣù mẹ́ta àkọ́kọ́ ni oyún wa wà, ó ní iye ìgbà tí a máa fún wa, ọ̀sẹ̀ mẹ́rin la máa fún wa pé kí ẹ padà wá. Tó bá jẹ́ oṣù mẹ́ta kejì, à á fún wa ní ọ̀sẹ̀ méjì-méjì pé kí á fi padà wá. Oṣù mẹ́ta tó kẹ́yìn, ó ṣe é ṣe tí ó bá ti súnmọ́ a lè ní ká máa wá ní ọ̀sọ̀ọ̀sẹ̀, kí á lè máa mójú tó bí oyún yẹn bó ṣe ń gbèrú sí i. A máa ń sọ fún wa, oríṣiríṣi ìmúrasílẹ̀ tí a gbọ́dọ̀ ní ní àkókò oyún. Kì í ṣe wí pé, ẹ mọ̀ pé àlejò oṣù mẹ́sàn-án kì í ṣe àlejò ọjọ́ kan. Ó ní àwọn ìmúrasílẹ̀ tí a gbọ́dọ̀ mú tó fi jẹ́ wí pé a ó fi múra sílẹ̀ de ọmọ tó ń bọ̀.

Ọmọ yìí kò tíì wá inú ayé rí, àwa náà la dẹ̀ máa kí wọn káàbọ̀. Nínú oyún, gbogbo àwọn oúnjẹ tó yẹ kí á jẹ wà níbẹ̀, òògùn, mo ti sọ̀rọ̀ lórí àwọn ògùn tí a máa lò. Oúnjẹ tí a gbọ́dọ̀ máa jẹ nínú oyún gbọ́dọ̀ jẹ́ oúnjẹ tó kún fún èròja aṣaralóore. Gbogbo oṣù mẹ́sàn-án tí a máa lò yìí, oúnjẹ tó kún fún èròja aṣaralóore ni. Kí ni àwọn èròjà tó wà nínú oúnjẹ tó kún fún èròja aṣaralóore? Ó gbọ́dọ̀ ní tááṣì, tí à ń pè ní oúnjẹ afárá lókun, ó gbọ́dọ̀ ní purotéénì, ó gbọ́dọ̀ ní fítámínì, ó gbọ́dọ̀ ní ọ̀rá àti òróró, a sì gbọ́dọ̀ máa mu omi dáadáa. Èso àti ewébẹ̀ náà ṣe pàtàkì gan ní àkókò tí a wà nínú oyún. Kì í ṣe pé bóyá mò ń jẹ Indomie àbí mò ń mu ẹ̀kọ abí kúlí àbí róbó, rárá. Oúnjẹ tó kún fún èròja aṣaralóore, oúnjẹ tó jẹ́ wí pé ó pé. Tó bá jẹ́ wí pé ẹ̀kọ ni mo bá fẹ́ mu, ẹ̀kọ yẹn gbọ́dọ̀ ní bóyá moinmoin àbí àkàrà, mílíkì náà. Ẹ jọ̀ọ́, mílíkì ₦100 ò pọ̀jù fún wa láti rà. Kí á dẹ̀ máa jẹ ẹyin, ó kéré tán ẹ̀mẹ́ta ní ọ̀sẹ̀. A máa rí ẹyin ₦100, a máa rí oní ₦150 tí a máa jẹ. Kí á dẹ̀ máa mu omi dáadáa, ó kéré tán, látàárọ̀ di ilẹ̀ ṣú, a gbọ́dọ̀ mu omi lítà mẹ́rin, lítà mẹ́ta sí mẹ́rin kí ó tó di wí pé ilẹ̀ máa ṣú. Báwo la ṣe máa wọ̀n-ọ́n? Omi inú ọ̀rá kọ̀ọ̀kan, ó kéré tán, tí a bá mu bíi mẹ́jọ rẹ̀ kí ilẹ̀ tó ṣú, kò tí ì pọ̀jù. Ṣùgbọ́n ẹ̀rù máa ń bà wá torí wí pé a ó ma lọ tọ̀ ní ẹ̀mẹwàá, rárá. Pé à ń lọ tọ̀ yẹn, kò túmọ̀ sí wí pé kí a má mu omi. A lè mú ike omi kí a máa rọ ọ́ sí i. Kí á fi lè mọ̀ pé ṣé lóòtọ́ ni mò ń mu omi. Ẹ ó ri wí pé tí a bá ń yẹ ìtọ̀ wa wò, mo máa ń sọ fún wa wí pé ìtọ̀ yín yìí ti pọ́n jù, ẹ ò mu omi dáadáa. Torí náà, ẹ jẹ́ ká mu omi dáadáa.

Bákan náà, nínú oyún yìí, a gbọ́dọ̀ mójú tó ìtọ́jú ara wa. Kí á wẹ̀, ó kéré tán, ẹ̀ẹ̀mejì lójúmọ́. Kí á fọ gbogbo àwọn àwọ̀tẹ́lẹ̀ wa, àwọn aṣọ tí a bá máa wọ̀ náà, kí ó mọ́ tónítóní. Irun orí wa, ẹ jẹ́, mo mọ̀ pé gbogbo àwa tí a wà níbí yìí, irun orí wa rẹwà dáadáa. Kí á ṣe é kó rẹwà, kí àwa náà dùn-ún wò. Àyíká wa náà, kí a tọ́jú ẹ̀. Kí ó má jẹ̀ wí pé inú ilé wa máa dọ̀tí àbí kó jẹ́ wí pé nígbà tí a bá ń múra láti bímọ nìkan la máa ṣẹ̀ṣẹ̀ tọ́jú inú ilé. Oyún wa ò ní kí á má gbálẹ̀ inú ilé o, kò ní kí á má gbálẹ̀ àyíká. Ṣé ohun tí mò ń sọ yẹn yé wa? Kò ní kí á má f'ọṣọ, kò dẹ̀ ní kí á má dàná. Torí náà, ẹ jẹ́ kí á tọ́jú àyíká wa.

Ẹ̀fọn ò gbọdọ̀ máa jẹ wá. Ẹ ó ri wí pé à ń fún wa ni ẹ̀wọ̀n apẹ̀fọn kí ẹ̀fọn má bàá rí ààyè jẹ wá. Tó bá dẹ̀ jẹ́ wí pé a ní àìsàn ibà, ó ti ní òògùn tí à ń fún wa. A dẹ̀ tún fún wa ní àwọn òògùn kan náà, Fansider àbí tó bá ṣá à ti jẹ́ mẹ́tamẹ́ta yẹn tí a máa ń fún wa pé kí á lò ó, ẹ̀ẹ̀kan lóṣù, ibà ò ní lè wá. A máa dá a dúró lónì torí a ò lè sọ gbogbo rẹ̀ tán. Tí a bá tún wá ní ìgbà míràn, a ó tùn máa tẹ̀síwájú níbi tí a ti parí rẹ̀ yìí.

Ẹ ṣe é, a dúpẹ́ o.

Ìbéèrè ló kù

**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 stop

2. Some go dey vomit

3. 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.