

Daryeelka Xiliga Uurka

Prenatal Care

Prenatal care is the health care you get while pregnant. Schedule a prenatal visit as soon as you think that you are pregnant. These visits help you have a healthy pregnancy and can help find problems before they become serious for you or your baby. Your doctor will want to see you about every 4 weeks for the first 6 months of pregnancy. You will need to see your doctor more often during the last three months of pregnancy.

This is a guide. If you have problems, the doctor may want to see you more often or do more tests.

What to Expect at Your Prenatal Visits

Your First Visit

Your first visit will be your longest visit. During this visit:

- Your height, weight and blood pressure are checked.
- Your blood is drawn to check for diseases and low iron levels.
- You will need to give a urine sample to check for infection, sugar and protein.

Daryeelka xiliga uurka waa daryeel caafimaad oo aad helayso intaad uurka leedahay. Qabso balanta daryeelka uurka sida ugu dhaqsiiyaha badan markaad isdhahdo uur ayaad leedahay. Booqashooyinka waxay kaa caawin doonaan inaad leedahay uur caafimaad qaba waxayna kaa caawin karaan in la oggaado dhibaatooyinka kahor inta aysan halis saaid ah ku noqon adiga ama cunugaaga. Dakhtarkaagu wuxuu kaa codsan doonaa inuu ku arko mar 4 tii asbuucba 6 da billood ee ugu horeysa xiliga uurka. Waxaad u baahnaan doontaa inaad marar badan u tagto dakhtarka inta lagu jiro saddexda billood ee ugu danbeeya xiliga uurka.

Kani waa tilmaamo. Haddii aad qabto dhibaatooyin, dakhtarku wuxuu kaa dooni karaa inuu ku arki marar badan ama uu sameeyo baaritaano badan.

Waxyaabaha aad ka filan karto Booqashooyinkaaga Daryeelka Uurka

Booqashadaada Koowaad

Booqashadaada koowaad waxay noqon doontaa booqashada ugu dheer. Inta lagu jiro Booqashadaan:

- Waxaa la hubin doonaa dheerarkaaga, culeyskaaga iyo cadaadiska dhiigaaga.
- Waxaa lagaa qaadi doonaa dhiig si lagaaga baaro xanuuno iyo in heerarka ayroonku hooseeyaan.
- Waa inaad iska qaado muunad kaadi ah si looga baaro caabuq, xanuunka sonkorta iyo borotiin.

- You will be given a due date, an estimate of the day your baby will be born.
- You will be asked questions about you, your partner, family members, and medicines and herbs you are taking.
- Your doctor will do a physical exam including a pelvic exam with pap smear.
- The doctor will tell you to start taking a prenatal vitamin with folic acid.
- Make an appointment for your next visit.

At All Prenatal Visits

- Your blood pressure, weight, urine and general health are checked.
- Your baby's heart rate and growth are checked.
- Other tests such as a blood test or an ultrasound may be done.
- Ask questions and share any concerns about yourself and your baby.

Tests

There are routine tests that are suggested for all women to monitor the health of you and your baby. Talk to your healthcare provider if you have any questions or concerns. Common tests include:

- **Blood tests check for:**
 - Blood type

- Waxaa lagu sheegi doonaa taariikhda uu ku egyahay, qiyaas ahaan maalinta uu ilmahaagu dhalan doono.
- Waxaa lagu waydiin doonaa su'aalo ku saabsan adiga, lamaanahaaga, xubnaha qoyskaaga, iyo daawooyinka iyo waxyaabaha dabiiciga ah ee aad qaadata.
- Dakhtarkaagu wuxuu sameyn doonaa baaritaan jirka ah oo ay kamid yihiin baaritaanka miskaha gaar ahaan baaritaanka kansarka lagu oggaado.
- Dakhtarku wuxuu kuu sheegi doonaa inaad billoowdo qaadashada feetamiinka daryeelka uurka ee folic acid-ka.
- Qabso balanya booqashadaada xigta.

Dhammaan Booqashooyinka Daryeelka Xiliga Uurka

- Waxaa la hubin doonaa caadadiska dhiigaaga, culeyskaaga, kaadidaada iyo caafimaadka guud.
- Waxaa la hubin doonaa kobaca iyo garaaca wadnaha ee cunugaaga.
- Waxaa la sameyn karaa baaritaano kale sida baaritaanka dhiiga ama kan ultrasound ka.
- Waydii su'aalo una sheeg walaac kasta oo aad ka qabto naftaada iyo cunugaaga.

Baaritaanada

Waxaa jira baaritaano joogto ah oo loo soo jeediyo in dhammaan dumarku sameeyaan si loola socdo caafimaadkaaga iyo caafimaadka cunugaaga. La hadal dakhtarkaaga caafimaadka haddii aad wax su'aalo ah ama walaacyo ah qabto. Baaritaanada inta badan la sameeyo waxaa kamid ah:

- **Baaritaan dhiig oo laga baaro:**
 - Nooca dhiiga

- › A protein called Rh factor. This blood test checks to see if you are Rh positive or negative.
- › Iron level
- › Hepatitis B
- › Antibodies to show you are immune to German measles (rubella)
- › Antibodies to show you are immune to chickenpox (varicella)
- › Cystic fibrosis
- › Sickle cell anemia
- › Syphilis
- › HIV. Mothers can pass this infection to their babies during pregnancy, labor and breastfeeding. All pregnant women are encouraged to get this blood test. You may be asked to sign a consent form before the test. Test results are confidential.
- › Some types of birth defects in your baby. This test is called a quad screen and is a group of blood tests that check for increased risk of some types of birth defects in your baby. This test includes an alpha fetoprotein (AFP) test. The quad screen is done between 15 and 20 weeks of pregnancy.
- **One-Hour Glucose Challenge or Glucose Screening** This test measures your body's response to glucose (sugar) to check for gestational diabetes. It is done for all pregnant women between 24 to 28 weeks of pregnancy. However, if you have certain risk factors your doctor may have you take the test earlier. To complete the test, you must drink a
 - › Borotiin loo yaqaan Nooca Rh Baaritaankaan dhiiga waxaa lagu oggaadaa in dhiigaagu yahay nooca Rh ee borotiinka leh ama nooca aan borotiinka lahayn.
 - › Heerka Ayroonka
 - › Cagaarshoowga B
 - › Antiboodhig muujinaaya inaad qabin German measles (rubella)
 - › Antiboodhig muujinaaya inaad qabin bus-bus (varicella)
 - › Cudurka Cystic fibrosis
 - › Xanuunka Dhiig yaraanta
 - › Caabuqa isfiilatada
 - › HIV. Hooyooyinku waxay caabuqaan u gudbin karaan ilmahooda inta ay uurka ku jiraan, xiliga dhalmada iyo xiliga ay naasnuujinayaan. Dhammaan dumarka uurka leh waxaa lagula talinayaa inay maraan baaritaankaan dhiiga. Waxaa lagaa codsan karaa inaad saxiixdo foom oggolaansho kahor intaadan marin baaritaanka. Natiijada baaritaanku waa qarsoodi.
 - › Qaar kamid ah ciladaha dhalmada ee cunugaaga. Baaritaankaan waxaa loo yaqaan baaritaanka xogta uurka waana kooxo baaritaan dhiig ah oo lagu ogaado halista sii kordhaysa ee noocyada ciladaha xiliga uurka ee cunugaaga. Baaritaankaan waxaa kujira baaritaanka alfa fetoprotein (AFP). Baaritaanka xogta uurka waxaa la sameeyaa inta u dhaxeysa asbuucyada 15 aad iyo 20 aad xiliga uurka.
- **Baaritaanka Heerka Sonkarta Jirka ama Baaritaanka Sonkorta ee La sameeyo Kadib markaad wax cabto hal saac-kadib** Baaritaankaan wuxuu qiimeeyaa sida jirkaagu oga falceliyo guluukoosta (sonkorta) si loo oggaado xanuunkan sonkorta xiliga uurka. Waxaa laga qaadaa dhammaan dumarka uurka leh marka uurkoodu u dhaxeeyo asbuucyada 24

special soda that has a large amount of sugar. Then you will have your blood drawn in exactly one hour. If your test results are not normal, you may need a second test, a 3-hour glucose tolerance test (GTT).

- **Amniocentesis** - This test checks for genetic diseases and is often done between 15 and 20 weeks of pregnancy. The doctor puts a needle through the woman's abdomen to remove a small amount of amniotic fluid. The fluid is sent to a lab for testing.
- **Chorionic Villus Sampling (CVS)** - This test is an alternative to the amniocentesis test. A sample of cells is removed from the placenta to check for genetic diseases. This test can be done earlier in pregnancy (at 10 to 12 weeks), but the risks of this test are higher.
- **Group B Streptococcus (GBS)** - GBS is a common bacteria found in the vaginas of women. It can cause infection in the baby. This test involves swabbing the vagina and rectum, usually between 35 and 37 weeks of pregnancy.

aad iyo 28 aad. Hase yeeshee, haddii aad qabto halis gaar ah oo dakhtarkaagu wuxuu u baahnaan karaa inuu sameeyo baaritaanka isla markiiba. Si aad u dhameystirto baaritaanka, waa inaad cabto cabitaanka soodhada oo gaar ah lehna sonkor aad u badan. Markaas kadib waxaa lagaa qaadayaa dhiig marka hal saac kasoo wareegato. Haddii baaritaankaagu uusan caadi ahayn, waxaa lagaa qaadi karaa baaritaan labaad, glucose tolerance test (GTT, baaritaanka sonkorta ee lagu oggaado inaad qabto cudurka sonkorta) ee 3-da saacadood.

- **Baaritaanka Lagu Oggaado Xaalada Ilmaha (Amniocentesis)** - Baaritaankaan waxaa lagu oggaadaa xanuunada hidaha ah waxaana badanaa la sameeyaa inta u dhaxeysa asbuuca 15 aad iyo 20 aad xiliga uurka. Dakhtarku wuxuu cirbad geliyaa uur kujirta haweeneyda si uu oga soo qaado cadad ah oo dheecaan ah. Dheecaanka waxaa loo diraa shaybaarka si baaritaan loogu sameeyo.
- **Chorionic Villus Sampling (CVS, Baaritaanka Xiliga Uurka ee Lagu Oggaado Xanuunada Hidaha ah)** - Waa baaritaan waxaa loo adeegsan karaa badelka baaritaanka lagu oggaado xaalada ilmaha (Amniocentesis). Muunad unugyo ah ayaa laga soo qaadaa mandheerta si looga baaro xanuunada hidaha. Baaritaankaan waxaa la sameyn karaa billoowga xiliga uurka (marka uurku gaaro 10 illaa 12 asbuuc), laakiin halista baaritaankaan waa aadbay u sareysaa,
- **Group B Streptococcus (GBS, Bakteeriyo dabiici ah oo aan inta badan waxyeelo lahayn)** - GBS waa bakteeriya oo inta badan laga helo xubinta taranka dumarka. Waxay ilmaha ku sababi kartaa caabuq. Baaritaan waxaa loo adeegsadaa dheecaan laga soo qaado xubinta taranka dumarka iyo malawadka, caadiyan waxaa la qaadaa inta u dhaxeysa asbuuca 35 aad iyo 37 aad xiliga uurka.

- **Tests to monitor fetal health:**

- › Fetal Movement Count – This test is done at home. You lie on your side and count how long it takes your baby to have 10 movements.
- › Ultrasound – You will have at least 1 ultrasound during your pregnancy, often at 18 to 20 weeks of pregnancy. Your doctor may want to do more ultrasounds to check your baby's growth or condition.
- › Doppler Ultrasound – This test is done to check blood flow to the baby.
- › Non-Stress Test – This test measures the baby's heart rate in response to his or her movements. This test is painless and involves putting patches on the mother's abdomen.
- › Biophysical Profile – This test involves monitoring the baby's heart rate as well as doing an ultrasound.

- **Baaritaan lagula soconaayo caafimaadka ilmaha uurka kujira:**

- › La socoshada Dhaqdhaqaaqa Ilmaha uurka kujira – Baaritaankaan waxaa lagu sameeyaa guriga. Waxaad u jiifsanaysaa gees-gees waxaadna tiranaysaa inta jeer ee ilmahaagu ku qaadato inuu sameeyo 10 dhaqdhaqaaq.
- › Baaritaanka Ultrasound – Waxaad mari doontaa ugu yaraan 1 baaritaan oo ah ultrasound inta aad uurka leedahay, badanaa waxaa la qaadaa asbuucyada 18 aad illaa 20 aad xiliga uurka. Dakhtarkaagu wuxuu dooni karaa inuu kaa qaado baaritaan ultrasounds oo dheeraad ah si uu u fiiriyo kobaca ilmahaaga ama xaaladiisa.
- › Baaritaanka Ultrasound ee lagu oggaado qulqulka dhiiga ilmaha – Baaritaankaan waxaa loo sameeyaa in lagu ogaado qulqulka dhiiga ilmaha.
- › Baaritaanka lagu oggaado falcelinta ilmaha (Non-Stress Test) – Baaritaankaan waxaa lagu oggaadaa garaaca wadnaha ilmaha oo jawaab celin u ah dhaqdhaqaaqeeda ama dhaqdhaqaaqiisa. Baaritaan wax xanuun ah maleh waxaana la sameeyaa ayadoo xaashi lagu dhejinaayo uur kujirta hooyada.
- › Baaritaanka Ilmaha ee lagu ogaado garaaca wadnaha (Biophysical Profile) – Baaritaanka waxaa lagula socdaa garaaca wadnaha ilmaha ayadoo sidoo kale la sameynaayo baaritaanka ultrasound.

- Modified Biophysical Profile – This test involves monitoring the baby's heart rate as well as doing an ultrasound. Amniotic fluid is also checked.
- Contraction Stress Test – This test measures the baby's heart rate when the uterus contracts.
- Baaritaanka dheecaanka amnioticfa (Modified Biophysical Profile) – Baaritaanka waxaa lagu socdaa garaaca wadnaha ilmaha ayadoo sidoo kale la sameynaayo baaritaanka ultrasound. Sidoo kale waxaa la hubiyaa dheecaanka Amniotic-ga.
- Baaritaanka lagu oggaado in ilmaha caafimaad qab ku dhalan karo kadib foosha – Baaritaankaan waxaa lagu oggaadaa garaaca wadnaha ilmaha marka ilma galeenka ciriiri noqdo.

At anytime during your pregnancy, call your doctor right away if:

- Your membranes or bag of water break or leak.
- You have any vaginal bleeding.
- You have cramping or contractions that occur more than 4 to 6 times in an hour.
- You notice a decrease in your baby's movement
- You have a headache that won't go away.
- You have vision changes, such as blurred, tunnel or double vision.

Waqti kasta oo kamid ah inta lagu jiro xiliga uurkaaga, wac dhakhtarka isla markiiba haddii:

- Xuubkaaga ama ay biyo hoos ka yimaada ama wax kaa soo daata aad isku aragto.
- Aad isku aragto dhiig bax ka imaanaya xubinta taranka.
- Aad isku aragto calool xanuun ama ciriiri aad dareemeyso wax ka badan 4 illaa 6 jeer halkii saacba.
- Aad dareento dhaqdhaqaaqa ilmahaaga oo hoos u dhacay.
- Aad isku aragto madax xanuun aan kaa baaba'een.
- Aad isku aragto in aragu kugu yaraadaym sida cawd ilmaha kaa saarma, sagxada oo god kula noqota ama haddii wax kasta labo wax kula noqdaan.