

Ultrasound in Pregnancy

An ultrasound is a test that uses sound waves to look at your baby, the uterus and the placenta. You will be able to hear your baby's heartbeat and pictures will be seen on the screen. An ultrasound is not an x-ray and does not cause pain. This test takes about 20 minutes and will be done in your doctor's office or clinic.

An ultrasound is used to:

- Check the due date.
- Check the baby's growth and weight.
- See if there is more than one baby.
- Look for signs of birth defects. If it shows that there might be a birth defect, other tests will be done.
- Look for causes of bleeding or other problems.
- Check the baby's position late in pregnancy.

Although the baby's genital area may be seen, ultrasounds are not done to find the baby's sex. You will be asked if you want to know the sex of the baby if an ultrasound is done. Ultrasound does not always show the sex of a baby.

To Prepare

- You may be asked to drink 1-2 glasses of water before the test so your bladder is full. If so, do not urinate until after the test.

Ultrasound-ka Uurka

Ultrasound waa baaritaan isticmaala mowjado dhawaaq si loo eego ilmahaaga, ilmo galeenka iyo mandheerta. Waxaad awoodi doontaa in aad maqasho garaaca wadnaha ilmahaaga isla markaana sawirro ayaa lagu arki doonaa shaashadda. Ultrasound ma ahan raajo xanuunna ma keento. Baaritaankan wuxuu qaadanayaa ilaa iyo 20 daqiiqadood waxaana lagu sameyn doonaa xafiiska takhtarkaaga ama rugta caafimaadka.

Ultrasound waxaa loo isticmaalaa si:

- Loogu hubiyo taariikhda dhalidda.
- Loogu hubiyo koritaanka iyo miisaanka ilmaha.
- Loogu arko haddii ay jiraan wax ka badan hal canug.
- Loogu eego calaamadaha cilladaha lagu dhasho. Haddii ay muujiso in ay jiri karayaan cillado lagu dhasho, baaritaanno kale ayaa la sameyn doonaa.
- Loogu eego sababaha dhiig baxa ama dhibaatooyinka kale keena.
- Loogu hubiyo booska ilmaha goor danbe oo uurka ka mid ah.

Inkastoo meesha cawrada ilmahaaga laga yaabo in la arko, ultrasounds looma sameeyo in lagu ogaado jinsiga ilmuhu uu yahay. Waxaa lagu weydiin doonaa haddii aad dooneysid in aad ogaatid jinsiga uu ilmuhu yahay haddii ultrasound la sameeyo. Ultrasound mar kasta ma muujiso jinsiga uu ilmuhu yahay.

Si aad isu diyaarisid

- Waxa laga yaabaa in lagaa codsado in aad cabtid 1-2 koob oo ah biyo ka hor baadhitaanka si kaadi-haystaadu u noqoto mid buuxda. Haddii ay buuxdo, ha kaajin ilaa ka dib baadhitaanka.

During the Test

- You will lie on a table with your stomach uncovered.
- Warm gel is put on your skin. A wand is moved across the gel to take pictures.
- You will be able to see the pictures on the screen.
- The staff will talk to you about the pictures.

Talk to the staff if you have any questions or concerns.

Wagtiga Baaritaanka

- Waxaad ku seexan doontaa miis iyadoo calooshaadu aysan daboolneyn.
- Gel diirran ayaa maqaarka lagaa marinayaa. Bir ayaa lagu kala fidinayaa gel-ka si sawirro loo qaado.
- Waxaad awoodi doontaa in aad sawirrada ka aragto shaashadda.
- Shaqaaluhu waxay kaala hadli doonaan wax ku saabsan sawirrada.

La hadal shaqaalaha haddii aad wax su'aalo ama walaac ah qabto.

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