

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 every 4-6 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** 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 be asked if you want to test for HIV.
 - You will need to give a urine sample to check for infection, sugar and protein.
 - 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.

Daryeelka Dhalmada ka Hor

Daryeelka dhalmada ka horreeya waa daryeel caafimaad oo aad heleysid inta aad uurka leedahay. Qorsheyso booqasho dhalmada ka horreysa isla marka ay kula noqoto in aad uur leedahay. Booqashooyinka waxay kaa caawinayaan in aad uur caafimaad leh lahaato waxaana lagu ogaan karaa dhibaatooyinka ka hor inta aysan kuwo daran kugu noqon adiga ama ilmahaaga. Takhtarkaaga wuxuu dooni doonaa in uu ku arko 4-6 toddobaad ee kastaba mar 6-da bilood ee ugu horreysa ee uurka. Waxaad u baahan doontaa in aad takhtarkaaga aragto in badan waqtiga saddexda bilood ee ugu danbeysa uurka.

Kani waa tusiye. Haddii aad dhibaatooyin qabto, takhtarku waxaa laga yaabaa in uu rabo in uu ku arko in badan ama baaritaan badan kugu sameeyo.

Maxaa laga filayaa Booqashooyinkaaga Dhalmada ka Horreeya

- **Booqashadaada ugu horreysa** waxay noqon doontaa booqashada ugu dheer. Waqtiga booqashadan:
 - Waxaa lagaa hubinayaa dhererkaaga, miisaanka iyo cadaadiska dhiigga.
 - Dhiig ayaa lagaa qaadayaa si lagaaga baaro cudur iyo heerar hooseeya ee birta ama feerada. Waxaa lagu weydiin doonaa haddii aad dooneysid in lagaa baaro HIV.
 - Waxaad u baahan doontaa in aad sambal kaadi ah geysa si looga baaro jeermis, sonkor iyo borotiin.
 - Waxaa lagu siin doonaa taariikhda aad dhaleysid, qiyaasta maalinta laga yaabo in uu ilmuhu dhasho.
 - Waxaa lagu weydiin doonaa su'aalo adiga, lammaanahaaga, qoyskaaga, iyo daawooyinka iyo daawo geedoodka aad qaadata ku saabsan.
 - Takhtarkaagu wuxuu kugu sameyn doonaa imtixaan jidh ahaaneed oo ay ku jiraan imtixaan sinaha ah oo uu la socdo dariiqada lagaga baadho kansarka ilma galeenka ee pap smear.
 - Takhtarku wuxuu kuu sheegi doonaa in aad billowdo qaadashada fitamiin leh 'folic acid' dhalmada ka hor.
 - Ballan u sameyso booqashadaada ku xigta.

- **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**

You may have the following tests:

 - **Blood tests** to check for:
 - Blood type
 - Iron level
 - Syphilis
 - Hepatitis B
 - Rubella
 - Alpha-fetoprotein (AFP) test—This test checks for an increased risk of some types of birth defects in your baby. It is done between 15 to 20 weeks of pregnancy. If the test result is high, more testing will be done.
 - Rh factor test—This test checks to see if you are Rh positive or negative.
 - HIV—All women should consider getting a blood test to check for HIV. Mothers can pass this infection to their babies during pregnancy, labor and breastfeeding. Test results are confidential.
 - Sickle cell anemia

- Marka la joogo **booqashooyinka dhalmada ka horreeya oo dhan**:
 - Waxaa lagaa hubinayaa cadaadiska dhiigga, miisaanka, kaadida, iyo caafimaadka guud.
 - Xaddiga garaaca wadnaha ilmahaaga iyo koritaankiisa ayaa la hubinayaa.
 - Baaritaanno kale sida baarid dhiig ama ultrasound ayaa laga yaabaa in la sameeyo.
 - **Weydii su'aalo oo la qaybso wixii walaac ah ee adiga naftaada iyo ilmahaaga idinku saabsan.**

- **Baaritaannada**

Waxaa laga yaabaa in aad marto baaritaannada soo socda:

 - **Baaritaanno dhiig** si lagaaga baaro:
 - Nooca dhiigga
 - Heerka birta
 - Waraabow
 - Cagaarshowga ama Jooniska Nooca B (Hepatitis B)
 - Jadeeco
 - Baaritaanka Alpha-fetoprotein (AFP)—Baaritaankan waxaa lagu hubinayaa halis korodhtay ee noocyada cilladaha lagu dhasho qaarkood ee ilmahaaga. Waxaa la sameeyaa inta u dhexeysa 15 ilaa 20 toddobaad ee uurka. Haddii natiijada baaritaanku ay sarreyso, baaritaanno badan ayaa la sameyn doonaa.
 - Baaritaanka Rh factor—Baaritaankan waxaa lagu hubiyaa in lagu arko haddii Rh-kaagu uu jiro iyo haddii uusan jirin.
 - HIV—Haweenka oo dhan waa in ay tixgeliyaan in dhiigga laga baarayo si looga hubiyo HIV. Hooyooyinku waxay cudurkaan u gudbin karaan ilmahooda waqtiga uurka, foosha iyo naas nuujinta. Natiijooyinka baaritaanku waa qarsoodi.
 - Dhiig yarida unugga Sikal loo yaqaanno

— **Ultrasound**

You will have at least 1 ultrasound during your pregnancy. Your doctor may want to do more ultrasounds to check your baby's growth or condition.

— **Amniocentesis**

This test checks for genetic diseases and is often done between 15 and 18 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.

— **Glucose tolerance test (GTT)**

Between 24 and 28 weeks of pregnancy, you will be tested for high blood sugar in pregnancy, called gestational diabetes. You will be given a sweet soda to drink and then samples of your blood will be taken.

— **Non-stress test**

This test records your baby's heart rate on a special machine. This test is painless and involves putting patches on your abdomen.

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 4-6 times in an hour.

— **Ultrasound**

Waxaad ugu yaraan mari doontaa 1 ultrasound waqtiga uurkaaga.

Takhtarkaagu waxaa laga yaabaa in uu doonayo in uu sameeyo ultrasound-
yo badan si uu u hubiyo koritaanka ama xaaladda ilmaha.

— **Amniocentesis**

Baaritaankaan waxaa lagu hubiyaa cudur hiddo-side waxaana badanaa la
sameeyaa inta u dhexeysa 15 iyo 18 toddobaad ee uurka. Takhtarku wuxuu
cirbad gelinayaa caloosha haweeneyda si uu u soo saaro dheecaan xoogaa ah
oo yar ee unugyada ilmaha ku hareereysan (amniotic). Dheecaanka waxaa
loo dirayaa shaybaar si loo baaro.

— **Baaritaanka u dulqaadashada sonkorta (Glucose tolerance test (GTT))**

Inta u dhexeysa 24 iyo 28 toddobaad ee uurka, waxaa lagaa baari doonaa
sonkor dhiig oo sarreysa ee uurka, oo loo yaqaanno sonkorowga uurka
(gestational). Waxaa lagu siin doonaa cabitaan macaan si aad u cabto ka
dibna sambal dhiig ah ayaa lagaa qaadi doonaa.

— **Baaritaanka diiqo la'aanta**

Baaritaankaan wuxuu makiinad gaar ah ku diiwaan gelinayaa xaddiga
garaaca wadnaha ilmahaaga. Baaritaankan xanuun ma lahan wuxuuna ku lug
leeyahay gaballo sharooto ah oo caloosha lagaaga dhejiyo.

Waqti kasta oo uurkaaga ka mid ah, **isla markiiba** takhtarka horey ka
wac haddii:

- Xuubkaagu ama kiishka biyuhu dillaaco ama dalooshamo.
- Wax dhiig ahi siilka kaa yimaado.
- Aad casiraad ama maroojin isku aragto taasoo ku qabanaysa in ka badan 4-6
goor saacad gudeheeda.

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