

Signs of Labor

Learn the signs labor so that you know when to call your doctor and go to the hospital for delivery. If you have any signs of labor before 36 weeks or 9 months of pregnancy, **call your doctor right away**.

The signs of labor are contractions and rupture of membranes.

Contractions

Contractions occur when the muscles of the uterus tighten and relax as the uterus prepares for delivery.

- **False Labor Contractions**

These often occur during the last month of pregnancy. They:

- Are irregular.
- Do not get closer together and may stop after an hour or so.
- Are not often felt in your back.
- Stop with walking.
- Do not get more painful over time.
- Do not cause the cervix to change.

- **True Labor Contractions**

- Occur at regular times and last 30-60 seconds.
- Get closer together and more painful over time.
- May be felt in the lower back and lower abdomen.
- Continue or increase with walking.
- Help the cervix to soften, thin, and open for delivery.

Calaamadaha Foosha

Baro calaamadaha foosha si markaas aad u ogaato goorta aad wacayso taktharka aadna isbitaalka dhalmo u aadaysid. Haddii aad wax calaamado ah oo fool aad isku aragto 36 toddobaad ka hor ama 9 bilood uurka, **isla markiiba wac takhtarkaaga.**

Calaamadaha fooshu waa maroojin iyo dillaacida xuubka.

Maroojinta

Maroojintu waxay dhacdaa marka murqaha ilmo galeenku ay giigsamaan ayna is kala dabciyaan maadaama uu ilmo galeenku isu diyaarinayo dhalmo.

• **Maroojinta Foosha Beenta ah**

Kuwaani waxay dhacaan waqtiga bisha ugu danbeysa ee uurka. Waxay yihiin:

- Kuwo aan is dabajoog ahayn.
- Isuma soo dhawaadaan waxaana laga yaabaa in uu joogsado saacad ka dib ama sidaasoo kale.
- Badanaa lagama dareemo dhabarka.
- Waxay joogsadaan marka la socdo.
- Xanuunku waqti ka dib ma sii kordho.
- Ma sababo inuu ilmo galeenku isbeddelo.

• **Maroojinta Foosha ee Saxda ah**

- Waxay dhacaan waqtiyo is daba joog ah waxayna ku dhammaadaan 30-60 ilbidhiqsi.
- Way isu dhowaadaan waqti ka dibna xanuunku wuu sii bataa.
- Waxaa laga yaabaa in laga dareemo dhabarka hoose iyo uur ku jirta hoose.
- Wuu sii socdaa ama sii kordhaa marka lala socdo.
- Ilmo galeenka ayaa ka caawiyaa in uu jilco, khafiif noqdo, una u furmo dhalidda.

- **What to Do**

If you think you are in labor:

- Rest, if possible, on your left side.
- Eat or drink only light foods.
- Time your contractions with a watch. If one contraction starts at 9:10 and the next starts at 9:16, they are 6 minutes apart.
- Call your doctor, clinic or hospital when contractions are:
 - 5 minutes apart for 2 hours for the first pregnancy
 - 5 minutes apart for 1 hour for other pregnancies
 - As directed by your doctor or clinic.
- Go to the hospital.

Rupture of Membranes

Rupture of membranes, called water break, is the trickle or gush of fluid from the vagina after the bag of fluid around the baby breaks. The fluid is often clear, but it may be white or green. The bag of water can break at any time. It may break before you feel any contractions and may leak during a contraction.

- **What to do**

- If you think your water has broken, call your doctor and go to the hospital.
- Do not take a bath or put anything into your vagina.
- You may wear a pad.

Talk to your doctor or nurse if you have any questions or concerns.

- **Maxaa la Sameeyaa**

Haddii ay kula tahay in ay fool ku hayso:

- U seexo, haddii ay suuragal tahay, dhinacaaga bidix.
- Cun ama cab cuntooyin fudud oo keliya.
- Maroojinta saacad u fiiri. Haddii hal maroojin ay billaabato 9:10 tan ku xigtana ay billaabato 9:16, waxaa u dhexeeya 6 daqiiqadood.
- Wac takhtarkaaga, rugta caafimaadka ama isbitaalka marka maroojintu ay:
 - U dhexeyso 5 daqiiqadood ilaa 2 saacadood uurka ugu horreeya
 - U dhexeyso 5 daqiiqadood ilaa 1 saac uurarka kale
 - Sida uu takhtarkaaga ama rugta caafimaadku ay ku faren.
- Isbitaalka aad.

Dillaaca Xuubka

Dillaaca xuubka, oo loo yaqaanno biyaha soo jabay, waa dheecaan dhibco ama burqan ah oo siilka ka yimaada marka uu kiish dheecaan ah oo ilmaha ku hareereysan uu dillaaco. Dheecaanku badanaa waa mid biyo cad ah, laakiin waxaa laga yaabaa in uu cad yahay ama cagaaran yahay. Kiishka biyaha ahi waqti kasta ayuu dillaaci karaa. Waxaa laga yaabaa in uu dillaaco ka hor inta aadan dareemin maroojinta waxaana laga yaabaa in uu soo daato waqtiga maroojinta.

- **Maxaa la sameeyaa**

- Haddii ay kula tahay in biyahaagii soo dillaaceen, wac takhtarka isbitaalkana aad.
- Ha qubeysan waxna ha iska gelin siilka.
- Waxaad xidhan kartaa suufka dhiigga.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.

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