

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 to 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

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.
- 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.

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. Booqashooyinkan waxay kaa caawinayaan in aad uur caafimaad leh lahaato waxana la ogaan karaa dhibaatooyinka ka hor intaanay kuwo daran kugu noqon adiga ama nunahaaga. Dhakhtarkaaga wuxuu dooni doonaa in uu ku arko 4 ilaa 6 toddobaad ee kastaba mar 6-da bilood ee ugu horreysa ee uurka. Waxaad u baahan doontaa in aad dhakhtarkaaga 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 Horeysa

Booqashadaada ugu horeysa waxay noqon doontaa booqashada ugu dheer. Waqtiga booqashadan:

- Waxaa lagaa hubinayaa dhererkaaga, miisaanka iyo cadaadiska dhiigga.
- Dhiig ayaa lagaa qaadayaa si lagaaga baaro cuduro iyo heerar hooseeya ee birta ama feerada.
- 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 qaadato ku saabsan.

- 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

You may have these tests:

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

- Dhakhtarkaagu wuxuu kugu sameyn doonaa baadhitaan jidh ahaaneed oo ay ku jiraan baadhitaan qaybta sare ee xubinta taranka haweenka oo uu la socdo dariiqada lagaga baadho kansarka ilma galeenka ee loo yaqaan pap smear.
- Dhakhtarku wuxuu kuu sheegi doonaa in aad billowdo qaadashada fitamiin leh ‘folic acid’ dhalmada ka hor.
- Ballan u sameyso booqashadaada ku xigta.

Marka la joogo booqashooyinka dhalmada ka horeeya 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
 - ▶ Borootiin loo yaqaano “Rh factor.” Baadhitaankan dhiig waxa uu hubinayaa inaad tahay Rh togan ama Rh taban.
 - ▶ Heerka birta
 - ▶ Joonis/cagaarshow Nooca B
 - ▶ Antibodhiyo si loo ogaado in aanad qaadi karin jadeeco Jarmal (rubella)
 - ▶ Antibodhiyo si loo ogaado in aanad qaadi karin busbus (varicella)
 - ▶ Ciladda Sistik Faybrowsi (Cystic Fibrosis)

- ▶ Sickle cell anemia
- ▶ Syphilis
- ▶ 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.
- ▶ Gestational diabetes. The test is called **Glucose Tolerance Test (GTT)** or **Glucose Screening Test**. It is done between 24 and 28 weeks of pregnancy to check for high blood sugar in pregnancy. You are given a sweet soda to drink and then samples of your blood are taken.
- ▶ 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.
- **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.

- ▶ Dhiig-yaraanta sikal seel (sickle cell)
- ▶ Waraabow
- ▶ Noocyada ciladaha lagu dhasho oo laga baadho ilmahaaga. Baadhitankan waxa loo yaqaano “**quad screen**” waana koox baadhitaano dhiig oo lagu baadhayo in ilmahaagu halis dheeraad ah u yahay ciladaha lagu dhasho qaarkood. Baadhitaankan waxa ku jira baadhitaanka loo yaqaano “alpha fetoprotein (AFP)”. Baadhitaanka “quad screen” waxa la sameeyaa inta u dhexeysa 15 iyo 20 todobaad oo uur ah.
- ▶ Sonkorta Uurka. Baadhitanka waxa la yidhaahdaa **Baadhitaanka Xamilaadda Gulukoosta (Glucose Tolerance Test) (GTT)** ama **Glucose Screening Test**. Waxa la sameeyaa inta u dhexeysa 24 iyo 28 todobaad oo uur ah si loo hubiyo sonkor dhiig oo sareysa inta uurku jiro. Waxa lagu siinayaa cabitaan soodha oo macaan ka dibna waxa lagaa qaadaya qaybo dhiig ah.
- ▶ HIV. Hooyooyinku waxay cudurkan u gudbin karaan ilmahooda inta ay uurka leeyihiin, wakhtiga foosha iyo naas-nuujinta. Dhamaan haweenka uur leh waxa lagu dhiirigalinayaa in loo sameeyo baadhitaankan dhiig. Waxa lagu weydiisan karaa inaad saxeexdid warqad oggalaansho ka hor baadhitaanka. Natiijooyinka baadhitaanku waa qarsoodi.
- **Baadhitaanka Dheecaanka Mandheerta (amniocentesis):** Baadhitaankan waxa lagu baadhayaa cudurada hidde ah waxana badanaa la sameeyaa inta u dhexeysa 15 iyo 20 todobaad oo uur ah. Waxa uu dhakhtarku irbad galinayaa caloosha haweenayda si loo soo qaado qadar yar oo ah dheecaanka mandheerta. Waxa dheecaanka loo diraa shaybaadh si loo soo baadho.
- **Baadhitaanka Xuubka Sare ee Mandheerta (Chorionic Villus Sampling) (CVS):** Baadhitaankani waxa uu beddelaad u yahay baadhitaanka dheecaanka mandheerta. Waxa qayb unugyo ah laga soo qaadaa mandheerta si looga baadho cudurada hidde ah. Waxa baadhitaankan la sameyn karaa inta uurku goor hore yahay (10 ilaa 12 todobaad), laakiin halista baadhitaankani waa uu sii sareeyaa.

- **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.
- **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.
 - ▶ 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.

- **Cudurka “Group B Streptococcus” (GBS):** GBS waa bakteeriya caam ah oo laga helo siilka. Waxa uu ilmaha u keeni karaa caabuq. Baadhitaankani waxa uu ka kooban yahay siilka iyo malawadka oo sgaat ka mariyo, taasoo ah badanaa inta u dhexeysa 35 ilaa 37 todobaad oo uur ah.
- **Baadhitaanada Lagula Soconayo Caafimaadka Uur-jiifka:**
 - ▶ Tirada Dhaqdhaqaaqa Uur-jiifka – Baadhitaankan waxa lagu sameyaa guriga. Waxa aad u jiiifsanaysaa dhinac oo aad tiranaysaa wakhtiga ay ilmaha uurka ku jira ku qaadanayso inuu sameeyo 10 dhaqaaq.
 - ▶ Baadhitaanka “Ultrasound” – Waxa lagu sameyn doonaa ugu yaraan hal “ultrasound” inta aad uur leedahay, badanaa inta u dhexeysa 18 ilaa 20 todobaad oo uur ah. Waxa dhici karta in dhakhtarkaagu uu damco inuu sameeyo tiro intaa ka badan oo ah “ultrasound” si loo hubiyo korniinka ama xaaladda ilmaha.
 - ▶ Baadhitaanka “Doppler Ultrasound” – Waxa baadhitaankan loo sameeyaa si loo hubiyo dhiigga u tagaya ilmaha.
 - ▶ Baadhitaanka “Non-Stress Test” – Waxa baadhitaankani cabirayaa garaaca wadnaha ee ilmaha uurka ku jira marka uu dhaqdhaqaaq sameeyo. Baadhitaankani ma laha xanuun waxana la adeegsadaa dhejisyo la saarayo caloosha hooyada.
 - ▶ Muuqaalka baayofisikal (biophysical profile) – Baadhitaankani waxa ka kooban yahay garaaca wadnaha ee ilmaha oo lala socdo iyo waliba baadhitaan “ultrasound” oo lagaa qaado.
 - ▶ Muuqaalka baayofisikal ee la beddelay – Baadhitaankan waxa uu ka kooban yahay garaaca wadnaha ilmaha oo lala socdo iyo waliba baadhitaan “ultrasound” oo lagaa qaado. Waxa kale oo la hubiyaa dheecaanka mandheerta.
 - ▶ Baadhitaanka Isku-ururidda (Contraction Stress Test) – Baadhitaankan waxa lagu cabiraa garaaca wadnaha ee ilmaha marka uurku isku ururo.

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.

Waqti kasta oo uurkaaga ka mid ah, isla markiiba dhakhtarka 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 ilaa 6 goor saacad gudeheeda.

2007 – 11/2011 Health Information Translations

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Prenatal Care. Somali.