

Oggoow Calaamadaha Foosha

Know the Signs of Labor

Learn the signs of labor so that you know when to call your doctor and go to the hospital for delivery.

Mucus plug

Some women have a release of cervical mucus that may have a slight pink color, or blood-tinged. This is called **passing a mucus plug or a bloody show**. This may be a sign that your body is preparing for delivery, but you do not need to call your health care provider.

Rupture of membranes (water breaks)

Rupture of membranes is the medical term for your water breaking. This is your amniotic fluid. It can be a gush or a slow trickle and should be a clear, slightly yellow color.

Often, a woman will go into labor soon after her water breaks. If this doesn't happen, your health care provider may talk with you about helping your labor along with medicine.

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.

Baro calaamadaha foosha si aad u ogaato marka ay tahay inaad wacdo dharkaaga aadna aado isbitaalka dhalmada.

Soo saarista xabka

Qaar kamid ah dumarka waxay soo saaraan xabka makaanka oo lahaan kara midab binki ah, ama dhibco dhiig ah. Kani waxaa la dhahaa **sii gudbinta xabka ama muujinta dhiiga**. Tani waxay noqon kartaa in jirkaagu isku diyaarinaayo dhalmo, laakiin uma baahnid inaad wacdo daryeel bixiyahaaga caafimaadka.

Dillaaca Xuubabka (Biyo dilaaca)

Dillaaca xuubabka waxaa eray caafimaad oo loo isticmaalo biyo dilaaca. Kani waa dheecaankaaga amniotic-ga. waxay noqon karaan dheecaan xawli ah iyo dheecaan tartiib ah cad, lehna midab xoogaa jaale ah.

Badanaa, haweeneydu way dhashaa isla markiiba marka biyuhu dilaacaan. Haddii taasi dhicin, dhaqtarka daryeel bixiyahaaga waxa uu kaala hadli karaa inaa kaa caawiyo foolmada aadna qaadato daawo.

Haddii aad isleedahay biyahaagii way dilaaceen, wac dhaqtarkaaga aadna isbitaalka. Ha qubeysan waxnana ha gelin siilkaaga. Waxaad xiran kartaa suufka cambarka.

Contractions

Contractions are the tightening and relaxing of muscles in the uterus. When labor starts, these muscles tighten and relax at a regular pace. They will get closer together and stronger, letting your body know that your baby is about to be born.

Sometimes, these muscle contractions are not regular, and they start and stop. They do not seem to get stronger and closer together, but stay about the same intensity. Your health care provider may describe these contractions as Braxton-Hicks or signs of false labor. These contractions are normal but can be uncomfortable.

False Labor Contractions

- Contractions are not regular
- Contractions stay about the same
- Contractions go away while resting

True Labor Contractions

- Contractions happen at regular times apart
- Contractions get stronger and closer together
- Contractions keep going while lying down

If you can no longer walk or talk through contractions, call your health care provider.

Cadaadiska

Cadaadisku waa isku imaanshaha iyo adkaanshaha murqaha ilmo galeenka. Marka fooshu bilaabato, murqahaas way isku imaadaan waxayna u debcaan si waafi ah. Si xoogaan ayay isku soodhawaadaan oo adag, waxayna jirkaaga ogeysiinayaan in ilmahaagu dhalanaayo.

Mararka qaar, cadaadiska murqahaas waxa ahaan wax joogto ah, way billoowdaan wayna joogsamaan. Uma muuqdaan inay adkaanayaan inay isku soodhawaanayaan, laakiin waxay usii joogaan qaab isku mid ah. Dhaqtarka daryeelkaaga ayaa ku qeexi kara cadaadiskaan ciriiriga foosha kahor ama calaamadaha foosha ee beenta ah. Cadaadiska waa wax iska caadi ah laakiin waxay sababi karaan deganaan la'aan.

Cadaadiska Foosha ee Beenta ah

- Cadaadisku ma ahan mid joogto ah
- Cadaadiska waxaad dareemeysaa waqti xoogaa ah
- Cadaadisku waa uu baaba'aa marka aad nasato

Cadaadiska Foosha ee Runta ah

- Cadaadiska waa mid joogto ah marar kala duwan
- Cadaadiska waa uu sii bataa waana uu soo dhawaadaa
- Cadaadiska waa uu siijiraa marka aad seexato

Haddii aadan lugeyn ama aadan ka hadlin cadaadiska, wac dhaqtarkaaga daryeel bixiyaha caafimaadka.

5-1-1 Rule

If contractions are happening every 5 minutes for the past hour and are at least 1 minute long, then you should go to the hospital.

You may need to go sooner than '5-1-1.' Call your doctor or midwife if you:

- Vomit with contractions
- Feel rectal pressure
- Are unable to walk or talk through contractions
- Think your water has broken
- Have vaginal bleeding
- Tested positive for Group B Strep and need time to get antibiotics at the hospital
- Progress quickly (Call 911 and get into a side-lying position if you are having an extremely fast labor!)

Before 37 Weeks

If you are having regular contractions (4 to 6 in one hour) before 37 weeks of pregnancy, call your health care provider right away.

Talk to your doctor or midwife if you have any questions or concerns. Your doctor or midwife may give you different instructions.

Sharciga 5-1-1

Haddii cadaadisku imaanaayo 5 tii daqiiqaba mar halkii saac ee lasoo dhaafay aadna ugu yaraan dareemayso muddo le'eg 1 saac, markaas waa inaad aado isbitaal.

Waxaad u baahan kartaa inaad aado waqti ka dhaw '5-1-1.' Soo wac dhakhtarkaaga ama umulisadaada haddii aad:

- Dareento matag leh cadaadis
- Dareento cadaadis uur kujirta ah
- Awoodi wayso inaad lugeyso ama hadasho cadaadiska daraadiis
- Isleedahay biyahaagii way dilaaceen
- Dareento dhiig kaa imaanaya siilka
- Lagaa helay bakteeriyada kooxda B Strep aadna isbitaalka ka rabto daawada antibiyootiga
- Dhaqso oo (wac 911 kadibna gees-gees u seexo haddii aad dareento foolasho aad u wayn!)

Kahor 37 Asbuuc

Haddii aad dareemeyso cadaadis joogto ah (4 illaa 6 jeer hal saac gudaheed) kahor 37 asbuuc ee uurkaaga, wac dhaqtarka daryeel bixiya caafimaadkaaga isla markiiba.

La hadal dhakhtarkaaga ama umulisadaada haddii aad qabtid wax su'aalo ah ama walaacyo ah. Dhaqtarkaaga ama umulisadaada waxay kusiin karaan tilmaamo gaar ah.