



Calaamaadka Dhibaatooyinka Uurka

Goorta l wacayo

Wac daryeel caafimaad bixiyahaaga islamarkiiba haddii aad yeelato wax ka mid ah astaamahaas digniinta ah.

Hore u dareemista iyo latacaalista mashaakilka waxa yaraanaya khatarta caafimaadka ilmahaaga iyo caafimaadkaaga adiga.

Astaamaha Digniinta ah ee Jirkaaga

- In dhiig ama dheecaan ka yimaad siilka
- In biyo ama dheecaan kaa yimaad siilka
- Ilma galeenka oo lagu maroojiyo 6 goor ama in ka badan saacadii haddii uurkaagu uu ka yar yahay 37 asbuuc

- Calaamadaha foosha muddada kahor:

- Sida caado in ay kaa imanayso lagu maroojiyo
- Dhabar xanuun yar, oo caajis ah
- Simanka oo ku cuslaada ama cadaadis kaa fuulo
- Caloosha oo lagu maroojiyo, oo aan shuban sidan
- Siilka waxa ka yimaada oo kugu bata ama noociisu isbeddelo
- Dareen guud oo aad dareento in “wax qaldan yihiin”



Wac daryeel caafimaad bixiyahaaga islamarkiiba haddii aad yeelato majiirn ama astaamo digniin ah oo kale.

- Calool xanuun kugu mudan oo aan istaageyn
- Xumad ka sareysa 100.4 °F (38 °C)
- Lalabo ama hunqaaco aan kaa tageyn
- Calaamado suurtagal ah ee dhiigkar (daqdi dhiig sarreeya), badiyaa kadib 20 usbuuc oo uur ah:
 - Gacmaha, wajiga, ama cagaha oo ku barara

- Madax-xanuun joogto ah oo aan ku tagayn nasasho, qaadashada acetaminophen (taylanool), iyo cabbitaan biyo
- Aragti haydh-haydha, hilaac indhaha maraya, ama dhibco ka muuqda indhaha hortooda
- Xanuun ama gubasho (ama labadaba) marka la kaadinayo
- Taabashada qof qaba jadeecada, jadeecada Jarmalka, busbuska, ama cudurro kale aad ka walwal qabtid, haddii aan hore lagaaga talaalin cudurradan

Astaamaha Digniinta ah ee Ilmahaaga

Waxa kale oo aad lasocotaa sida ilmahaagu u dhaqaaqo, oo wac dhakhtarkaaga haddii aad dareento hoos-udhac dhaqdhaqaaqa iyo xarakada caadiga ah ee ilmahaaga. Laga bilaabo 28 toddobaad noo uur, ilmahaagu waa inuu dhaqaaqo 10 jeer oo kala duwan muddo 2-saac ah maalin kasta.

Wixii macluumaad dheeraad ah ka fiiri *Uurka, Dhalmada-ilmaha iyo Dhawaan-dhaladka (Pregnancy, Childbirth and the Newborn)*.

Su'aalo?

Suaalahaagu waa muhiim. Haddii aad qabtid suaalo la xiriira astaamaha digniinta ee uurka, wac bixiyahaaga daryeelka caafimaadka saacadaha xafiiska.

Marka dhakhtarkaaga xafiiskiisu xiran yahay, ka wac UWMC Labor & Delivery (Foosha iyo Umusha):
206-598-4616

Warning Signs During Pregnancy

When to call

Call your health care provider right away if you have any of these warning signs. Noticing and dealing with problems early can often lower risks for you and your baby.

Your Body's Warning Signs

- Bleeding or spotting from your vagina
- A gush or leak of water from your vagina
- Uterine cramping or tightening 6 or more times an hour if you are less than 37 weeks pregnant
- Symptoms of preterm labor:
 - Menstrual-like cramping
 - Dull, low backache
 - Pelvic pressure or heaviness
 - Intestinal cramping, with or without diarrhea
 - Increase or change in the character of vaginal discharge
 - General feeling that “something is not right”
- Sharp, constant pain in your belly
- Fever over 100.4°F (38°C)
- Nausea or vomiting that will not go away
- Possible signs of pre-eclampsia (high blood pressure), usually after 20 weeks of pregnancy:
 - Sudden swelling of your face, hands, or feet
 - Constant bad headache that will not go away after resting, taking acetaminophen (Tylenol), and drinking water
 - Blurred vision, flashes of light, or spots in front of your eyes



Call your health care provider right away if you have cramping or any other warning signs.

- Pain or burning (or both) when you urinate
- Contact with someone who has measles, German measles, chicken pox, or other illnesses you are concerned about, if you have never been vaccinated or had these illnesses

Your Baby's Warning Signs

Also be aware of how your baby is moving, and call your health care provider if you notice a decrease in your baby's normal movements and activity. Starting at 28 weeks of pregnancy, your baby should move at least 10 separate times in a 2-hour period every day.

See *Pregnancy, Childbirth and the Newborn* for more information.

Questions?

Your questions are important. If you have questions about warning signs during pregnancy, call your health care provider during office hours.

When your provider's office is closed, call UWMC Labor & Delivery: 206-598-4616