



Waxbarashada Bukaanka

Xarunta Umusha iyo Dhallaanka



Tilmaamaha Nasashada Sariirta

*Kaa gargaaraya inaad haysato ilmo
caafimaad-qaba*

Haddii dhakhtarku ku geliyo nasasho sariireed oo ama “dabacsan” ama “adag” inta aad uurka leedahay, waa kuwan tilmaamaha muhiimka ah ee aad raacaysaa.

Maxaan ugu baahanahay inaan sariirta ku nasto?

U-jiifitaanka dhinacu wuxu kordhiyaa dhiiga ku qulqulaya ilmo-galeenka. Taas ayaa dabcinaysa muruqyada ilmogaleenka, taas oo yaraynaysa qabqabatinka foosha.

Miyey weli qaadan karaa casharada dhalmada?

Ka hubi dhakhtarkaaga tegitaanka casharada, haddii aad dhinac u jiifsan karto dhulka ama kursiga muddada fasalka. Xaddid tababarka tabaha is-dejinta iyo dhalmada. HA jimicsan ama ha ku tababaran “riixitaanka”. Weydii dhakhtarkaaga fiidiyaha wax laga barto.

Ma ammaan baa in aad ninkaaga u galmooto muddada nasashada sariirta?

Inta aad sariirta ku nasanayso:

- HA samayn isu-diyaarinta ibta iyo naaska.
- HA kacsan oo ha u hammoon galmo.
- HA istijoon.
- WAXBA siilkaaga ha gelin aan dhakhtar kuu qorin.
- U furnaw inaad siyaabo kale oo aan galmo ahayn isku raali-gelisaan. Isku-day Is-habsiinta, caanaqaada, duugitaanka dhabarka, cagaha ama madaxa.

Maxaan ka sameeyaa baahida sayigayga (ninkayga)?

Uurka halista badan leh ee laga xaddido waxqabadyada wuu ku dhib badan yahay qoyska oo dhan. Ninku waxa laga yaabaa inuu mararka qaarkood xayraamo, gaar ahaan haddii ay hore u sii jireen carruur badan oo la daryeelayo. Si dhibtu u dabacdo, wuxu samayn karaa:

- Kala hadli kartaa saaxiibadii waxyaabaha ku adag.
- Doondoona kooxaha is-taageera ee ka hadla waaya-aragnimaada la xidhiidha uurka halista sare leh.

Su'aalo?

Wac 206-598-4616

Su'aalahaagu waa muhiim. Wac dhakhtarkaaga ama bixiyaha daryeelka caafimaadka haddii aad qabto su'aalo ama welwel. Shaqaalaha kiliiniga UWMC ayaa iyana jooga si ay kuu gargaaraan mar kasta.

Xarunta umusha iyo dhallaanka:
206-598-4616

Maxaan qaban karaa inta aan sariirta ku nasanayo?

Shaxda hoose ayaa qeexaysa waxaad qaban karto ama aanad qaban karin inta aad ku jirto nasashada dabacsan ama adag.

Waxqabad	Marka lagu jiro Nasashada dabacsan	Marka lagu jiro Nasashada Adag
Uso del inodoro	U isticmaal musqusha sidii caadiga ahayd. Faaruqinta kaadi-haysto waxay badiyaa yaraysaa xadantada kaadi-mareenka.	Wakhti kooban ku qaado musqusha. Faaruqinta kaadi-haysto waxay badiyaa yaraysaa xadantada kaadi-mareenka.
Qubayska iyo maydhashada	Qubayso ama maydho maalin kasta saxo ahaan ama raaxoba. Biyaha qubaysku heerkulkoodu waa in aanu kabadan 100°F (37.8°C).	Waxaad qaadataa KELIYA, biyo isku-shub degdega oo gaaban maalin kasta.
Cunto diyaarinta, karinta iyo cabbitaanka	Fudaydi diyaarinta cuntada. Cun cunto aad u nafaqo badan. Cab 6 ilaa 8 koob oo sharaab ah maalintii. U fadhiisiga miiska cuntadu waa OK.	HA diyaarin cunto. Cun cunto aad u nafaqo badan. Cab 6 ilaa 8 koob oo sharaab ah maalintii. Cun adiga oo jiifa, kor u qaad madaxa oo cusko gacanta. Isku soo dhawee sixiniga. Qoysku ugu yaraan hal mar wax wada cuna maalintii.
Shaqada guriga	Samee KELIYA shaqo guri oo fudud sida boodh ka-qaadista, weelka iyo dhar-dhiqitaanka. HA samayn fakumka, dhul dhiqista ama masaxida, ama beerta.	HA qaban shaqo guri dhammaanba. Isku-day inaad wax akhrido, TV, raadiyo, fiido, talefoon iyo farshaxanka gacanta. Isku-day inaad miiska feerada (kaawiyada) sariirta ag dhigato miis ahaan.
Socdaalka	Socdaalo gaaban keliya.	Socdaal KELIYA markaad booqanayso dhakhtar.
Socod (lugayn)	Lugee KELIYA marka ay daruuri tahay nolosha maalintii.	Iska-ilaali lugaynta sida ugu suurtagal badan. U dhawee dariirtaada musqusha. Ha is-rogrogin oo ha jimicsan inta aad sariirta saaran tahay.
Jaranjaro-oyinka	Isticmaal keliya hal mar keliya, markaad u baahato ilaa qolka hurdada.	HA isticmaalin jaranjarada. Qlkaaga ka dhigo mid barbar yaal musqusha dabaq ahaan.
Kor-u-qaaditaanka	WAXBA kor ha u qaadin ka badan 10 rodol (pounds). HA samayn qaaditaan joogto ah. Qaad keliya markaad gargaar haysato.	WAXBA ha qaadin dhammaanba.

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Maternity and Infant Center
Box 356078
1959 N.E. Pacific St. Seattle, WA 98195
206-598-4616

© University of Washington Medical Center
Bed Rest Guidelines
Somali
01/2001 Rev. 05/2008
Reprints: Health Online



Bed Rest Guidelines

Helping you have a healthy baby

If your doctor has put you on either “modified” or “strict” bed rest while you are pregnant, here are important instructions for you to follow.

Why do I need bed rest?

Lying on your side in bed increases the flow of blood to your uterus. This relaxes the uterine muscles, which helps decrease contractions.

Can I still take childbirth classes?

Check with your doctor about attending a class, if you can use the floor or a chaise lounge to lie on your side during class. Limit practicing to relaxation and birth techniques. DO NOT exercise or practice “pushing.” Ask your doctor about educational videos.

Is it safe to have sex while on bed rest?

While you are on bed rest:

- Do NOT do any nipple or breast preparation.
- Do NOT become sexually stimulated.
- Do NOT douche.
- Put NOTHING in your vagina unless prescribed by your doctor.
- Be open to enhancing your relationship in non-sexual ways. Try hugging, cuddling, and back, foot, or scalp massage.

What about my partner’s needs?

A high-risk pregnancy with activity restrictions is stressful for the entire family. The partner may feel overwhelmed at times, especially if there are already children in the household to take care of. To help ease the stress, partners can:

- Talk with friends when things are difficult.
- Find support groups where they can talk with others who have also experienced a high-risk pregnancy.

Questions?

Call 206-598-4616

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help at any time.

Maternity and Infant Center:
206-598-4616

What can I do while I'm on bed rest?

This table outlines what you can and cannot do while on either modified or strict bed rest.

Activity	When on Modified Bed Rest	When on Strict Bed Rest
Using the toilet	Use the toilet as usual. Emptying your bladder often can help decrease uterine irritability.	Spend only short times on the toilet. Emptying your bladder can help decrease uterine irritability.
Showering and bathing	Bathe or shower for daily hygiene or to relax. Bath water temperature should not be above 100°F (37.8°C).	Take ONLY quick, short daily showers.
Food preparing, eating and drinking	Simplify food preparation. Eat very nutritious foods. Drink 6 to 8 full glasses of fluids a day. Sitting at the table for meals is OK.	Do NOT prepare food. Eat very nutritious foods. Drink 6 to 8 full glasses of fluids a day. To eat lying down, raise your head by propping an arm under your head. Keep the tray or dishes very close. Have your family join you for at least one meal every day.
Housework	Do ONLY light housework such as simple dusting, dishes, and laundry. NO vacuuming, floor washing or waxing, or gardening.	NO housework at all. Try reading, TV, radio, videos, phone calls, and handicrafts. Try using a portable ironing board as a bedside table.
Traveling	Short trips only.	Travel ONLY as needed for doctor visits.
Walking	Walk ONLY as needed for essential activities of daily living.	Avoid walking as much as possible. Arrange for your bed to be near the bathroom. Do ankle rotating and range-of-motion exercises while in bed.
Stairs	Use only once a day, as needed from your bedroom.	Do NOT use stairs. Arrange for your bed to be on the same floor as the bathroom.
Lifting	Do NOT lift anything over 10 pounds. NO sustained lifting. Lift only with help.	NO lifting at all.

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Maternity and Infant Center

Box 356078

1959 N.E. Pacific St. Seattle, WA 98195
206-598-4616