



Isudiyaarinta Isbitaalka

U diyaar noqo inaad tagto!

Waa fikrad fiican in shandad la habaysto oo diyaar loo noqdo tagitaan! Waxay ka gargaari doontaa dabcinta welwelka markay tahay waqtiga la tagayo isbitaalka. Waxa kale oo ay ku siin kartaa fursad aad ku darsato marka ay soo dhawaato fooshaadu.

Waa kuwan su'aalo dhawr ah ee waxyaabaha aad diyaarsanayso.

Dumarka badiyaa waxay weydiiyaan waxay isbitaalka u qaadanayaan. Sooqaado waxyaabaha shakhsiga ah, iyo weliba waxyaabaha aad rabto inaad haysato muddada foosha iyo dhalmada.

Waxyaabaha shakhsiga ah

- Telefonka gacanta iyo jaarjarka ama kaar telefon wicitaanada dibedda ah.
- Waxyaabaha shakhsiga ah ee musqusha adiga iyo lammaankaaga (qalajisada timaha waa taalaa).
- Okiyaalaha indhaha, waxyaabaha kontaaktka indhaha.
- Liistada dawooyinkaaga hadda.
- Cunto fudud adiga iyo lammankaaga (talaajadda qolkaaga ayaad ku ridi kartaa cuntada fudud).
- Dhar raaxo leh adiga iyo lammaankaaga (waxaan bixinaa toob iyo dharka isbitalka).
- Buugaag, jariidado, DVD-yo, CD-yo, kamera, aateriyo, iwm. Saldhig alaabta ah (qolkaagu waxa laga yaabaa inuu yeesho ciyaaraha CD).
- Barkimada doonto, buste ama shay raaxo leh (ku astaamee magacaaga).
- Nuqulka qorshaha dhalistaada. Wixii macluumaad dheeraad ah ka fiiri cutubyada "Birth Choices" (Ikhtiyaarada Dhalmada) iyo "My Birth Plan" (Qorshahayga Dhalmada).



Waa fikrad fiican in shandad la habaysto oo diyaar loo noqdo tagitaan!

- Qodob aad saarto fejignaantaada, sida sawir qurxoon ama shay.
- Kombuyuutarka laabtop, tablet, xarigga dabka, xarig koronto, iwm. UWMC waxay leedahay WiFi bilaash ah.
- Walaxda dabnaha qoysa, nacnaca neefta wanaajiya.
- Kaarka caymiska dawada (si dawada aad uga qaadato farmashiiyaha UWMC, dabaqa 3aad).

Waxyaabaha Kale ee Muddada Kujiritaanka Isbitalka Dhalmada Kadib

- Dharka hurdada, bijamaha, toob, iyo dacas.
- Kanshaliga naasnuujinta, haddii aad rabto.
- Qaddar yar oo lacag ah ee lammaankaaga ama qoysku ku isticmaalaan dukaanka hadyadaha, goobta bunka, qaxwadda, iwm.
- Dhar raaxo leh oo la xirto marka guriga la tagayo (waxaad xiran kartaa dharkii umusha).
- Neeb ama xafaayad (kuwaas waa la bixiyaa, laakiin haddii ay jirto noc aad jeceshahay, sooqaado kaaga).

Waxyaabaha Ilmahaaga

- Xafaayad iyo dharka ilmaha uu guriga ku xiranayo (hubi in dharkaas looga dulxiri karo suunka baaburka ee lugaha dhaxdooda). Waxa lagu siin doonaa xafaayado iyo dharka ilmaha intaad joogto UWMC.
- Kursiga ilmaha ee baabuurka.

Kale

Wixii fikrado kale ah fadlan waxa kale oo aad fiirisaa *Pregnancy, Childbirth and the Newborn (Urka, Dhalmada, iyo Dhawaan-dhaladka)* waxyaabaha aad soo qaadanayso isbitaalka.

Su'aalo?

Suaalahaagu waa muhiim. Haddii aad qabtid su'alo ku saabsan waxyaabaha aad u soo qaadanayso isbitaalka, wac daryeelahaaga caafimaadka waqtiyada shaqada.

Packing for the Hospital

Be ready to go!

It's a good idea to have a bag packed and ready to go! It will help ease stress when it's time to go to the hospital. It also gives you a chance to add to it as your labor approaches.

Here are a few suggestions on what to pack.

Women often ask what to bring for their hospital stay. Bring your personal items, as well as the things you want to have with you through labor and birth.

Personal Items

- Cell phone and charger or prepaid phone card for long-distance calls.
- Personal toiletry items for you and your partner (hair dryers are provided).
- Eyeglasses, contact lens items.
- List of your current medicines.
- Snacks for you and your partner (you can store cold snacks in the refrigerator in your room).
- Comfortable clothes for you and your partner (we provide a robe and hospital gowns).
- Books, magazine, DVDs , CDs, camera, batteries, etc. Docking station if desired (your room may have a CD player).
- Favorite pillow(s), blanket, or other comfort items (label them with your name).
- A copy of your birth plan. See the chapters “Birth Choices” and “My Birth Plan” in this book for more information.
- A focal point to hold your attention, such as a soothing picture or object.



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- Laptop computer, tablet, power cord, cable, etc. UWMC has free WiFi.
- Lip balm, breath mints.
- Drug insurance card (to have prescriptions filled at UWMC pharmacy, 3rd floor).

Other Items for Your Hospital Stay After Birth

- Nightgown, pajamas, robe, and slippers.
- Nursing bra, if you would like.
- Small amount of money for your partner or family to use at the gift shop, espresso stand, cafeteria, etc.
- Comfortable clothes to wear when you go home (you may still be in your maternity clothes).
- Sanitary pads (these are provided, but if you have a brand you prefer, bring your own).

Items for Your Baby

- Diaper and clothing for baby to wear home (be sure the baby clothing allows the car seat strap to be buckled between the baby's legs). We will provide diapers and clothing for your baby while you are at UWMC.
- An infant car seat.

Other

Please also see *Pregnancy, Childbirth and the Newborn* for more ideas about what to bring to the hospital.

Questions?

Your questions are important. If you have questions about what to bring to the hospital, call your health care provider during office hours.