



# Guriga inaad aado marka laguugu qalo dhalmada ka dib

Dadku way ku kala duwan yihiin sida ay u raystaan marka dhalmada lagu ka dib. Waa kuwan talooyin ku caawinaya:

- daryeel dhaawacaaga
- maareey xanuunka
- samee dhaqdhaqaaq iyo jimicsi
- hel taageero shucuureed
- Waa inaad fahantaa sida qaliinkaaga uu u saameyn karo uurka aad mustaqbalka yeelan doonto iyo dhalmadaba

## Inaad daryeesho dhaawacaaga

Waa muhiim inaad dhaawacaaga sidii loo baahnaa u daryeesho marka dhalmada laguugu qalo ka dib si ay taas kaaga caawiso in meesha la qalay ay raysato loogana hortago ifekshan.

### Faashada la saarayo meesha dhaawaca ah

Marka dhalmada laguugu qalo ka dib, meesha dhaawaca ah waxaa lagaa saari doonaa faashad. Waa inay sii saarnaataa 7 maalin ka dib marka aad dhashay. Si aad uga taxadarto dhaawacaaga, gasho nigis kuu gaaraya meesha la qalay korkeeda.

Faashada lagaa saaray meesha la qalay waa mid eysan biyo gali Karin marka waad la geli kartaa qubeyska. Markaad qubeysaneyso, kasii jeeso biyaha si aysan biyuhu toos ugu dhicin faashada. Taas waxay kaa caawinaysa in faashada ay meesheeda kusii dhaganaato isla markaasna waxay ka hortageysaa inay aad u qoydo.

Haddii aad u malaynayso in faashadu aad u qoyday, waxay u egtahay inay biyo gudaha u galeen, ama ay kuula muuqato inay wasaqoowday, usheeg umulisadaada ama dhakhtarkaaga guud (GP).

Umulisada ayaa kaa badali doonta faashada haday soo dhacdo inta aad isbitaalka kujirto Haddii ay soo dhacdo guriga adoo jooga 7 maalin kahor, umulisada kugu soo booqan doonta guriga ayaa eegi doonta dhaawacaaga ayada ayaana go'aan ka gaari doonta inaad u baahan tahay mid cusub iyo in kale Waa muhiim inaad nadiifiso aadna qalajiso nabarka, iyo sidoo kale inaad dhaqdo gacmahaaga ka hor iyo ka dib markaad faashada ama meesha dhaawaca ah aad taabato.

7 maalmood ka dib, haddii faashadu ay wali meesheedii ku dhagan tahay, adiga, lammaanahaaga, ama qof ku caawiya ayaa fujin kara faashada. Ama GP gaaga ayaa kaa fujin kara.

Dhaawacyada qaar faashada waxaa ka hooseeya oo saaran koolooyin xariijimo camal ah kuwaas oo loo yaqaan 'steri-strips'. 7 maalmood ka dib waad iska fujin kartaa ama waad fiiqi kartaa si aadan ugu arkin inay yihiin wax ku dhibaya. Haddii aad saas samaynayso, waxaad u baahan doontaa maqas aad nadiif u ah.

### Tolmada

Dunta jirka lagu talo badanaa ayadaa iskeed jirka ugu baa'bado. Haddii aad leedahay dun ama koolooyin xariijimo ah oo aan iskood jirka ugu dhamaan, waa lagaa goyn doonaa intaadan guriga aadin ama marka guriga laguugu soo booqdo. Taas waxay caadiyan dhacdaa inta u dhaxeysa 5 ilaa 10 maalmood markaad dhasho ka dib.

Mararka qaar, wax yar oo dun ah ayaa laga yaabaa inay kasoo jeedo meesha dhaawaca ah. Taasina wax dhib ah maleh in meesha dhaawaca ah ay furanto ama ay u muuqato inuu infekshan ku dhashay mooyee. Waxaa laga yaabaa inaad xoogaa xanuun ah ka dareento hal dhinac oo nabarka ah ama aad aragto in afka dunta laga xiray ay xoogaa soo buuran tahay. Taasina way reysan doontaa muddo ka dib.

Haddii aad ka welwelsan tahay, la hadal GP gaaga.

## Inaad ka taxadarto dhaawacaaga

Meesha dhaawaca ah markasta ha ahaato nadiif hana engagnaato

- Si aad uga taxadarto dhaawacaaga:
  - Gasho nigis aanan wax dhibaato ah kuu keenayn oo meel kore gaaraya intaad gashan lahayd nigisyada yaryar
  - Gasho dhar aanan kugu dhaganeyn si ay hawadu u gaarto meesha dhaawaca ah
  - saar suufka dumarka isku nadiifiyaan dhaawaca korkeeda waliba meesha jilicsan ku dheji maqaarkaaga. Saas ayaa kuu fiican. Maalinkasta bedel. Nigiskaaga ayaa meesha ku celinaya.
- Marka faashada lagaa furi ka dib:
  - markaad qubaysanayso, biyo bas ku dhaq meesha dhaawaca ah si tartiid ah na shukumaan ugu qalaji.
  - hau isticmaalin waxyaabaha budada ah ama laisku buufiyo meesha dhaawaca ah
  - markasta ku dhaq gacmahaaga saabuun iyo biyo ka hor iyo ka dib markaad fiiriso meesha dhaawaca ah. Waxaad ka qaadi kartaa sawir si aad u ogaato sida ay isku bedeshay ama waxaad ka codsan kartaa qof kale inay kuu fiiriyaan.
- 6-da isbuuc ee ugu horeysa, isku day inaad qaad in wax ka culus nuunahaaga. Wixii u baahan in la qaado ama inaad foorarsato isku day inaad u raadsato caawimaad hadii aad awoodo.



Gasho nigis  
kuu gaaraya  
meesha  
dhaawaca ah  
korkeeda.

Dhaawacaagu wuu reysan doonaa isbuucyada iyo bilaha soo socda. Waxaa laga yaabaa inaad maqaarka ku hareeraysan agagaarka dhaawaca ah ka dareento xanuun yar iyo kabuubyo. Dadka badankood waxay ku raystaan 6 isbuuc gudahood, laakiin xoogaa kabuubyo iyo xanuun ah ayaa laga yaabaa inaad sii dareento dhowr bilood. Haddii taasi ay sii socoto, la hadal GP gaaga.

## Isbedelo aan la filayn oo ku imaan kara dhaawacaaga

Infekshan ka dhasha dhaawaca ayaa imaan kara marka dhalimada laguugu qalo ka dib waxayna taasi saameysaa ilaa 15 qof boqolkii qofba (15%). La soco calaamadahan kuu sheegaya in nabarkaagu uu infekshan qabo:

- xanuun ziyaado ah iyo meesha dhaawaca ah oo aad kuleel ka dareemayso markaad taabato
- meesha dhaawaca ah oo sii gaduudatay, sii barartay, ama aad moodo sidii inay aaryo ku jirto oo kale
- dheecaan ur badan ama dhiig cusub oo ka imaanaya meesha dhaawaca ah
- meesha dhaawaca ah oo furmata
- qandho (heerkul ka sareeya 38° Celsius), inaad dareemayso kuleel ama qaboow zaaid ah, ama daal aad u badan

La xiriir GP gaaga ama aad Waaxda Gurmadka Degdega ah ee kuugu dhow hadii aad isku aragto mid ka mid ah calaamadan.

Infekshanada badanaa waxaa lagu daaweyn karaa daawo antibiyootik ah.

Mararka qaar, waxaa laga yaabaa inaad u baahato inaad isbitaalka ku laabato si lagu siiyo antibiyootik culus oo aad faleenbo ku qaadanayso (intravenous antibiotics).

## Maaraynta xanuunka

Markii dhalimada laguugu qalo ka dib, waa wax iska caadi ah inaad xanuun dareento. Waxaa laga yaabaa inaad xoogaa xanuun ah dareento dhowr maalmood ama isbuuc. Waxaa laga yaabaa inaad dareento xanuunkaas markaad dhaqdhaqaaq sameyso, ama aad jiifsato, ama aad istaageyso, ama aad nasaneyso.

Waxaad ku maareyn kartaa xanuunkaan daawooyin xanuun baabi'iyeyaal fudud ah. Inaad si joogto ah u qaadata daawooyinkaaga xanuunka jabiya waxay muhiimad u leedahay soo kabashadaada. Waxaa lagu qori doonaa daawooyin xanuunka jabiya oo aad guriga ku qaadanayso. Fadlan u qaado daawooyinkaaga sida laguugula taliyay.

Ha sugin ilaa inta aad ka dareemayso xanuun daran si aad u qaadata daawooyinkaaga. Daawadu waxay si fiican u shaqeysaa marka aad goor hore qaadatid si looga hortago in xanuunku kasii daro.

## Inaad dhaqdhaqaaq iyo jimicsi sameyso

Inaad firfircooni muujiso dhalmada ka dib waxay kaa caawinaysa inaad raysato. Socod aan meelo fog la aadeyn ama jimicsi sahlan oo aad guriga ku sameyso ayaa ah wax fiican, laakiin naftaada aad cadaadis hau saarin hana isku kalifin inaad xanuun dareento.

6-da isbuuc ee u horaysa, raac tilmaamahan:

- ha qaadin wax ka culus nuunahaaga
- ha sameyn dhaqdhaqaaq ku xanuunjinaya, sida inaad foorarsato ama aad kor iyo hoos isku kala jiido
- sug ugu yaraan 2 isbuuc inta aadan baabuur kaxayn. Kaliya un kaxee baabuur hadii aadan qaadanayn daawooyin (ama daawo dhakhtar uu kuu qoray oo keliya) xanuun baabi'iyee awood badan. Hadii aadan hubin, weydii GP gaaga. Ka hubso ceymiska aad kujirto inta loo baahan yahay inaad sugtid intaadan dib u bilaabin inaad baabuur kaxayso. Caymisyada qaar waxay ogol yihiin oo keliya in baabuur la kaxeeyo 6 isbuuc kabacdi.
- 6-da isbuuc ee ugu horeysa galmo ha sameyn. Kaliya un galmo samee markaad dareemayso inaad diyaar u tahay, oo ku dadaal inaad isticmaasho waxyaabaha uurka loogaga hortago markaad galmo sameynayso.

## Inaad hesho taageero shucuureed

Dadka qaar wayba ku farxaan in ilmaha lagu qalo. Qaar Kalena waxaa laga yaabaa inay dareemaan murugo iyo inay ka xun yihiin, waliba hadaysan ahayn wax ay filayeen. Aad bay u wanaagsan tahay inaad lamaanahaaga, qoyskaaga, xirfadlayaasha daryeelka caafimaadka, ama dadka kale ee ku taageera kala hadasho dareenkaaga.

Inaad daryeesho nuune hada dhashay way ku adag tahay waalidiinta ay dhalmada ugu horeyso. Naftaada u naxariiso. Waxay qaadan kartaa dhowr isbuuc ama ka badan inaad ku reysato, waliba hadii ay dhibaatooyin kale jireen. Isku day inaad hesho nasiinada ugu badan ee aad heli karto.

**Kaligaa ma tihid.** Weydiiso qoyskaaga ama saaxiibadaa caawin ama taageero oo la hadal GP-gaaga ama xirfadle caafimaad oo kale.

Waxa kale oo aad la xidhiidhi kartaa hey'adahan si aad u hesho taageero iyo talo.

- **PANDA - Perinatal Anxiety & Depression Australia (Walwalka Dhalmada & Niyad-jabka Australia)**

PANDA waxay waalidiinta iyo qoysaska ka taageertaa caafimaadka maskaxda inta ay uurka leeyihiin iyo sanadka ugu horeeya ee dhalmada kadib.

[panda.org.au](http://panda.org.au)

- **Beyond Blue**

Booqo Beyond Blue website kooda si aad u hesho macluumaad ku caawinaya oo ku saabsan sida aad uga taxadari karto caafimaadkaaga maskaxda ka waalid ahaan.

[beyondblue.org.au/mental-health/parenting](http://beyondblue.org.au/mental-health/parenting)

- **Australasian Birth Trauma Association (Uurka**

**Dhaawaca Dhalmada ee Australia)** Waxay taageeraan dadka, lamaanayaasha, iyo qoysaska dhaawacyada la xiriira dhalashada ka dib. Websaayt koodu waxaad ka heli kartaa ilo iyo taageero waxtar leh. [birthtrauma.org.au](http://birthtrauma.org.au)

## Uurka mustaqbalka iyo dhalmada

Waxaa lagu talinayaa inaad sugto 18 bilood qalliinkaaga ka dib ka hor intaanad dhalin ilmo kale, inuu dhakhtarkaaga taas wax ka duwan kuu sheego mooyee. Tani waxay ka dhigan tahay inaad bilaabi karto isku day ah inaad mar kale uur yeelato qiyaastii 10 ilaa 12 bilood ka dib marka uu ilmahaaga dhasho.

Inta badan, haddii tani ay tahay dhalmadaadii ugu horreysay ee laguugu qalay, waxaa kuu furan laba fursadood marka laga hadlayo dhalmadaada xigta. Waxaad dooran kartaa inaad:

- caadi u dhasho qaliinka kabacdi (taas oo badanaa loogu yeero VBAC, TOLAC ama NBAC)
- ama inaad qorsheyso in markale laguugu qalo dhalmada.

Umulisadaada iyo dhakhtarkaaga ayaa kaa caawin kara inaad go'aansato waxa adiga kuu fiican iyaddoo la eegayo duruufahaaga iyo rabitaankaaga.

Si aad wax badan uga barato fursadaha kuu furan dhalmada laguugu qalay ka dib, fadlan akhri macluumaadka bukaanka Haweenka ‘My last birth was a caesarean: what are my options? (Dhalmadaydii u dambaysay waxay ahayd mid qalliin ah: waa maxay fursadaha ii furan?)’. Buug-yarahaan waxaa lagu saleeyay fikrado laga soo ururiyay dadka adiga oo kale ah si ay dadka uga caawiso inay qaataan go’aan ay waxkasta xog-ogaa u yihiin. Waxa ku jira macluumaad muhiim ah oo ku saabsan faa’iidooyinka iyo cilladaha ay leeyihiin fursad kasta.

Waxaad ka heli kartaa buug-yarahaan mareegaha haweenka. [thewomens.org.au/health-information/fact-sheets#my-last-birth-was-a-caesarean-what-are-my-options](http://thewomens.org.au/health-information/fact-sheets#my-last-birth-was-a-caesarean-what-are-my-options)

## Ballamaha lasoo laaban doono

U tag GP-gaaga 6 usbuuc dhalmada ka dib si xaaladaada loo hubiyo, in lagu dhahay kahor imoow mooyee. Ballantani waa mid adiga iyo ilmahaagaba laidinku qiimayn doono, markaa waxa fiican inaad ballan 2 qof loogu talagalay qabsato.

## Ilaha xogta

- Dhalmadii ugu dambaysay waxay ahayd mid laigu qalay: waa maxay fursadaha ii furan?  
Isbitaalka Haweenka ee Royal  
[thewomens.org.au/health-information/fact-sheets#my-last-birth-was-a-caesarean-what-are-my-options](http://thewomens.org.au/health-information/fact-sheets#my-last-birth-was-a-caesarean-what-are-my-options)
- Dhalmada ka dambeysa qalliin hore  
Kulliyadda Boqortooyada ee Dhakhaatiirta  
Dhallaanka iyo Dhakhaatiirta Haweenka (The Royal College of Obstetricians and Gynaecologists - UK)  
[rcog.org.uk/for-the-public/browse-our-patient-information/birth-after-previous-caesarean](http://rcog.org.uk/for-the-public/browse-our-patient-information/birth-after-previous-caesarean)

- Qalliinka dhalmada  
Kulliyada Royal Australian iyo New Zealand ee Dhakhaatiirta Haweenka (The Royal Australian and New Zealand College of Obstetricians and Gynaecologists)  
[rancog.edu.au/wp-content/uploads/Caesarean-Section.pdf](http://rancog.edu.au/wp-content/uploads/Caesarean-Section.pdf)
- Soo kabashada ka dib dhalmada: 6 toddobaad ee ugu horreeya  
Isku-xidhka Barbaarinta Carruurta (Raising Children Network)  
[raisingchildren.net.au/pregnancy/labour-birth/recovery-after-birth/after-caesarean#going-home-after-caesarean-birth](http://raisingchildren.net.au/pregnancy/labour-birth/recovery-after-birth/after-caesarean#going-home-after-caesarean-birth)
- Caafimaadkaaga dhalmada kadib  
Isbitaalka Haweenka ee Royal  
[thewomens.org.au/health-information/pregnancy-and-birth/your-health-after-birth](http://thewomens.org.au/health-information/pregnancy-and-birth/your-health-after-birth)

## Taageerada Rabshadaha Qoyska

### 1800 Respect National Helpline (Xushmada Khadka Caawinta Qaranka)

Waxaad heli kartaa caawimo haddii aad la kulantay xadgudub galmo, rabshad guri ama qoys iyo xadgudub. Waxaad wici kartaa xilli kasta oo habeen iyo maalinba ah.

1800 737 732

[1800respect.org.au](http://1800respect.org.au)

## Ma u baahan tahay turjubaan?



Waad codsan kartaa turjubaan haddii aad u baahan tahay turjubaan.