

choices for childbirth

Pregnancy and birth are a normal part of a woman's life which may be shared with her family/whanau



Waxaad dooran kartaa meeshii aad ku dhali lahayd canugaaga iyo cidii ku Ilaalin lahayd.

New Zealand waad dooran kartaa Meeshii aad ku dhali lahayd.

Guriga

Guri ay kula joogto. umuliso madax banan oo adiga aad dooratay

Isbitaalka yar qabta dhaliinka

Isbitaal yar qaybta dhalinta oo ay kula joogto umuliso madax banaan oo aad Adiga dooratay. Dhakhtar iyo umulisada isbitaalka ama kooxda umulisooyin ah ee isbitaalka.

New Zealand meelaban aan soo sheegnay qaarkood Waa la beli kara base abaate dhammaantood lama beli karo.

Hadii aad doorato in aad guriga ku dhasbo ama isbitaal yar ee qaybta dhalida oo ay wax dhibaato ah kugu dhaacaa waxaa si deg deg ah lugugu gulbin isbitaalka Weyn qaybta dhalida.

Doorashada hawladeenada caafimaadka uurka iyo dhalinta

Hawladeenada caafimaadka ee kuugu soo boreeya ee aad la kulanto marka aad uurka leedahay ayaa ku weydiin su'aalo ku saabsan meesha aad rabto in aad ku dhasbo iyo umulisada aad rabto. Magacow dhakhaatiir kula sota xilliga. Uurka aad leedahay oo keliya kuuna imaan. xilliga foosha iyo dhalinta. kuuma noqonayaan hawladeenka qaybta dhalinta. Dhammaan dhakhaatiirta qaybta dhaliinka Waa lacag la'aan.

Hawladeenada qaybta uurka iyo dhalinta

Waxa lagu weydin in a doorato cidii. kuu diyaarin lahayd meeshii aad dooneyso in aad ku dhasho iyo umulisada aad rabto Waa in aad hubtaa cida kula soconaysa xilliga uurka kuuna diyaarineysa meeshii aad ku dhali lahayd hadii ay tahay qaybta Foosha iyo

dhalinta. Haddii aad jeceshahay hawlahaaga qaarkood in cidkale kuu qabato ama aadan ku farax sanayn hawlaha ay kuu qabtaan qaybta dhalinta waa dooran kartaa Meel kale ee aad doonto

Dhammaan dhaatiirta qaybta dhalinta waa

- Lacal la,aan
- Waxayna shaqadu socotaa afar iyo labaatan
- Saacadood toobaadkasta (24 hours 7 days a week)

Umuliso Madax Banaan

umulisadu waxay ilaalisa uurka caadiga ah dhalinta waxay la socotaa xilliga uurka, foosha, dhalinta, iyo marka ilmuhu dhasho kadib intaba.

Dhakhtarka Qoyska (GP)

Dhakhtarka wuxuu xanaaneyaa hooyada xilliga uurka iyo dhaliinka caadiga ah hadii wax shibaato uurka la xiriira ku yimaadana wuu daaweyaa. Wuxuu ku xanaaneyn karaa bukaan socodka. Wuxuuna la wadaagi karaa hawlaha dhalinta. Umulisooyinka madax banaan.

Dhakhtarka Dhibaatooyinka uurka iyo

Dhaliinka la xiriirka.

Dhibaatooyinka ku yimaada haweenka xilliga uurka iyo dhalinta waxaa ilaaliya dhakhtar aqoon gaar ah u leh dhiba-

tooyinkaas. mar walba waxaa hawsha la wadaaga dhakhaatiirta xilliga uurka, foosha iyo dhaliinka intaba umulisooyin ha ahaadeen kuwa isbitaalka ama kuwo madax banaan.

Dhammann wixii xanaano ah oo ay kuu fidiyaan Dhakhaatiira aan dawlada u shaqayn ama isbitaalada aan dawlada lahayn waa lacag. Waa in ay haweenku lacag bixiyaan.

Kooxda Isvitaalka Isbitaalka Dhaliinka ee aan dawlada lahayn

Kooxda isbitaalku waxay ku xanaayn karan Dhammaan xilliga uurka, foosha, iyo Dhalinta iyadoo ay kula joogaan Dhakhaatiir iyo umulisooyin aqoon gaar ah u leh hawlaha dhalinta waxay kugu ilaaliyaan isbitaalka qaybta dhalinta. Waxana jooga halkaas aqoonyahano takhasus u leh hawlaha. Dhalinta iyo umulisooyinka aqoon u leh intaba

Hadii aad doorato dhakhtar madax banaan oo lacag ah Waxaad ubaahan tahay umuliso ee ka dooro Kuwa isbitaalka ama kuwa madax banaan. Dhammaan umulisooyinka waa lacag la'aan.

Maxaa lacag noqon kara maxaase lacag la'aan ah?

Waxaa lacag la,aan ah dhammaan Dhakhaatiirta iyo Umulisooyinka qaybta dhaliinka hase ahaatee waxaa Laga yabba in ay kharash yihiin waxyaabahan hoos Ku qoran: Baarista kaadida aan uurka ahyn Takhtarka takhasuska u leh dhibaatooyinka

Wargelin

Wargein ku saabsan uurka, foosha iyo dhaliinka: Dhammaan kala hadal dadkaan

- Qoyskaaga
- Saaxiibadaa
- Akhri buugaagta iyo wargeysyada
- Fiirso muuqaalka fidiyowga caharadda loogu talagalay waxbarashada waalidka
- Casharada ku saabsan dhaliinka iyo korinta

Fasallada Waalidiinta

Waxaa jira fasallo fara daban oo lagu barto. Casharada waalidiinta kuwa lacag la, aan ah iyo kuwa. Lacag ah intaba. Hadaba waxaa lagama maarmann ah in aad doorato midka ku anfaa

Waxa jira in fasallada qaarkood in ay bixiyaan Haydan boos ku qoran:

- barayaal lacag ah
- golaha maoriga marae
- umulisooyin madax banaan
- isbitaalka qaybta dhaliinka
- iyo sida uruka iskaashiga waakidiinta
- waalidiinta ama kalkaaliyasha ilmo korinta (Plunket)
- umulisooyinka paasifiga
- fasallada habeenkii

Xilliga Uurka

Xilliga uurka aad leedahay waxaa ku ilaalin hawladeenada hoos ku qoran:

- Umuliso madax banaan oo gurigaaga kuugu
- Timaada ama bukaan socod
- Dhakhtar goobtiisa gaarka ah dhakhtar lacag ah golahiisa
- Koox dhakhaatiir ah iyo isbitaal
- Bukaan socodka dadweynaha ama wada jir kuwa aan kor ku soo sheegnay iyo hadii aad rabto umuliso iyo takhtar labadaba.
- Waa wadaagi karan hawlahaaga hadii aad rabto ee ku qor diwaankaaga qorshaha hawlahaaga.

Xilliga uurka aad leedahay waxa jira la socod iyo Feejigan fara badan waxaa laga qaadi dhiig, waxa lagaa cibiri dhiiga in uu kacsan yahay, waxa lagaa cabiri Miisankaga, waxaa la dhegeysan garaaca wadna-ha ilmahaaga Waaxa la eegi korimada ilmahaaga. waxana lagugula talin in Lagaa qaado shiig ugu yaraan laba jeer ama sadex xilligu uurka Aad leedahay

Qorshaha Xanaanada

hawladeenada qaybta dhalinta waxay ku weydiin si ay kuu Caawiyaan in aad qoraal sameysid aad ku dooraneyso cidii ku Ilaalin lahayd iyo meeshii aad ku dhali lahayd iyo baarist lagu baarayo qaabka ay tahay waa in aad ogtahay ogoshahay adiga iyo Ilmahaagaba inta aad uurka leedahay iyo marka aad dhasho kadib intaba.

Baaritaanka Xilliga Uurka

Waxa jira feejigaan fara badan oo lagu ilaalinayo Xilliga uurka aad leedahay iyo baaritaano la xiriira.

- sida qalabka wax lagu arko (iskaan)
- sokora oo lagaa eego iyo hadii laga
- shakiyo in kaadi macaan
- jiro.(sokorow) qalabka gudaha lagu arki karo baaris cudurrada la iska dhaxlo.



Xilliga Foosha iyo Dhaliinka

xanaanada foosha iyo dhaliinka waaxaad dooran kartaa cidii aad doonto in ay ku ilaaliyan

- waxaad dooran kartaa cid alaale cidii aad doonto oo ay ku jiraan carruurta.
- Waxaad dooran kartaa in aad biyo ku dhex dhasho

Xilliga Foosha Qaababka la Raaco

Hadii fooshaadu caadi ahayn waxaad u baahan tahay In daawo laguugu caawiyo. waxaana ka mid ah kuwan Hoos ku qoran:

- Iyado la isticmaalayo qaab fool dedejin ah oo cadaadiska
- Nabarka foosha kor u qaada
- Qalabka elektroniga ah ee lagu ilaaliyo wadnaha ilmaha
- Xanuun joojiye irbad ah oo dhabarka lagaga mudo
- Qabato lagu caawiyo in lagu fududeyo dhalinta
- Qabato lagu soo qabto ilmaha kafa soo mariwaaya
- Qaliin ama goldoox lagu soo bixiyo ilmaha caadiga u dhalan Waaya.

Xogtani maaba mid dbameystiran ee weydii hawladeenada caafimaadkaaga la socda ,baaritanada iyo. Habka lagu baari wixii ay faaiido iyo dbibaato Kuu leeyihiin. Waxaa laga yaabaa in aan loo baahan badii. Xilliga uurka, foosha iyo dhaliinka aan dbibaato ka jirin.

Ugu dambeyn doorashada adigaa leh.

Markii Aad Dhasho Kadib

Inta aadan dhalin ka hor waxaad u baahn tahay in aad diyaarsato qoyskaaga iyo saaxiibada si ay kuu cawiyaan Markii aad dhasho.

Siyaabo badan baa kuu furan in aad kala doorto Waxaana ka mid ab:

- In aad gurigaaga joogto
- Markii aad dhasho saacado kadib in aad guriga aado
- In aad isbitaalka joogto maalmo kadib markii aad dhasho.

Waxaa kale oo kuu furan:

- In ay kula socdaan kalkaaliyayaasha.
- Ilmo korinta (plunket) markii ay. Kuu gudbiyaan qaybta xanaanada caruurta adiga iyo ilmahaaga oo caafimaad wanaagsan. Ama ururka iskaashiga iyo ilmo nuujinta. Hawlaha kale sida carruurta oo lagu hayo ha noqoto. Qoyskaaga ama saaxiibada ama qaybaha xanaanada. Caruurta weydii cidii kaaga aqoon roon sida kalkaaliye. Caafimaad waxaa laga yaabaa in ay shaqooyinkaasi Kharash yihiin
- Waxaa xanaano dheeraad ah loo fidiyaa haweenka Jiifa qaybta qaliinka, kuwa dhibaataada ku qaba ilmo Nuujinta, caruurta naafada ah kuwa Ilmaha badan dhaley. Iyo kuwa qaba cudurada ku dhaca umulaha ee isku buuquida ah. Weydii xogtaas oo dhan qaybta dhaliinka sidii aad ula xiriiri Lahayd. Dhammaan hay ada haa.
- Hadii ilmahaagu dhicis yahay ama caafimaadkiisu xun yahay oo uu u baahan yahay daryeel gaar ah waxaa arkaya dhakhtarka Curuurta. Hadii dhakhtarku arko canugaaga asago shaqo u jooga Isbitaalka waa lacag la,aan. blase waxaa laga yaabaa in aad adigu doorato dhakhtarkii ilmahaaga arki lahaa waxayna u badan tahay. In ay lacag tahay.

Waxa aad xaqa u leedahay xilliga uurka iyo dhaliinka

Waxaad xaq u leedahay in aad besbo daaweyn iyadoo –

- To be treated with dignity, cultural sensitivity and respect at all times.
- To choose your place of birth.
- To choose your caregiver/s, and to change your caregiver/s at any time.
- To choose who will be present at your birth and to ask others to leave.
- Before agreeing to any procedures or being given any drug, medication or test, to ask about any side effects or risks to yourself or your baby. You can accept or refuse any treatments.
- To choose how you will give birth and to feel free to follow your feelings and instincts during birth.
- If transferred to a large maternity hospital, to be accompanied by your primary caregiver and support

people of your choice.

- To refuse to allow your baby to be fed infant milk formula if you choose to breastfeed.
- Not to be separated from your baby.
- To make a complaint and to receive satisfactory explanations from your caregiver/s and others involved with your care.
- To read or have a copy of your medical records and your baby's medical records.
- To have a trained interpreter if English is not your first language.
- To refuse to take part in any research project or to withdraw from a research project at any time.
- To refuse to allow student health professionals to provide care for you or your baby.



Hadii aad dooneyso in aad wax Dheeraad ah ka ogaato qaybta Dhaliinka soo wax

Qaybta hawlaha dhaliinka Lataliyaha qaybta phone (09) 520 5314

Ama qor ku: PO Box 99 283 Newmarket Auckland

Email: mscc@maternity.org.nz

Waxa kale oo aad wici kartaa Wasaarada caafimaadka hotline

0800 6686 223



soo saaraha waa MSCC August 2002