

# Dhibta iyo Raaxo-darada Uurka

## Concerns and Discomforts of Pregnancy

During pregnancy, you may have some concerns and discomforts as your body changes. Try these basic tips and talk to your doctor or nurse for more advice. Do not use any over the counter medicine or herbs without talking to your doctor first.

### Nausea

Nausea or feeling sick to your stomach is often called morning sickness. Some women also have heartburn or a burning sensation in their stomach, throat or chest. This is common during the first 14 weeks of pregnancy. To improve your signs:

- Try to eat crackers, dry toast or cereal before getting out of bed in the morning. These foods may help any time of the day you have nausea.
- Eat smaller meals more often instead of 3 large meals.
- Do not let your stomach get completely empty.
- Avoid lying down, sleeping or exercising for 1 hour after eating.
- Avoid high fat, fried, spicy, acidic or greasy foods. Avoid caffeine.
- Sleep with your head raised up on a pillow.
- When bending over, bend at your knees and not your waist

Inta aad uurka leedahay, waxa laga yaabaa inaad yeelatid xoogaa ah dhib iyo raaxo-daro hadba marka jidhkaagu is beddelo. Isku day talaabooyinkan aasaasiga ah oo la hadal dhakhtarkaaga ama kalkaalisada si aad u heshid talo dheeraad ah. Ha isticmaalin wax ah dawooyinka la iska iibsano karo warqad dhakhtar la'aan ama dhir/geedo adiga oo aan marka hore la hadlin dhakhtarkaaga.

### Dhagdhagaaw

Lallabo ama dareen ah in calooshu jiran tahay waxa badanaa loo yaqaanaa walac. Bilanta barshee walilataa lab jeex, olool dhuure, dhuun iyo beer dhuure. Taas walii inka badanta 14 isbuuc inka horeeda ee uurka. Siadi adi inkahormariida calamooyinkaas:

- Isku day inaad cuntid rooti, rooti qalalan ama siriyaal ka hor inta aanad ka degin sariirta subixii. Waxa laga yaabaa in cuntooyinkaasi ku gargaaraan wakhti kasta oo ah maalinnimada oo aad isku aragtid lallabo.
- Cun cuntooyin yaryar balse marrar badan cun halka aad ka cuni lahayd cunto weyn oo ah 3 wakhti.
- Iska ilaali in calooshaadu madhnaato.
- Walii adi isku wardiyaasee intii hundurta mise ada roroto hal sac kadambe marki wal aanta.
- Walii isku ilaaliyaas salida badan iyo gaaska. Wali isku illaliyaasa bunka.
- Madi adi jiiifadaasana madagaa saar barkinta.
- Madii adi dukaasana kadug jilboogaa inkadugtooy mahoogaa.

- **Call your doctor** if you are not able to keep fluids down for over 24 hours, you have dark urine or you feel weak or dizzy.

## Exercise, Energy and Sleep

Feeling tired is common, but exercise can help to strengthen muscles during pregnancy and for delivery. To improve your energy:

- Exercise each day if allowed by your doctor. Talk with your doctor about the type of exercise you are doing.
- Exercise for at least 30 minutes 4 to 5 days of the week, if you are allowed to exercise. Talk with your doctor before starting a new exercise program.
- Rest often. Lie down on your left side for at least 1 hour during the day to increase blood flow to your baby. A pillow between your legs and under your abdomen may increase comfort.
- If you have trouble sleeping, try a warm (not hot) bath or shower before bedtime. You may also want to practice relaxation exercises such as meditation, deep breathing and stretching.

## Oral Health

- Visit a dentist at least 1 time during pregnancy.
- Tell your dentist if you have gum or teeth problems.
- Use a soft toothbrush and brush gently. Floss each day.
- If you have vomiting from nausea, rinse your mouth with 1 cup of water mixed with 1 teaspoon of baking soda. This will get rid of stomach acid in the mouth.
- Do not use tobacco products.

- **Walii in weeraase daktarka** hoo ada dareenta biyooga yaraada waqti kubada 24 saacadood, kadadaa oo madoowaaato misa ada dabar darsato.

## Roroor, abood iyo hundurmo

Roroorka weli caawiye in muruqa dhiso madii ada uurka lato iyo madii ada dhalaasa. Madii ada kordhiyaasa abooda:

- Raroor geek kasta hoo kiin ogalaada dhaqtarka. Wediisow dhaqtarka sidii ada in raroora fade.
- Raroor 30 daqiiqa afar ilaa shan (4 ilaa 5) jeer todobaadkii hoo lakin ogalaado. Ladowaa intii ada roorka bilaawin.
- Naso marrar badan. In jiiifow dhanka bida eh malintii hal sac sidii unuga inhelo dhiig. Uskugali barkin lugaaga dhatiyo iyo muhoga sidi adi in hello raaxo.
- Hoo ada qabto hundurmo la aan kaqabeysooy biyo fardiir eh inta ada jiiifan. Walii ada in bahanta roroor, hawa qadasho iyo adago dhidhiinsata.

## Caafimaadka afka

- Inseew dhaqtarka ilko intii uurka lata halko mar.
- Insheeg dhaktarka hoo ada qabta ilka dhuura.
- Isticmaal burush jilicsan oo si tartiib ah u nadiifi ilkaha. Maalin kasta mari ilkaha xadhkaha ilkaha (floss).
- Hoo ada mantahaasa mise adi dhagdhagaawadaasa waraab koob soda afka ka anjajida. Taas meey koo nadiifiyaase af urooga.
- Inisticmaalooy tobaakado.

## Headaches and Dizziness

- For a headache, call your doctor or nurse for over the counter medicines that are safe to take. **Do not** take aspirin, ibuprofen (Advil or Motrin) or naproxen (Aleve).
- If you feel dizzy, sit or lie down to avoid falling. Get up slowly after 15 minutes to see if the dizziness has passed.
- Change positions slowly when you have a headache or feel dizzy.
- **Call your doctor** if your headache or dizziness does not go away or gets worse, or you have blurred vision, eye pain or pressure, or a lot of swelling in your hands or feet.

## Nose Stuffiness and Nose Bleeds

- You may put saline drops or gel into your nose. Talk with your doctor before taking any other over the counter medicines.
- To stop a nosebleed, sit up, lean your head forward and apply firm pressure with your fingers to the side of the nose that is bleeding. Get medical care if the bleeding lasts longer than 20 minutes.

## Skin, Hair and Nails

- Your hair and nails may grow faster. If you plan to get your hair treated with chemicals, tell your hairdresser that you are pregnant.
- Common skin problems include changes in skin color, itchy skin, acne and stretch marks. Topical lotions or ointments may be used for itchy skin or reduce the appearance of stretch marks.
  - Do not use Accutane or Retin-A products when pregnant.
- **Call your doctor** if you have concerns.

## Madag dhuure iyo Aajis

- Hoo madaga kudhuriyo inweer daktarka iyo kaalkalisada sidii oo kii siiyaan daawa feelan. **Inqaadatooy** aspirin, ibuprofen (Advil mise Motrin) mise naproxen (Aleve).
- Hoo ada dareemaasa kor dhuura fadhoow mise jiiifow uskuilaali intii ada dhulka kadhiida. Elen han surun 15 dakiika si hoog marki hanuunka koqaaado.
- Badal booska ada roogta hoo ada dareenta mada dhuura iyo aajis.
- **Inweer daktarka** hoo said noqoda mada dhuuri, aajis iyo wal aragookaa yaraada mise kadhidida galya iyo lugaha.

## Cabudh Sanka ah iyo Dhiig Sanka ah

- Waxa aad sankaa ku dhibcin kartaa dhibco milixeysan ama waxa aad galin kartaa nooc labeen ah (gel). Ladoowaa dhaktarka adagoo in qaada wal daawa ah.
- Sidii ada karoojida san nuuka, elen infadhoow, madagaa kor inteeq kadib tartibto sanko daliig. Waa intii ada hela daawa hoo ada 20 dakiika gudashee koo surama waayo san nuuga.

## Maqaarka, Timaha iyo Cidiyaha

- Waxa dhici karta in timahaaga iyo cidiyahaagu dhaksho u koraan. Haddii aad ku talo-jirtid in timaha lagu mariyo kiimikooyin, u sheeg timo-dhisaha inaad uur leedahay.
- Dhibada maqaarka walii kumida ah, kalarka oo kobadalma, isxooqoow iyo calaamooyin. Isticmaal looshin sifa ada inkubabaado isxooqowga.
  - In isticmaalooy dawoyinka xuxun marki uurka lata. (Retin-A)
- **Inweer daktarka** hoo ada qabta suaal.

## Breasts are tender or leak milk

- Wear a support bra that fits comfortably, such as a sports bra. Some women also wear a bra without underwire to bed at night.
- If your breasts leak milk, wear nursing pads in your bra and change them when you feel or think you are damp.
- Tell your doctor if you feel a lump or have any nipple changes.

## Urinating Often or Urine Leaks

You may have to pass urine more often throughout your pregnancy. Leaking urine is common during the last months of pregnancy. Urine leaks happen with coughing, sneezing, picking up heavy objects or sexual activity during pregnancy.

- Do not limit liquid or water intake, but drink less before bedtime.
- Urinate often.
- Avoid liquids with caffeine.
- Do Kegel exercises to strengthen and control the muscles around the vagina.
  - › To locate these muscles, stop and start your urine when you use the toilet.
  - › Try to tighten the muscles a small amount at a time. Then release very slowly.
  - › As you tighten the muscles, you should feel the area from your urethra, where urine leaves your body, lift slightly.

## Naaso danqanaya ama caano ka da'ayaan

- Hirooy naas gala kiika dhagan madi rooraasa. Bilaanta barshee wali hirdayan nasa gala mana hiradayan kastuumo madii hundurayan.
- Hoo naasoo kaqubadaayan hiroow naasa gala.
- U sheeg dhakhtarkaaga haddii aad kuus dareentid ama aad leedahay isbeddello ah ibta naaska.

## Mar walba kaadiyaas mise kooqubadaasa

Wey koo yaaba marwalba intii kadi koo koyta waqtiga adi uurka ata. Kaadada koo titifiqaasa wa usku caadi hiliga uurka inka dambeeya. Kaadi koo tiftifiqasa meyshena kora qufo, wal adi hog in qado iyo madi ada galmota hiliga uurka lata.

- Biyo badan waraab lakin mada ada jifadaas waraab biyo yar.
- Kaadi marrar badan.
- Iska ilaali cabitaanada leh kafeyn.
- Samee jimicsiyada Kegel si aad u xoojisid oo u xukuntid muruqyada ku wareegsan siilka.
  - › Si aad u garatid meesha ay ku yaalaan muruqyadaasi, kaadida jooji oo dib u bilaw marka aad isticmaalaysid musqusha.
  - › Isku day inaad adkaysid muruqyada hadba in yar. Ka dibna si tartiib ah u sii daa.
  - › Marka aad adkaysid muruqyada, waa inaad dareentid aagga ku aadan ibta kaadida, ama meesha kaadidu ay ka soo baxdo, oo wax yar sare u kacaysa.

- Practice these exercises while you sit, stand, walk, drive or watch television.
- Do these exercises 10 times, 5 to 10 times a day.
- **Call your doctor** if you have burning or pain when urinating or have a fever.
- **Call your doctor** if you think you may be leaking amniotic fluid and not urine. Lie down for 30 minutes with an absorbent pad. If you feel liquid when standing up, and it is yellow, pink or brown in color, call your doctor.
- Samee jimicsiyadaa marka aad fahid, taagan tahay, soconaysid, baabuur wadid ama daawanaysid telefishanka.
- Samee jimicsiyadan 10 jeer, 5 ilaa 10 jeer maalintii.
- **Inweer daktarka** hoo ada kaadada kagubaasa mise adi jiradaas.
- **Inweer daktarka** hoo ada inmeelayoota intii kaadida kinkukayaan. Injiifoow 30 daqiiqa dareedimoo. Hoo ada in maleeta hadii kadidaada guduud ata mise jala inweer daktarka.

## Vaginal Drainage

A change in vaginal drainage is normal.

- Bathe the outer vaginal area often. Use soap without perfume. Rinse well.
- Do not use tampons, vaginal sprays, douches, powders and colored or perfumed toilet paper.
- Wear cotton underwear. Avoid nylons or panty hose and tight pants.
- **Call your doctor** if the drainage has a bad odor, causes itching or there is blood.

## Constipation or Diarrhea

Constipation is very common in pregnancy from changes in body hormones. Diarrhea can be from changes in diet, exercise or prenatal vitamins, or an infection.

### Constipation

- Drink 6 to 8 cups of liquids each day. Choose water, juices and milk.

## Dheecaan siilka ah

Isbeddel ku dhaca dheecaanka siilku waa caadi.

- Marrar badan maydh aagga dibadda ah ee siilka. Isticmaal saabuun aan lahayn barafuun ama cadar. Si fiican u dhaqdhaq.
- Ha isticmaalin hoos-galis (tampons), buufin siilka lagu buufiyo, budo ama warqad musqul oo leh midab ama cadareysan.
- Gasho nigis ama matante cudbi ah. Usku ilaali kastuumada kakan.
- **Inweer daktarka** hoo kaadada ha urasa mise dhiig lata.

## Calool-adag ama Shuban

Hoo ki dhada haarka kiidhaga dhimata maleh markii uurka lata. Shumanka wali sheena kora cuntada oo ada uskubada, roroorka iyo infection.

### Haar kidhaga

- Cab 6 ilaa 8 koob oo ah cabitaan maalin kasta. Dooro biyo, miir khudaar ama caano.

- Eat high fiber foods such as raw fruits and vegetables, whole grains, high-fiber bran cereals and cooked dried beans.
- Do not use laxatives, enemas or over the counter medicines unless your doctor says that it is okay.
- **Call your doctor** if your constipation does not get better in 2 days.

## Diarrhea

- Drink 8 to 12 cups of water, broth, or sports drinks that are low in sugar. Avoid juices and milk that can make diarrhea worse. Avoid caffeine and alcohol.
- Eat bananas, rice, applesauce, toast, yogurt, non-milk based soups, potatoes, crackers, oatmeal, low sugar and low fiber cereals, and lean protein, such as chicken, turkey, beef, pork, cooked eggs or tofu.
- **Call your doctor** if diarrhea does not get better in 2 days, have pain or cramps that get worse, or are bleeding from the rectum. If you have diarrhea 2 days or more, use an oral rehydration product, such as Pedialyte®.

## Hemorrhoids

Hemorrhoids are swollen blood vessels in the rectal area from constipation or pressure of the baby on the body during pregnancy.

- Eat whole grain and high fiber foods, such as raw fruits and vegetables. Drink more water and fruit juice in moderation to keep your bowel movements regular and soft.
- Do not strain or push when having a bowel movement.
- Use cold compresses to relieve pain or swelling.

- Cun cuntooyiin uu ku badan yahay dufku (fiber) sida khudaarta iyo cagaarka aan la karin, xabuubka aan wax laga saarin (whole grain), siriyaaalka uu ku badan yahay dufku (high-fiber bran cereal) iyo digirta qalashay ee la kariyay.
- Ha isticmaalin dawada caloosha socodsiisa, dawo la galiyo malawadka ama dawooyinka la iska iibsano karo warqad dhakhtar la'aan iyada oo dhakhtarkaagu kuu sheego inaad isticmaali kartid mooyaane.
- **Inweer dhaktarka** haarka ki dhagay hoo koo dhamada waaya 2 beri.

## Shuman

- Waraab 8 ilaa 12 koob oo biyo ah sokorta ka yarta. Usku ilaali sharaabka iyo wanta shumanka indoron. Usku ilaali bunka iyo qamrada.
- Aan mooska, bariidka, suusa, bataata, wal sokorta kayarta, misigada dorada ukumo, soko loda, qansiirka iyo poroteenka.
- **Inweer daktarka** hoo ada shumo koo surama waaya 2 bari mise hanuun sheena mise dhiig. Hoo ada qabta shuman 2 bari kabadan isticmaal daawada oo jarka biyooga siiyaasa mey kumid eh Pedialyte®.

## Babaasiirta

Waqtiga haar kii dhaga mey kukooyee dhabada xunjir waqtiga adi uurka qabto.

- Wali aamaasa misiga iyo rashiin kabadanta qudaarta. Waraab biyo badan iyo sharaab si ada sifeela in roorta.
- Ha sameyn cadaadin ama riixid marka aad saxaroonaysid.
- Isticmaal duub qabow (cold compresses) si aad iskaga yareysid xanuun ama barar.

- Talk with your doctor about using a topical cream or witch hazel to reduce pain
- **Call your doctor** if your pain increases or if you have bleeding.

## Back Pain and Leg Cramps

Most women have back pain as the body changes with your baby's growth. Leg cramps are common during pregnancy.

### Back pain

- When resting or sleeping, use a supportive mattress. Lie on your left side with pillows between the knees, behind the back and under the stomach.
- Stand up straight. Do not slump or slouch.
- Wear low heeled, walking shoes.
- Do not stand in one place too long. Change body positions every 30 minutes.
- Squat to pick up objects rather than bending at the waist. Do not bend over at the waist. Bend your knees.

### Leg cramps

- Increase fluid, calcium and potassium intake in your diet. Eat foods such as milk, yogurt, bananas and orange juice.
- Rest often with your legs up during the day. Place a pillow under knees and ankles when sitting or lying down.
- During a leg cramp, straighten your leg and bend your foot up toward the front of your leg to gently stretch the muscles.

- Dhakhtarkaaga kala hadal isticmaalka labeenta oogada la mariyo ama geedka “witch hazel” si loo yareeyo xanuunka
- **Inweer daktarka** hoo jirooda kobada mise dhiig koo kooyoow.

## Dhareed dhuura iyo lug dhuure

Walii leeyiin mohog dhuura madii unuga wiinaadoow. Lug dhuuriga uskucaadi wu madii ada uurka lata.

### Mohog dhuura

- Hoo neefsadaasa mise ada jifadaasa isticmaal joradi feela. U jifso dhinaca bidix iyada oo barkimooyin kuugu jiraan jilbaha dhexdooda, dhabarka xaggiisa dambe iyo caloosha hoosteeda.
- Toos u joogso. Ha isku yeelin tuur ama qalooc.
- Hiroy koba taaka dheer in lahayna.
- Insuranaatooy meeloo waqta eed indheer. Marwalba ada badal mela suranta 30 kdhakikaba.
- Kadaloobso si aad u soo qaadid alaab dhulka taala halka aad iska laabi lahayd dhexda. Ha iska laabin dhexda ama sinaha. Jilboogaa laab.

### Lug dhuura

- Kordhi cabitaanka, kaalshiyamta iyo bootaasiyamta ku jirta cuntadaada. Qaado cuntooyinka sida caanaha, caano-fadhiga ama yoogeer, muus/moos iyo miirka liin macaanta.
- Naso marrar badan iyada oo lugahaagu sareeyaan inta lagu jiro maalinnimada. Barkimo dhig hoosta jilbahaaga iyo kuraamahaaga marka aad fadhidid ama jiiftid.
- Toosi lugaada iyo faryaaga madii kaduuriyan lugaha. Marka aad isku aragtid maroojis lugta ah, toosi lugtaada oo cagtaada u qalloci xagga hore ee lugtaada si aad si tartiib ah u kala bixisid muruqyada.

- **Call your doctor** if only one leg is hurting all the time, if there is a hot or red area on the leg, or if the leg hurts when you bend your foot toward the front of your leg.

## Varicose Veins

Varicose veins are enlarged veins you may see on your legs. They can itch, be painful or cause tingling in the legs.

- Avoid nylons or panty hose with elastic bands.
- Wear low heeled or athletic shoes. Avoid high heels.
- If you must stand for long amounts of time, consider wearing support hose to improve blood flow from the legs back to the heart.
- Take short rest breaks with your legs raised higher than your heart. Lie on your left side with a pillow between your legs and under your abdomen.
- Do not cross your legs when sitting.

## Swelling of Hands and Feet

- Avoid standing or sitting for long periods of time.
- Lie on your left side for 30 to 60 minutes, 3 to 4 times each day.
- Exercise if allowed by your doctor.
- Avoid foods high in salt.
- Drink 8 to 10 glasses of fluid each day.
- Ask your doctor about support hose.
- **Call your doctor** if you wake up in the morning a few days in a row with swelling.

- **Inweer daktarka** hoo lug dhuuriga kiqadada waqti badan mise ka guduudata.

## Xidido Dhiig oo Bararsan

Xidido dhiig oo bararsan (varicose veins) waa xidido weynaaday oo aad ku arki karaysid lugahaaga. Walii kinsheena karaan dharag iyo hanuun.

- Usku ilaali kastuumada laastiiga kakan.
- Hirooy kobo taaka gaaban. Usku ilaali kabo taka dheer.
- Hoo ada surunaadaas waqti badan wey subiyaas isticmaal wal dhiiga dareershe wal inku dhibaana.
- Qaado nasashooyin gaagaaban iyada oo lugahaagu ka sareeyaan wadnahaaga. U jiiifso dhinaca bidix iyada oo barkimo kuu jirto lugaha dhexdooda iyo caloosha hoosteeda.
- Madii ada fadheeda inis dhaafidooy lugaagaa.

## Bararka Gacmaha iyo Cagaha

- Iska ilaali inaad mudo dheer taagnaatid ama fadhidid.
- Injiifoow bidigtaa 30 ilaa 60 dakiika, 3 ilaa 4 jeer maalinwalba.
- Samee jimicsi haddii dhakhtarkaagu oggol yahay.
- Iska ilaali cuntooyinka milixdu ku badan tahay.
- Cab 8 illaa 10 koob oo ah cabbitaan maalin kasta.
- Weydii dhakhtarkaaga lug-galis leh taageero.
- **Inweer dhaktarka** hoo ada hakata adagoo dhidid leh waqti hora.



## Cold, Flu or a Virus

- Talk with your doctor about getting a vaccine to protect you from the flu. **When pregnant, you need the injection (shot) and not the nasal spray.**
- Call your doctor or nurse for over the counter medicines that are safe to take if you get a cold or have the flu.
- Avoid being around people who are ill. Wash your hands often.
- **Call your doctor** if you have a fever, shortness of breath or are coughing up sputum.

## Abdominal Pain or Contractions

You may feel some pain in the groin area as your uterus grows. This pain can get worse with sudden movements or prolonged walking.

- **Call your doctor right away** if you have severe pain.
- Braxton Hicks Contractions are mild contractions that are painless and irregular. These are common and do not need treatment.
- When you have a contraction, lie on your left side and rest. Place your hands on your abdomen and feel when the contraction begins and ends. Time how long and how often the contractions are coming.
- **If you are less than 9 months pregnant** and are having contractions, quickly drink several glasses of water. If you still have 4 or more contractions in one hour after drinking the water and resting, call your doctor.

## Hargab, Ifilo ama Fayras

- Ladowaa daktarkaa madii ada lakatalaaloo lako badbadiyaw hergabka. **Madii ada urka eta wey inbahanta inti ada la dura.**
- Inweer daktarka mise kolkolisadaa sidi uyu kiinka sheegaan daawada aamaasa oo na dhib insheenana hoo ada qabta qabow mise hergab.
- Iska ilaali inaad ag joogtid dadka jiran. Marrar badan dhaq gacmahaaga.
- **Inweer daktarka** hoo ada qandha kahayta, neefta ki hiranta mise ada xunjuuf tufaasa.

## Xanuun Caloosha ah ama Qabashooyin

Waxa laga yaabaa inaad xanuun ka dareentid aagga miskaha dhexdooda marka uurkaagu sii weynaado. Xanuunkaasi waa uu ka sii dari karaa marka aad sameysid dhaqaaq dhakhso ah ama socod dheer.

- **Inweer daktarka waqtiga macquulka** hoo ada jirada said kahayta.
- Qabashooyinka loo yaqaano Qabashooyinka Braxton Hicks waa qabashooyin khafiif ah oo aan xanuun lahayn isla markaan aan joogto ahayn. Kuwaasi waa caadi umana baahna daweyn.
- Marka qabasho ku hayso, u jiiifso dhinaca bidix oo naso. Gacmahaaga saar caloosha ka dibna dareen goorta qabashadu bilaabmayso iyo goorta ay dhamaanayso. Xisaabi intabadan madii iniskooyaaw jira.
- **Haddii aad ka yartahay 9 bilood uur ah** oo aad qabtid fool, si dhaqso ah u cab dhoor galaas oo biyo ah. Haddii aad weli qabtid 4 ama fool badan oo hal saac gudaheed ah kadib markaad cabtid biyaha iyo nasatid, soo wac dhaqtarkaaga.

- **If you are in your ninth month of pregnancy**, call your doctor if your contractions are occurring more than 6 per hour, last longer than 15 to 30 seconds, become painful, or you have vaginal bleeding or leak fluid.
- Your doctor may tell you to call right away if you have any contractions.
- **Hooba ada sagalaa bilood uur leta**, way in weerase dakhtarka hooba foola ka qobodaasi li' tooka 6 saacadi gudaashe taasoo dareeraya wal ku badang 15 iyo 30 il biriqa, mise hooba lahawka kii badada mise sabiila dhiig ku dareera.
- Waxa laga yaabaa in dhakhtarkaagu kuu sheego inaad isla markiiba soo wacdid haddii aad isku aragtid qabashooyin.

## Sexual Activity

It is common to have some changes in your sexual desire during pregnancy.

- Sexual intercourse is allowed during your pregnancy unless your doctor has told you otherwise. Tell your partner what feels comfortable.
- Practice safe sex if you or your partner has a sexually transmitted infection.
- You may feel some cramping for a few minutes after sexual intercourse.
- **Call your doctor** if after sexual intercourse you have vaginal bleeding, leak urine or your water breaks.

## Changes in Mood and Memory

It is common to have mood swings from hormones, changes in sleep or eating patterns, or stress during pregnancy.

- It is normal to have different emotions during pregnancy. You may be excited about the birth of your baby, but worry how your life will change. Ask your partner, family and friends for emotional support.
- Manage stress in your life. Deep breathing, meditation, listening to music, exercise, and massage can help to reduce stress.

## Shaqada Galmooyinka

Walii caada eh waqtiga ada uurka ada isbadalooga galmadooga.

- Galmada waa la oggol yahay wakhtiga uurkaaga iyada oo dhakhtarku kuu sheego si kale mooyaane. Insheeg lamanagaa walagii ada dareenta.
- Hoo ada qabta jiro isticmaal galma badbaada leh.
- Waxa laga yaabaa inaad isku aragtid xoogaa ah maroojin dhawr daqiiqadood ka dib galmada.
- **Inweer daktarka** hoo ada dhiig kookoyow madi ada galmo suubiso.

## Xaakada badal

Wey laku yaaba intii isbadalo dabecada, waqtiga hundurmada, rashiin aamow, iyo walwalka badan waqtiga urka lata.

- Cadi wu waqtiga ada latainti isbadalaa dareemogaa. Kafraxaasee unuga marki kin dhalada lakiin walii ku walwalaasee sidi noolala inbadalma lahayte. Warsow lamanagaa, qoyska iyo sxbka intii kakaalmeyaan.
- Wa intii mamula walwalka noolalaa. Hoos in neefsadow, dheegasoga musiga gaabsan, roroorka, ya walii koyareeya koraan walwalka.

- If you have trouble eating and sleeping, this can change how you feel. Talk with your doctor and a dietitian to get help.
- You may notice that you are more forgetful. Make notes for yourself to help you remember important things. This should improve after the birth of your baby.
- **Call your doctor** if you have thoughts of harming yourself or others, or feel you may have depression.
- Hoo ada dhibata kaqabta amooyga, jiifadoowga, taas walikokaalmeyaasee walagiii dareemaase. Ladoowaa dhaktarkaa sidii adi inhelo kaalma.
- Waxa laga yaabaa inaad isku aragtid iloobid intii hore ka badan. Samee qoraalo xusuusin ah si ay kaaga gargaaraan inaad xusuusatid waxyaabaha muhiimka ah. Tan waa intii hormariida madii unuga kiindhalada kudub.
- **Inweer dhaktarkaa** hoo ada in maleysaa intii ada eed infikiraasa.

## Food Cravings and Aversions

You may crave foods during pregnancy while the smell or taste of other foods may cause nausea.

- Eat a variety of healthy foods at meals and for snacks, include fresh fruits and vegetables, whole grains and lean protein. Avoid foods high in sugar, fat or salt and make healthier choices.
- Take a prenatal vitamin each day.

**Talk to your doctor or nurse if you have any questions or concerns.**

## Shashal Biyooka Raashinka

Bilaanta uurka leh raashiin madii aanta wey lakuyaaba inti han ura mise kadhagadhaqaawata.

- Aan raashiin feela oo kamid yihin qudaarta, misigada iyo porotiinka. Usku ilaali rashinka sokorta kabanta, saliida, iyo usbo badan sidii ada caafimaad feela in helo.
- Qaadoow vitamin maalin walba.

**La hathil taktarka misy kalkaalisytha hady ady qabty su'aaly misy quseyng.**