

# Lalabada iyo Mataga Waqtiga Uurka

## Nausea and Vomiting During Pregnancy

Nausea and vomiting during early pregnancy, sometimes called morning sickness, can happen any time of the day.

Morning sickness often begins about the 6th week of pregnancy and gets better by the 13th week. It likely happens because hormone levels in your body change rapidly in early pregnancy. Stress, not eating for several hours or certain odors may trigger morning sickness.

You may worry about the health of your baby if morning sickness is a problem. If you are in good health before pregnancy, your growing baby will have enough nutrients for the first months of pregnancy.

### What you can do

- Take more rest periods or naps.
- Keep something in your stomach.
  - Eat crackers, toast or dry cereal before getting out of bed in the morning.
  - Eat small meals every 2 to 3 hours to avoid an empty stomach.
- Eat more protein.
- Eat foods that are easy to digest. These include: dry foods, toast, bagels, saltine crackers, cereals, pasta and potatoes.
- Avoid greasy or highly seasoned foods that may cause your symptoms to get worse.

Lalabada iyo Mataga Waqtiga Uurku cusub yahay, waxaa mararka qaar loo yaqaan xanuunka subaxdii, waxa uuna imaan karaa waqti kasta maalintii.

Xanuunka subaxdii badanaa waxa uu billoowdaa asbuuca 6aad ee uurka waxa uuna soo fiicnaadaa asbuuca 13aad. Waxaa sababaaya isbedelka hoormoonka jirka oo si xawli ah isku bedelaa marka uurku cusub yahay. Walaac, cunto cunid la'aan muddo saacado ah ama qaybo kamid ah urka ayaa kicin kara xanuunka.

Waxaad ka welweli kartaa caafimaadka ilmahaaga haddii xanuunka subaxdii uu yahay dhib jira. Haddii aad dareemaysay caafimaad fiican kahor uurka, cunugaaga koraaya waxa uu haysan doonaa nafaqo ku filan bilaha koowaad ee uurka.

### Waxa aad sameyn karto

- Qaado nasiino badan iyo hurdo.
- Calooshaada wax geli.
  - Cun buskudyada, rootiga ama sareen qalalan kahor inta aadan subaxdii sariirta kasoo kicin.
  - Cun cuntooyin yaryar 2 illaa 3 dii saacba mar si aad iskaga ilaaliso calool marnaanshaha.
- Cun cuntooyin leh barootiin badan.
- Cun cuntooyinka ay calooshu si fudud ku shiidi karto. Kuwaas waxaa kujira: cuntooyinka qalalan, rootiga, burka yaryar, buskudka cusbada leh, sareen, baasto iyo baradho.
- Ka fogoow cuntooyinka dufanka leh ama cuntooyinka xiliga gaarka ah soobaxa oo sababi kara in calaamadahaagu kasiiaraan.

- Drink between meals, not at meals.
- Sip clear liquids if you are vomiting. When vomiting occurs, take sips of clear liquids only. Some examples of clear liquids are gelatin, clear soft drinks (7UP) sports drinks, tea and broth.
  - As the nausea passes, increase the amount of liquids to ½ cup every hour. Stay hydrated.
- Avoid food smells that make nausea worse.
- Talk to your provider about taking:
  - Antihistamines doxylamine or dimenhydrinate
  - Vitamin B6
- Cab waqtiyada cuntooyinka u dhaxeeya, ha cabin markaad cunto cuneeyso.
- Kabo biyaha cad haddii aad matageyso. Marka aad matagto, kaliya kabo biyo cad. Qaar kamid ah tusaalayaasha biyaha cad waa gelatin, cabitaan fudud (7UP) cabitaanada ciyaaraha, shaax iyo maraq.
  - Marka lalabadu sii dhamaaneyso, ku kordhi cadadka cabitaanada ½ koob saacadii kasta. Cab biyo kugu filan.
- Iska ilaali urka cuntooyinka ee lalabada kugu kicinaaya.
- Kala hadal dhaqtarkaaga qaadashada:
  - Antihistamines doxylamine ama dimenhydrinate
  - Fiitamiin B6

## Follow-Up

Call your doctor, clinic or go to the emergency department if:

- You cannot keep liquids down for 24 hours.
- You have abdominal pain, fever, dizziness, severe weakness or feel faint.

**These may be signs of a more serious problem.**

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

## Ballamaha

Wac dhaqtarkaaga, rugta caafimaadka ama booqo waaxda xaaladaha degdega ah haddii:

- Aadan cabitaanada iskaga ilaalin karin muddo 24 saacadood ah.
- Aad dareemayso calool xanuun, qandho, dawakhsanaan, laciifnimo ama hadaad dareemayso miyir beelid.

**Kuwaas waxay noqon karaan calaamadaha dhibaato aad u daran.**

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabto wax su'aal ah ama walaacyo ah.**