



Waxbarashada Bukaanka

Waxbarashada Xilliga Dhalmada

Uurka iyo Dhalmada



Baaritaanka Caadiga ah Inta aad Uurka Leedahay

Jadwalladaan waxaa ku taxan oo ay si kooban u sharraxayaan baaritaanada kala duwan ee lagaa qaaday inta aad uurka lahayd. Dumarka oo idil waxaa laga yaaba in laga qaaday baaritaanadan. Hubi in aad kala hadashay dhakhtarkaaga, kalkaalisada, umulisada, ama shaqaalaha kale ee bukaan socod eegtada haddii ay jiraan su'aalo iyo walwal aad ka qabtid baaritaanada ama natiijada bariitaankaaga.

Haddii natiijada baaritaanka uu yahay mid aan caadi ahayn, islamarkiiba waanu ku soo wacaynaa. Haddii uu caadi yahay, waxaanu dib u wada eegi doonaa booqashadaada xigta. Eeg *Uurka, Dhalmada iyo Carruurta Cusub*, bogagga 63 illaa 73 iyo bogagga 78 illaa 86.

Waqtiga Hore iyo Waqtiga Dhexe ee Uurka

Sheybaadhka	Waxa la baadhayo	Macluumaadka	Faallooyinka
Nooca dhiigga iyo isirka Rh	<i>Dhiigga</i>	Haweeney Rh negative ah iyo nin Rh positive ah oo waxaa laga yaaba in ay keento difaaca jidhka oo ilmaha waxyeeli karta. Waxaa kani markale la eegaa xilliga foosha.	Haddii ay hooyadu tahay Rh togane oo uu ilmuhu yahay Rh tabane, waxaa hooyada lagu duraa ibradda Rhogam marka ay gaarto 28 asbuuc mararka qaarkooda dhalmada kaddib.
CBC (Xisaabta guud ee dhiigga)	<i>Dhiigga</i>	Baaritaanka saldhigga xisaabta dhiigga.	
Chlamydia*	<i>Astaanta farjiga</i>	Cudurrada baktiiriyada ee caadiga ah; waxa laga yaaba in ilmaha ay qaadsiiiso marka ay dhaleyso.	Haweenka badankooda ma ay qabaan wax calaamad ah. Waxaa lagu daweyn karaa antibiyootiko.
Jabtada*	<i>Suuf lagu soo taabtay afka ilmagaleenka ama kaadi.</i>	Cudurka baktiiriyada waxa laga yaaba in ilmaha ay qaadsiiiso marka ay dhaleyso.	Haweenka badankooda ma ay qabaan wax calaamad ah. Waxaa lagu daweyn karaa antibiyootiko.

*waxaa lagu kala qaadaa galmada

Sheybaadhka	Waxa la baadhayo	Macluumaadka	Faallooyinka
Kooxda B strep (Beta strep)	<i>Baaritaanka abuurka dheecaanka laga soo qaado siilka iyo dabada; waxaa natiijada la eegaaa xilliga foosha.</i>	Waxa laga yaaba in ay cudur qaadsiiso biyaha ilmaha; waxa laga yaabaa in ay ilmaha qaadsiiso marka uu dhasho.	Waxa laga yaabaa cudur in aanu ka muuqan. Waxaa lagu daaweeyaa antibiyootiko xilliga foosha. Haddii baktiiriya ay ku jirto siilka ama kaadida, ama ay hooyada khatar ugu jirto (sida PTL ama ROM), waxaa lagu daaweeyaa antibiyootiko. Haddii ay hooyadu qabto, waa in ilmaha la eegaa maalinta ama labada maalin ee ugu horreysa.
Hematocrit	<i>Dhiigga</i>	Waa in la eegaa in ay hoos u dhaceen tirada ungyada cas ee dhiigga (anemia). Waxaa sidoo kaloo la sameeyaa umusha kaddib marka uu dhiig badan ka yimaad dhalmada.	Waxaa laga yaaba in ay u baahato, in la siiyo fiitamiinada dhiigga kordhiya.
Hepatitis B (Cagaarshowga)*	<i>Dhiigga</i>	Cudurka beerka; waxaa laga yaabaa in ay qaadsiiso ilmaha haddii ay cudurka qabto.	Waxaa lagula talinayaa in dhammaan carruurta ay qaataan maalinta cusbitaalka laga soo saarayo 3-da tallaaf ee ugu horreeya.
Herpes simplex virus* (afka ama xagga hoose)	<i>Dhiigga</i>	Mar mar ayuu ilmuhu qaadaa khaasatan marka ugu horreysa ee cudurku ku dhaco hooyada; dumarku waa in ay daawo qaataan.	1 ah 3-dii naagoodba ayaa qabta herbeska; sheybaarku waxa uu sheegi karaa haddii cudurku mar hore uu ku dhacey xittaa haddii iminka aaney qabin.
HIV Fayruska AIDS-ka	<i>Dhiigga</i>	Waxa laga yaaba in cudur aanu ka muuqan; ilmuhu waa ay qaadi karaan waxaana ay keeni kartaa AIDS.	Hooyada waa laga daweyn karaa si ilmaha aaney u qabadsiiin.
Astaanta ilma mareenka	<i>Astaanta farjiga</i>	Sheybaar kansar ka hor ama kansarka.	Baadhista iyo/ama daaweynta uurka kaddib. Iska baar sanad walba.
Rubella (German measles)	<i>Dhiigga</i>	Wuxuu hurgunka u gudbi karaa ilmaha kaasoo keenaya ciladaha dhalmada.	Haddii aysan qabin <i>rubella</i> , hooyada waxaa la siinaya tallaaf marka ay dhasho. Haddii ilmuhu ay difaac leeyihiin wax khatar ah ma galineyso.
Syphilis*	<i>Dhiigga</i>	Waxa laga yaaba in keento dhalmo ilmo baktiiriya ama ku wax ka dhiman yihiin.	Waxaa lagu daweyn karaa antibiyootiko.
Ultrasound	<i>Cod ayaa muujiya ilmahu sida uu u eg-yahay inta uu ku jiro ilma-galeenka</i>	Waxa uu sheegaya waqtiga uu ilmuhu dhalanayo iyo ilmaha sida uu u yaallo iyo sida uu u korayo.	Habka dhismaha jirka iyo korriinka waxaa si fiican loo arkaa 18 asbuuc kaddib.
Baadhidda kaadida	<i>Kaadida</i>	Baaritaanka hurgunka kaadi haysta ama xanuunka kelyaha, oo ay ku lug yeelan karto dhalmada soo dhaqsata ama hurgunka kelyaha haddii aan la daaweyn.	Waxaa lagu daweyn karaa antibiyootiko.

*waxaa lagu kala qaadaa galmada

Uurka Waqtigiisa Dambe

Sheybaadhka	Waxa la baadhayo	Macluumaadka	Faallooyinka
Tirada ilmaha dhaqaaqiisa	<i>Dareenka iyo tirinta dhaqaaqida ilmaha</i>	Dhaqaaqo waa habka lagu karto caafimaadka ilmaha.	Bilow in aad tiriso asbuuca 26-aad ee uurka. Ilmuhu waa in uu dhaqaaqaa 10 goor ama in ka badan 2-ii saacadoodba maalin kasta
Glucola	<i>Dhiigga (marka ay cabto cabitaan sonkor leh)</i>	Waxaa la baadhayaa cudurka macaanka ee uurka la xidhiidha.	Waxaa la sameeyaa asbuuca 26-aad illaa 28-aad. Haddii uu sare u kacsan yahay, waxaa la sameynayaa tijaabada 3-da saac.
Baadhitaanka cadaadis la'aanta (Non-stress test)	<i>Qalab elaktronik ah ayaa lagu baadhiya ilmaha uurka ku jira.</i>	Heerka garaaca wadnaha ayaa muddo 20 illaa 30 daqiiqo la xisaabin doonaa si loo ogaado waxa iska beddelay dhaqdhaqaaqa ilmaha uurka ku jira.	Caadi ahaan waxaa la sameeya si loo ogaado caafimaadka ilmaha.

Baadhitaanada Uurka Kaddib

Sheybaadhka	Waxa la baadhayo	Macluumaadka	Faallooyinka
Astaanta ilma mareenka	<i>Astaanta farjiga</i>	Sheybaar kansar ka hor ama kansarka.	Waxaa la sameeyaa 6 asbuuc dhalmada kaddib, kaddibna sanad kasta.
Baadhitaanka 2-da saac ee u adkeysiga macaanka	<i>Dhiigga (marka ay cabto cabitaan sonkor leh)</i>	Waxaa laga baadhayaa cudurka macaanka ee uurka la xidhiidha.	Waxaa la sameeyaa 6-dii asbuuc mar.
Iska Baadhista Naaska	<i>Waxaad naaska ka baadhaysaa buxho ama wixii isbeddel ah</i>	Waxaa suuragal ah in aad darentid buro ama aad aragtid isbeddel oo horraan u noqon kara kansarka amaba ah kansar waxaana suuragal ah in aad u baahatid baadhitaan dheeraad ah.	Iska baadh bil walba caadada kaddib, ama maalinta ugu dambeysa bisha haddii aadan caado lahayn, waxaadna wixii ku saabsan buro u soo sheegtay dhakhtarkaaga.

Su'aalo?

Su'aalahaagu waa muhiim. Haddii aad su'aalo ka qabtid naftaada, waxaad wacdaa takhtarkaaga haweenka xilliyada uu xafiiska furan yahay. Waxay bukaan socod eegtooyinka xiran yihiin inta u dhaxeysa 5-ta galabnimo illaa 8-da subaxnimo iyo asbuuca dhammaadkiisa.

Marka uu xiran yahay xafiiska takhtarkaaga, waxaad wacdaa qaybta Foosha iyo Dhalmada:
206-598-4616

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Perinatal Education

Box 356159
1959 N.E. Pacific St. Seattle, WA 98195
206-598-4003

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Common Tests During Pregnancy
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Common Tests During Pregnancy

These tables list and briefly explain many of the tests you may have done during your pregnancy. All women have some of these tests. Be sure to talk to your doctor, nurse, midwife, or other clinic staff if you have questions or concerns about the tests or your test results.

If a test result is abnormal, we will call you right away. If it is normal, we will review it at your next visit. See *Pregnancy, Childbirth and the Newborn*, pages 63 to 73 and pages 78 to 86.

Early- and Mid-Pregnancy Tests

Test	What's Tested	Information	Comments
Blood type and Rh factor	Blood	Rh negative woman with Rh positive partner may develop antibodies that could harm the baby. This is checked again during labor.	If mother is Rh negative and baby is Rh positive, the mother is given a Rhogam shot at 28 weeks and sometimes after birth.
CBC (Complete blood count)	Blood	Checks baseline blood count.	
Chlamydia*	Swab from cervix or urine	Common bacterial infection; may pass to the baby at birth.	Many women have no symptoms. Treated with antibiotics.
Gonorrhea*	Swab from cervix or urine	Bacterial infection; may pass to the baby at birth.	Many women have no symptoms. Treated with antibiotics.

*sexually transmitted

Test	What's Tested	Information	Comments
Group B strep (Beta strep)	<i>Vaginal and rectal cultures; results are checked during labor</i>	May infect amniotic fluid (bag of waters); may pass infection to baby at birth.	Many have no symptoms. Treated with antibiotics in labor. If bacteria is present in the vagina or urine, or the mother has risk factors (such as PTL or ROM), she is treated with antibiotics. If the mother tests positive, the baby may need to be observed for the first day or two.
Hematocrit	<i>Blood</i>	Checks for low red blood cell count (anemia). Also done after birth following blood loss during delivery.	May need iron supplements.
Hepatitis B*	<i>Blood</i>	Infection of liver; may pass to the baby if infection is active.	We recommend all babies receive the first of 3 vaccinations on day of discharge.
Herpes simplex virus* (oral and genital types)	<i>Blood</i>	Some risk of passing it to the baby, especially when first infected; woman may need treatment.	1 in 3 women have genital herpes; test can show past exposure, even when there are no symptoms.
HIV* (Human immunodeficiency virus)	<i>Blood</i>	May not have symptoms; can pass on to baby. Can progress to AIDS.	Mother can be treated to help prevent passing infection to the baby.
Pap smear	<i>Swab from cervix</i>	Screens for pre-cancerous or cancerous conditions.	Follow-up exams and/or treatment after pregnancy. Get tested every year.
Rubella (German measles)	<i>Blood</i>	May pass the infection to the baby and cause birth defects.	If test negative, mother is given vaccine after the birth. If immune, there is no risk to the baby.
Syphilis*	<i>Blood</i>	May cause stillbirth or birth defects and illnesses.	Treated with antibiotics.
Ultrasound	<i>Sound waves show image of baby in uterus</i>	Helps confirm due date and checks baby's position and growth.	Anatomy and growth is best seen after 18 weeks.
Urinalysis	<i>Urine</i>	Checks for bladder infection or kidney disease, which may be associated with preterm birth or kidney infection if not treated.	Treated with antibiotics.

Late-Pregnancy Tests

Test	What's Tested	Information	Comments
Fetal movement counting	<i>Feeling and counting the baby's movements</i>	These movements are one way to assess the baby's health.	Begin counting at 26 weeks of your pregnancy. Your baby should move at least 10 or more times in a 2-hour period daily.
Glucola	<i>Blood (after drinking special sugary drink)</i>	Screening test for diabetes in pregnancy (gestational diabetes).	Done weeks 26 to 28. If elevated, will have 3-hour tolerance test.
Non-stress test (NST)	<i>External electronic fetal monitor used</i>	Baby's heart rate recorded for 20 to 30 minutes to check changes in response to baby's movement.	Often done to assess your baby's well-being.

After-Pregnancy Tests

Test	What's Tested	Information	Comments
Pap smear	<i>Swab from cervix</i>	Screens for pre-cancerous or cancerous conditions.	Done at 6-week postpartum check-up, then annually.
2-hour glucose tolerance test	<i>Blood (after drinking special sugary drink)</i>	Screens for diabetes, if had gestational diabetes in pregnancy.	Done at 6-week visit.
Breast self-exam	<i>You check your breast tissue for lumps or changes</i>	You may feel lumps or see changes that could be pre-cancerous or cancerous and may need further testing.	Do self-exam every month after your period, or on the last date of the month if not menstruating; report any lumps to your care provider.

Questions?

Your questions are important. If you have questions about yourself, call your obstetric provider during office hours. Clinics are closed 5 p.m. to 8 a.m. and on weekends.

When your provider's office is closed, call Labor and Delivery:
206-598-4616

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1959 N.E. Pacific St. Seattle, WA 98195
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