



## Macluumaadkan Qaybta Antepartum

### *Waxa la filan karo inta la joogo*

Waxaad kusoo dhawaataa qaybta Antepartum! Waraaqahani waxay sharaxayaan waxa aad filan karto inta aad nala joogto. Fadlan waydii kaaliyahaaga caafimaadka hadii aad qabto wax su'aal ah. Waxa aanu doonaynaa in aanu xaqiijino inaad si raaxo ah u joogto.

### **Waa maxay qaybta Antepartum?**

Bixiyahayaashaada daryeelka ee qaybta Antepartum ee khabiirka u ah daryeelka waalidka inta aad uurka leedahay. Sida adiga oo kale, badanaa bukaanka Antepartum waxay khatar sare ugu jiraan uur inay qaadaan. Caafimaadkaaga iyo amaankaaga dartiis, waxa lagaaga baahan karaa inaad joogto qaybteena dhawr maalmood ama wax ka badan.

Bukaanka qaar waxay ku bilaabaan qaybta Foosha & Dhalmada, laakiin waxaa loo wareejiyaa qaybta Antepartum. Bukaanka qaar kale waxay ku bilaabaan qaybta Antepartum waxayna u wareegaan qaybta Foosha & Dhalmada. Bukaanka Antepartum waxaa si dhaw loogala socdaa daryeelka degdeg ah ee ay u baahan yihiin inta ay ku jiraan qaybta Foosha & Dhalmada.

### **Maxaan filan karaa inta aan ku suganahay qaybta Antepartum?**

**Kormeer dhakhtar:** Dhakhtarada Antepartum ayaa "kormeera" qaybta todobaad kasta. Tani waxay ka dhigan tahay waxay yimaadaan ilaa sariirta, caadiyan aroortii. Dhakhaatiirtu way is badalaan. Waxay joogaan qaybteena 4 ilaa 8 todobaad, kadibna waxay u wareegaan qayb kale. Habeenkii iyo labada maalmood ee fasaxa ah, dhakhaatiirka Foosha iyo Dhalada ayaa kusoo kormeeri doona.

Hadii aad wax su'aal ah ka qabto daryeelkaaga, waxa ay tahay inaad ugu qorto sabuurada qolkaaga. Markaa, waxa aad u tilmaami kartaa sabuurada marka ay kusoo kormeeraan.

### **Eegitaanka amaanka kaaliyaha caafimaadka iyo kormeerka:**

Kaaliyaha caafimaadka ayaa kusoo booqan kara badanaa si loo eego badqabkaaga. Kaaliyahaasha caafimaadka ayaa sidoo kale u iman doona sariirtaada marka ay is badalayaan. Isbadalka gelinku waxa uu noqdaan 7 subaxnimo iyo 7 habeenimo.



*Kaaliyaha caafimaadka ayaa kusoo booqan kara badanaa si loo eego badqabkaaga.*

**Kooxda daryeelka Antepartum:** Waxa aad sidoo kale booqan kartaa xubno kale oo kooxda daryeelka Antepartum ah. Bixiyayaashaas waxaa kamid ah dhakhtarka neerfaha, shaqaalaha bulshada, dhakhtarka macaanka, shaqaalaha daryeelka ruuxda, macalimiinta macaanka, latalinta jaqsiinta, iyo dabiibaha jidhka iyo shaqada. Dhakhtarkaaga ayaa kula talin doona hal ama wax ka badan oo talooyinkan ah inta aad joogto.

**Baarkin:** Laga bilaabo maalinta 15aad qaybteeda, 1 booqde oo aad doorato ayaa lasiin doonaa warqad baarkin maalin kasta oo aad kusii jirto qaybtan. Fadlan waxa aad waydiisaa shaqaalaha xafiiska hore wixii ku saabsan taas.

**Cuntada iyo biyaha:** Waxa aanu haynaa meenuu loogu talo geley bukaanka iyo martida. Fadlan waxa aad dalbataa cuntada 7:45 habeenimo, maadaama oo kaafteeriyada la xidhi doona 8 habeenimo. Waxaa jira biyo daray ah oo baraf ah oo laga heli karo Qolkeena Nourishment. Qolku wuu xidhan yahay, fadlan waxa aad waydiisataa shaqaalaha biyo. Waxaa sidoo kale jirta mikrooweef barandada dhax taal oo aad cuntada ku diirsan karto.

**Booqdayaasha:** Qaybaha Antepartum iyo Foosha iyo Dhalmada waxaa weeye qaybo xidhan. Booqdayaashu waa inay isticmaalaan taleefanka marka ay soo galayaan. Mar kasta oo ay soo booqdaan, waa inay isku sheegaan xafiiska hore ee qaybta. Halkan waxay ka heli doonaan tigidh booqde oo taariikhda leh. Hadii aad qabto walaac ku saabsan sirta iyo amaanka, fadlan waxa aad u sheegtaa kaaliya caafimaadka.

**Amaanka:** Makaanka u dhaxeeya sariirta iyo albaabka waa inayna wax oolin alaab ah iyo alaabaadka shakhsi ahaaneed. Shaqaalaha waa inay alaabta ka guraan wadada mar kasta oo ay kuu yimaadaan. Tani waa amaan.

**Hawlaha:** Qaybta Antepartum waxay leedahay hawlo maalin kasta ah oo aad ka heli karto. Waxaa taas kamid ah jimiciga dhalmada kadib, kooxda taageerada hooyada, fasalka farshaxanka, duruusta tolmaha funaanada, iyo daawasho NICU iyo shaqada ah. Waxa aad waydiisaa kaaliyahaaga caafimaadka hadii aad doonayso wax kamid ah hawlaha.

**Ka bixitaanka qaybta:** Hadii uu dhakhtarkaagu kuu sheego inaad CAADI tahay inaad ka baxdaa qaybta si aad u qabato meelaha kale ee isbitaalka, waa inaad saxeexdaa xaashida "Bixitaanka Bukaanka". Waxa aad saxeexaa warqadan marka aad ka baxayso iyo marka aad soo noqoto.

Dhakhtarkaagu waxa uu kuugu xadidi karaa wakhtiga aad ka baxayso qaybta 30 daqiiqo markiiba. Fadlan waxa aad waydiisaa kaaliyahaaga caafimaadka kahor inta aanad ka bixin qaybta marka kowaad, ama hadii caafimaadkaagu is badalo.

**La socodla uurjiifka:** Dhakhtarada Antepartum ayaa go'aaminaya inta jeer ilmaha loo baahan yahay in la eego. Marka lala socodo maalintii hal mar, waxa weeye caadiyan aroortii. Marka la samaynayo 2 jeer maalintii, waxaa weeye caadiyan aroortii iyo habeenkii. Marka ilmaha lala soconayo 3 jeer maalintii, waxaa la sameeyaa aroortii, gelinta danbe, iyo fiidkii.

## Su'aalo?

Su'aalahaagu waa muhiim. La hadal dhakhtarka ama daryeelka caafimaad bixiyaha hadii aad qabto su'aalo ama walaacyo.

Qaybta Antepartum:  
206.598.4616

## About the Antepartum Unit

### *What to expect during your stay*

Welcome to the Antepartum unit! This handout explains what you can expect during your time with us. Please ask your nurse if you have any questions. We want to make your stay here comfortable.

### What is the Antepartum unit?

Your care providers on the Antepartum unit specialize in caring for patients during pregnancy. Like you, most Antepartum patients have high-risk pregnancies. For your health and safety, you may need to stay on our unit for a few days or longer.

Some patients start out on our Labor & Delivery unit, but then transfer to the Antepartum unit. Other patients start out on the Antepartum unit and then transfer to Labor & Delivery. Antepartum patients are closely monitored for more urgent care needs while they are on the Labor & Delivery unit.

### What can I expect while I am on the Antepartum unit?

**Doctor rounds:** Antepartum doctors “round” on the unit every weekday. This means they come to your bedside, usually in the morning. These doctors have rotating schedules. They will be on our unit for 4 to 8 weeks, and then move to other units. On evenings and weekends, the Labor & Delivery doctors will round with you.

If you have questions about your care, you may want to write them on the white board in your room. This way, you can refer to the white board during rounds.

**Nurse safety checks and rounds:** Your nurse will visit you often to check on your well-being. Your nurses will also come to your bedside when they are changing shifts. Shift changes are at 7 a.m. and 7 p.m.



*Your nurse will visit you often to check on your well-being.*

**Antepartum care team:** You may also visit with other members of the Antepartum care team. These providers include a neonatal doctor, social workers, dietitians, spiritual care staff, diabetes educators, lactation consultations, and physical and occupational therapists. Your doctor may advise one or more of these consults during your stay.

**Parking:** Starting on your 15th day on our unit, 1 visitor of your choice will receive full parking validation for each day you remain on the unit. Please ask staff at the front desk about this.

**Meals and water:** We have menus for both patients and guests. Please order meals by 7:45 p.m., since the cafeteria closes at 8 p.m. There is fresh filtered ice water in our Nourishment Room. The room is locked, so please ask staff for water. There is also a microwave in the unit hallway to warm food.

**Visitors:** The Antepartum and Labor & Delivery units are locked units. Visitors must use the phone at the unit entrance to gain access. Every time they visit, they must check in at the front desk of the unit. Here they will receive a dated visitor pass. If you have concerns about your privacy or safety, please tell your nurse.

**Safety:** The space between your bed and the door must stay clear of furniture and personal belongings. Staff must have a clear path to reach you at all times. This is for your safety.

**Activities:** The Antepartum unit has daily activities you may enjoy. These include prenatal exercises, mother support groups, art class, knit and crochet lessons, and NICU and operating tours. Check with your nurse if you are interested in any activity.

**Leaving the unit:** If your doctor tells you that it is OK for you to leave the unit to go to other areas of the hospital, you will need to sign the “Patient Sign Out” sheet. Sign this sheet when you leave and again when you return.

Your doctor may limit your time off-unit to 30 minutes at a time. Please check with your nurse before you leave the unit the first time, or if your health changes.

**Fetal monitoring:** Antepartum doctors will decide how often your baby needs to be monitored. When fetal monitoring is done once a day, it is usually in the morning. When it is done 2 times a day, it is usually in the morning and evening. When fetal monitoring is done 3 times a day, it is in the morning, afternoon, and evening.

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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206.598.4616