

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. It is common during the first 14 weeks of pregnancy.

- 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 right after eating.
- Avoid high fat, fried, spicy or greasy foods.
- Avoid strong food smells.
- **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.

Tired

Feeling tired is common.

- Exercise each day if allowed by your doctor to increase your energy.
- Rest often. Lie down on your left side for at least 1 hour during the day.

Dhibta iyo Raaxo-darada Uurka

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.

Lallabo

Lallabo ama dareen ah in calooshu jiran tahay waxa badanaa loo yaqaanaa walac. Waa caadi la isku arko inta lagu jiro 14 todobaad ee ugu horeeya uurka.

- 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.
- Iska ilaali inaad dhakhso u jiifsatid ka dib marka aad wax cuntid.
- Iska ilaali cuntooyinka leh baruur badan, la shiilay, leh basbaas ama dufan.
- Iska ilaali urta cuntada.
- **Wac dhakhtarkaaga** haddii aanad awoodin inaad ceshatid cabitaanada mudo ka badan 24 saacadood, haddii aad leedahay kaadi madow ama aad dareentid tabar-dari ama wareer/dawakh.

Daal

Inaad daal dareento waa caadi.

- Samee jimicsi maalin kasta haddii uu oggol yahay dhakhtarkaagu si tamartaadu u korodho.
- Naso marrar badan. U jiifso dhinaca bidix ugu yaraan 1 saac inta lagu jiro maalinnimada.

Trouble Sleeping

As you get bigger, it can be hard to get comfortable and sleep.

- Avoid drinks with caffeine.
- Do not eat right before bedtime.
- Try a warm bath or shower before bedtime.
- Practice relaxation exercises such as meditation, deep breathing and stretching.
- Lie on your left side with a pillow between your legs and under your abdomen.

Bleeding Gums

- Use a soft toothbrush and brush gently. Floss each day.

Nose Stuffiness and Nose Bleeds

- You may put saline drops or gel into your nose.
- To stop a nosebleed, sit up and apply firm pressure with your fingers to the side of the nose that is bleeding.

Breasts are tender or leak milk

- Wear a good bra that is not too tight such as a sports bra.
- It may help to wear a bra that has no underwires to bed at night.
- Wear nursing pads in your bra if your breasts leak milk.

Heartburn

Heartburn is a burning sensation in the stomach, throat or chest.

- Avoid caffeine, dairy, greasy, acidic or spicy foods.
- Eat smaller meals every 2-3 hours. Eat slowly.
- Do not lie down for 1 hour after eating.
- Do not wear tight-fitting clothes.
- Do not bend over at the waist. Bend at your knees.
- Do not exercise for at least 2 hours after eating.
- Sleep with your head up on an extra pillow.
- Do not smoke.

Hurdada oo Dhib ah

Marka uurkaagu sii weynaado, waxa dhib noqon kara inaad raaxeysatid oo seexatid.

- Iska ilaali cabitaanada leh kafeyn.
- Wax ha cunin wax yar ka hor wakhtiga jiifka.
- Isku day qubays ama maydhasho diiran ka hor wakhtiga jiifka.
- Samee jimicsiyada sida cibaadeysiga, neefsasho xoog leh iyo iskala-bixin.
- U jiifso dhinaca bidix iyada oo barkin kuugu jirto lugaha dhexdooda kana hooseyso calooshaada.

Cirid dhiig-baxaya

- Isticmaal burush jilicsan oo si tartiib ah u nadiifi ilkaha. Maalin kasta mari ilkaha xadhkaha ilkaha (floss).

Cabudh Sanka ah iyo Dhiig Sanka ah

- Waxa aad sankaa ku dhibcin kartaa dhibco milixeysan ama waxa aad galin kartaa nooc labeen ah (gel).
- Si aad u joojisid dhiig sanka ka socda, fadhiiso ka dibna si adag farahaaga ugu cadaadi dhinaca sanka/dulka dhiiggu ka socdo.

Naaso danqanaya ama caano ka da'ayaan

- Xidho keeshali/rajabeeto aan xoog kuu haynin sida keeshaliga isbortiga.
- Waxa laga yaabaa inaad gargaar ka heshid keeshali aan lahayn fiilooyin ama waayiro marka aad seexanaysid habeenkii.
- Keeshaligaaga gasho kuusaska naasaha (nursing pads) haddii naasahaagu sii daynayaan caano.

Laabjeex

Laabjeexu waa dareen gubasho leh oo ah caloosha, dhuunta ama laabta.

- Iska ilaali kafeyn, wixii caano ah ama ka sameysan, cuntooyinka leh dufan, asiidh/aashito ama basbaas.
- Cuntooyin yaryar cun 2-3 saac kasta. Si tartiib ah wax u cun.
- Ka dib marka aad wax cuntid ha jiifsan muddo 1 saac ah.
- Ha gashan dhar cidhiidhi kugu ah.
- Ha iska laabin dhexda. Iska laab jilibaha marka aad foorarsanaysid.
- Ilaa 2 saacadood ha sameyn jimicsi marka aad wax cuntid.
- Seexo adiga oo madaxa sare ugu soo qaaday barkin labaad ama dheeraad ah.
- Ha cabin sigaar.

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Swelling of Hands and Feet

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

Urinating Often

This is common.

- Do not limit liquid or water intake, but try to 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.
 - 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.

Bararka Gacmaha iyo Cagaha

- Iska ilaali inaad taagnaatid ama fadhidid mudo dheer.
- U jiiifso dhinaca bidix mudo ah 30-60 daqiiqadood, 3-4 jeer maalin kasta.
- Samee jimicsi haddii uu dhakharku kuu oggol yahay.
- Iska ilaali cuntooyinka milixdu ku badan tahay.
- **Wac dhakhtarkaaga** haddii aad toostid dhawr subax oo iska xiga adiga oo leh barar.

Kaadida oo Badan

Tani waa caadi.

- Ha yareen cabitaanka ama biyaha, laakiin isku day inaad cabin wax badan ka hor wakhtiga jiiifka.
- 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.
 - Samee jimicsiyadaa marka aad fadhid, taagan tahay, soconaysid, baabuur wadid ama daawanaysid telefishanka.
 - Samee jimicsiyadan 10 jeer, 5 ilaa 10 jeer maalintii.
- **Wac dhakhtarkaaga** haddii aad isku aragtid gubasho ama xanuun marka aad kaajaysid ama aad qabtid qandho.

Constipation or Diarrhea

- Drink 6 to 8 cups of liquids each day. Choose water, juices and milk.
- Eat high fiber foods such as raw fruits and vegetables, whole grains, high-fiber bran cereals and cooked dried beans.
- Exercise if allowed.
- 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.

Hemorrhoids

- 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.
- **Call your doctor** if your pain increases or if you have bleeding.

Low Backache

- Rest often. 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, good walking shoes.
- Do not stand in one place too long. Move around.
- Squat to pick up objects rather than bending at the waist. Do not bend over at the waist. Bend your knees.
- Exercise if allowed by your doctor.

Calool-adag ama Shuban

- Cab 6 ilaa 8 koob oo ah cabitaan maalin kasta. Dooro biyo, miir khudaar ama caano.
- Cun cuntooyiin uu ku badan yahay dufku (fiber) sida khudaarta iyo cagaarka aan la karin, xabuubka aan wax laga saarin (whole grain), siriyaalka uu ku badan yahay dufku (high-fiber bran cereal) iyo digirta qalashay ee la kariyay.
- Samee jimicsi haddii lagu oggol yahay.
- 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.
- **Wac dhakhtarkaaga** haddii aanad caloosha adag ka fiicnaan gudaha 2 maalmood.

Babaasiir/Bawaasiir

- Waa in saxaradaadu ahaato mid joogto ah oo jilicsan.
- Ha sameyn cadaadin ama riixid marka aad saxaroonaysid.
- Istimaal duub qabow (cold compresses) si aad iskaga yareysid xanuun ama barar.
- **Wac dhakhtarkaaga** haddii xanuunkaagu sii kordho ama haddii dhiig-bax uu jiro.

Dhabar-xanuun Khafiif ah

- Naso marrar badan. Istimaal furaash/joodari taageero leh. U jiiifso dhinaca bidix iyada oo barkimooyin kuugu jiraan jilbaha dhexdooda, dhabarka xaggiisa dambe iyo caloosha hoosteeda.
- Toos u joogso. Ha isku yeelin tuur ama qalooc.
- Xidho kabo socod oo fiican oo cidhib gaaban.
- Hal meel ha taagnaan mudo aad u dheer. Dhaqdhaqaaq samee.
- Kadaloobso si aad u soo qaadid alaab dhulka taala halka aad iska laabi lahayd dhexda. Ha iska laabin dhexda ama sinaha. Iska laab jilbaha.
- Samee jimicsi haddii uu dhakhtarkaagu kuu oggol yahay.

Leg Cramps

Leg cramps are common in late pregnancy.

- 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.
- Exercise if allowed by your doctor.
- During a leg cramp, straighten your leg and bend your foot toward the front of your leg.
- Wear low heeled, good walking shoes.
- **Call your doctor** if only one leg is hurting all the time, if there is a hot or reddened 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.

- Avoid hose or girdles with elastic bands.
- Avoid standing or sitting for long periods of time.
- 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 or massage your legs or feet.

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 panty hose, girdles and tight pants.
- **Call your doctor** if the drainage has a bad odor, causes itching or there is blood.

Maroojis Lugta ah

Maroojis lugta ahi waa caadi marka lagu jiro xilliyada dambe ee uurka.

- 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.
- Samee jimicsi haddii dhakhtarkaagu oggol yahay.
- Wakhtiga lagu maroojinayo lugta, toosi lugtaada oo cagtaada u laab xagga hore ee lugtaada.
- Gasho kabo socod oo fiican oo leh cidhib gaaban.
- **Wac dhakhtarkaaga** haddii wakhti kasta hal lug kaliya ay ku xanuunayso, haddii ay jirto meel kulul ama cas oo ku taala lugta, ama haddii lugtu ku xanuunayso marka aad cagta u laabtid xagga hore ee lugtaada.

Xidido Dhiig oo Bararsan

Xidido dhiig oo bararsan (varicose veins) waa xidido weynaaday oo aad ku arki karaysid lugahaaga.

- Iska ilaali lug-gashida (hose) ama lug-qabadka (girdles) leh cinjir kala jiidmaya.
- Iska ilaali inaad mudo dheer taagnaatid ama fadhidid.
- Qaado nasashooyin gaagaaban iyada oo lugahaagu ka sareeyaan wadnahaaga. U jiifso dhinaca bidix iyada oo barkimo kuu jirto lugaha dhexdooda iyo caloosha hoosteeda.
- Ha is weydaarin lugahaaga ama ha duugin lugahaaga ama cagahaaga.

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 hoos-gashi (nigis/matante) ah cudbi. Iska ilaali lug-gashi (hose), lug-qabatooyin (girdles) ama surwaal kugu dhaqan.
- **Wac dhakhtarkaaga** haddii dheecaanku leeyahay ur xun, uu sababo cuncun ama uu jiro dhiig.

Headaches

- Call your doctor or nurse for over the counter medicines that are safe to take. **Do not** take aspirin, ibuprofen (Advil or Motrin) or naprosyn (Aleve).
- **Call your doctor** if your headache does not go away, you have blurred vision or dizziness, or a lot of swelling in your hands or feet.

Cold, Flu or a Virus

- Call your doctor or nurse for over the counter medicines that are safe to take.
- 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.
- **Call you doctor** if you are exposed to someone who has the chicken pox or strep throat.

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 often the contractions are coming.
- **If you are less than 9 months pregnant** and are having contractions, drink 8-10 glasses of water in one hour. If you still have 4 or more contractions in one hour after drinking the water, call your doctor.
- **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 15-30 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.

Madax-xanuun

- Wac dhakhtarkaaga ama kalkaalisada marka aad rabtid dawooyinka la iska iibsado warqad dhakhar la'aanteed ee amaanka ah. **Ha qaadan** asbiriin, ibuprofen (Advil ama Motrin) ama naprosyn (Aleve).
- **Wac dhakhtarkaaga** haddii madax-xanuunku aanuu kaa tagin, haddii aad leedahay arag isku darsan ama dawakh, ama barar badan oo ah gacmaha ama lugaha.

Hargab, Ifilo ama Fayras

- Wac dhakhtarkaaga ama kalkaalisada marka aad rabtid dawooyinka la iska iibsano karo warqad dhakhtar la'aanteed ee amaanka kuu ah.
- Iska ilaali inaad ag joogtid dadka jiran. Marrar badan dhaq gacmahaaga.
- **Wac dhakhtarkaaga** haddii aad qabtid qandho, neefsashada oo dhib kugu ah ama aad soo qufacaysid xaako.
- **Wac dhakhtarkaaga** haddii uu kuu soo dhawaaday qof qaba busbus ama caabuq dhuunta ah (strep throat).

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.
- **Wac dhakhtarkaaga isla markiiba** haddii aad qabtid xanuun daran.
- Qabashooyinka loo yaqaano Qabashooyinka Braxton Hicks waa qabashooyin khafiif ah oo aan xanuun lahayn isla markaana aan joogto ahayn. Kuwaasi waa caadi umana baahna daweyn.
- Marka qabasho ku hayso, u jiifso dhinaca bidix oo naso. Gacmahaaga saar caloosha ka dibna dareen goorta qabashadu bilaabmayso iyo goorta ay dhamaanayso. Soo saar wakhtiga u dhexeeya qabashooyinka.
- **Haddii uurkaagu ka yar yahay 9 bilood** oo aad leedahay qabashooyin, cab 8-10 koob oo biyo ah gudaha hal saac. Haddii wali aad leedahay qabashooyin ah 4 ama ka badan gudaha hal saac ka dib markii aad cabtay biyaha, wac dhakhtarkaaga.
- **Haddii aad ku jirtid bishii sagaalaad ee uurkaaga**, wac dhakhtarkaaga haddii qabashooyinku ay kugu dhacayaan wax ka badan 6 jeer saacaddiiba, ay ku haynayaan wakhti ka dheer 15-30 sekan, ay xanuun yeeshaan, ama aad yeelatid dhiig ka imanaya siilka ama uu kaa yimaado dheecaan.
- Waxa laga yaabaa in dhakhtarkaagu kuu sheego inaad isla markiiba soo wacdid haddii aad isku aragtid qabashooyin.

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Dizziness

- Lie on your left side.
- Change your position slowly.
- Get up slowly after you have been lying down.
- Eat regular meals.
- **Call your doctor** if it does not go away or happens often.

Sexual Relations

- 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.
- You may feel some cramping for a few minutes after sexual intercourse.

Changes in Mood or Thinking

- It is common to have mood swings from hormone changes in your body.
- You may notice that you are more forgetful. This is common. Make notes for yourself to help you remember important things.
- Tell your doctor if you have thoughts of harming yourself.

Food Cravings

You may have some unusual food cravings during pregnancy.

- Eat a variety of healthy foods at meals and for snacks.

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, stretch marks and acne.
- **Call your doctor** if you have concerns.

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

Dawakh

- U jiifso dhinaca bidix.
- Si tartiib ah u beddel sida aad u meeleysan tahay.
- Si tartiib ah u kac haddii aad jiiftay.
- Cuntada si joogto ah u cun.
- **Wac dhakhtarkaaga** haddii dawakhu kaa tagi waayo ama uu marrar badan kugu dhaco.

Xidhiidhka Galmada

- Waa caadi inaad yeelatid isbeddelo ah xagga rabitaanka galmada inta aad uur leedahay.
- Galmada waa la oggol yahay wakhtiga uurkaaga iyada oo dhakhtarku kuu sheego si kale mooyaane.
- Waxa laga yaabaa inaad isku aragtid xoogaa ah maroojin dhawr daqiiqadood ka dib galmada.

Isbeddelada Niyada ama Fikirka

- Waa caadi inaad yeelatid isbeddelo ah niyadda oo ka imanaya isbeddelada hormoonka (hormone) ee ka dhacaya jidhkaaga.
- Waxa laga yaabaa inaad isku aragtid iloobid intii hore ka badan. Taasi waa caadi. Samee qoraalo xusuusin ah si ay kaaga gargaaraan inaad xusuusatid waxyaabaha muhiimka ah.
- U sheeg dhakhtarkaaga haddii aad ku fikiraysid inaad naftaada waxyeelo u geysatid.

Jamasho Cunto

Waxa laga yaabaa inaad yeelatid jamasho cunto oo aan caadi ahayn inta aad uurka leedahay.

- Cun noocyo kala duwan oo ah cuntooyin caafimaad leh wakhtiyada cuntada iyo marka aad qaadanaysid cuntooyin fudud.

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.
- Dhibaatooyinka maqaarka oo caadiga ah waxa ku jira isbeddelo ah midabka maqaarka, maqaar cuncun leh, calaamadaha fiditaanka iyo findoob.
- **Wac dhakhtarkaaga** haddii aad qabtid wax walaac ah.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ah ama walaac.

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