

# Warbixin bukaan oo ku socota adiga xaamilada ah qabana sokorta dhiiga

## Gaagixin naaska caanaha mudada xaamilada dhexdeeda

Dhamaan xaamilooyinka qaba sokorta dhiiga waxa lagu talinayaa inay dadejiyaan caanaha naaska laga bilaabo asbuuca xaamilada 36+0. Saamayn wanaagsan ayay nuujinta uleedahay ilmaha yar iyo hooyada labadaba. Caanaha cayriin (caanaha ugu horeeya ee caanaha naaska) macno wanaagsan ayay uleeyihiin difaaca jirka ee ilmaha yar iyo mindhi-ciradaba marka lala barbardhigo caanaha la qasay. Nuujinta waxa ay yaraysaa hooyada iyo ilmaha yarba qatarta sokorta dhiiga nooca 2 iyo nooca 1 ee sokorta dhiiga ee ilmaha yar.

Aad ayay ugu wanaagsan tahay in la nuujiyo caanaha cayriin. Hadii ay yimaadaan caano cayriin xiliga aad dedejinayso caanaha naaska waad qaboojin karaysaa, una sooq aad goobta dhaliinka oo sii intii aad siin lahayd caano la qasay.

Hadii aad qabto sokorta dhiiga oo ubaahandaawada insoliin ama metformin waxa lagu talinayaa inaad nuujiso iyo cunto siin kalaba inta lagu guda jiro 12-48 saac ee ugu horaysa dhalida kadib maadaama ay jiri karayso in sokorta dhiiga ee ilmaha yar ay hoos udhacdo. Jadiise aad qabto sokorta dhiiga xaamilada ee lagu daaweeyey cuntada nuujinta inta badan waa ay ku filan tahay laakiin waxa dhici karta in ilmaha yar ubaahdaa cunto dheeraada.

## Sidaan samee

1. Gacmaha ku dhaq biyo iyo saabuun
2. Si taxadir leh umasaajeey naasaha, waxay kaa saacidi kartaa inaad dabacsanaato. Si dabacsan uriix naaska adiga oo ka soo bilaabaya feeraha ilaa naaska ibtiisa.
3. Faraha ugu qaabeey sida xarafka "C" ilaa geeska wareega ibta naaska. Qabashada qaabka "C" dib ugu celi ilaa feeraha. Kadibna faraha is dhex geli oo dib ugu soo celi wareega ibta naaska faraha ku wareeji wareega ibta naaska si aad ugaagixiso naaska oo dhan, fadla fiiri mid kamid ah ku xirayaasha hoos ku qoran
4. Ha xoojin, uma baahna inaay ku xanuunto.
5. Gaagixi caanaha naaska 2 jeer maalinkii, 6-10 daqiiqo naaskiiba

Hadii wax yimaadaan ama inta ka timaadaba wax kama sheegayaan caano soosaaristaada soo socota iyo nuujintaba; aadse ayay muhiim utahay in la gaagixiyo caanaha naaska.

## Wax kaqabashada iyo kaydinta caanaha cayriin

- Caanaha cayriin waxa lagu aruurinayaa weel nadifa o oleh fur ( tus. Koobka daawada ama cirbad) oo qabooyiha la gelinayo.
- Ku calaamadi numbarka shaqsigu iyo taariikh.
- Soo qaado weel cusub mar kasta oo caanah la lisayo.
- Marka lasoo gaaro inaad tagayso goobtii dhaliinka, geli caanihii cayriin ee ugu horeeyey boorsada qaboowga haysa o leh nalka qaboojiyaha halkaas waxa lagu hayn karaa 24 saac.
- Wargeli umilisada goobta dhaliinka inaad caano cayriin wadato.
- Waydii halka lasii dhigo caanaha cayriin inta laga sugayo dhalashada ilmaha.

### **Siinta caanaha cayriin**

- Marka ilmuhu dhashtaan waxa lagula talinayaa in ilmuhu ay saarnaadaan bogaada korkiinana istaabta labada saac ee ugu horaysa. Hubi inuu ilmuhu haysto meel uu ka neefsado.
- Labadaas saac uogolaaw in ilmuhu raadsado naaska oo nuuji kahor caano siin kale.
- Sii gacanta koowaad caanaha cusub ee cayriinka ah ama gacanta labaad caanaha cayriin ee la dhalaaliyay.
- Caanaha cayriin waxa lagu siinayaa ilmaha yar qaadada shaaha ama koobka daawada.

### **Warbixino dheeraada oo ku saabsan gaagixinta caanaha naaska**

#### **1177.se**

<https://www.1177.se/barn--gravid/att-skota-ett-nyfott-barn/amning-och-flaskmatning/handmjolka-och-pumpa-ur-brostmjolk/>

#### **Babybaby.se**

<http://www.babybaby.se/2018/03/handmjolka-ramjolk/>

#### **La Leche League (UK)**

[www.laleche.org.uk/antenatal-expression-of-colostrum/](http://www.laleche.org.uk/antenatal-expression-of-colostrum/)

### **Wixii su'aalo ah**

La xiriir umulisadaada qaybta qaabilaada umulisooyinka ama daryeelka khaaska ah ee hooyada ee gobolka Stockholm

*Waxa soo saaray silsiladda daryeelka nuujinta ee gobolka Stockholm, Agoosto 2022.*