

# Tilmaamaha Qalliinka Cesarean



THE OHIO STATE  
UNIVERSITY  
WEXNER MEDICAL CENTER

Waxaa lagu jadwaleeyey in laguugu sameeyo qalliinka cesarean, ama C-section. Tani waa qalliin lagu dhaliyo ilmahaaga iyada oo loo marayo goyn (jeexis), calooshaada hoose iyo makaangaaga.

## Macluumaad muhiim ah

- Waa inaad isbitaalka timaadaa 2½ saacadood ka hor waqtiga qalliinka, si aan kuu diyaarinno. Waa muhiim inaad waqtiga ku timaado.  
Qalliinkaaga C-section waxaa la jadwaleeyey: \_\_\_\_\_  
Waa inaad timaadaa ugu dambeyn: \_\_\_\_\_
- Ka wac bixiyahaaga daryeelka caafimaadka ama Labor and Delivery 380-283-7575 haddii aad qabto su'aalo.

## U diyaargarawga qalliinkaaga

### Diyaarinta Maqaarkaaga

Waxaa lagu siin doonaa saabuun gaar ah oo la yiraahdo 4% chlorhexidine gluconate, ama CHG, si maqaarkaaga loo nadiifiyo ka hor qalliinka si loo yareeyo fursadda infekshanka. Bixiyahaaga daryeelka caafimaadka ayaa ku siin doona tilmaamo ku saabsan sida loo isticmaalo CHG. La hadal bixiyahaaga daryeel caafimaad haddii aad qabto su'aalo ku saabsan nadiifinta maqaarkaaga iyadoo la adeegsanayo CHG.

### Isbeddelada Daawooyinka

- Bixiyahaaga ayaa kuu tilmaamay sida hoos ku xusan:
  - Ha isbedelin daawooyinkaaga.
  - Samee isbeddelladan daawooyinkaaga: \_\_\_\_\_

### Isbeddelada Cuntadaada

- Ha cunin cunto adag 8 saacadood ka hor qalliinkaaga.
- Waaad cabi kartaa dareere cad ilaa 2 saacadood ka hor qalliinkaaga. Tani waxaa ka mid ah biyo, Gatorade cad, casiirka tufaaxa, iyo kafeega madow (caano ama kareem la'aan).

### Jimicsi Si Aad U Kordhiso Xooggaaga

Jir ahaan u wanaagsanaanta waxay kaa caawin kartaa inaad si dhakhso ah uga soo kabsato qalliinka oo dhibaatooyinkiisu yaryihiin. Ujeedso inaad jimicsi sameyso ugu yaraan 30 daqiiqo maalmaha badan ee usbuuca, laakiin marka hore la hadal bixiyahaaga dayreelka caafimaad si aad u ogaato noocyada jimicsiga iyo hawlaha adiga kuu ammaan ah.

### Jooji isticmaalka tubaakada

Sigaar cabista iyo adeegsiga kale ee tubaakada inta lagu jiro uurka waxay halis gelinaysaa caafimaadka ilmahaaga. Tubaakada sidoo kale waxay gaabisaa soo kabashadaada kadib qalliinka waxayna halis kuu gelinaysaa dhibaatooyin.

- Haddii aad sigaarka cabto ama isticmaasho alaabooyinka kale oo tubaakada ah, waa inaad **joojisaa 4 toddobaad ka hor iyo ilaa 8 toddobaad kadib qalliinka** si dhaawacaagu u bogsado. Haddii aad u baahan tahay caawimaad si aad u joojiso, la hadal bixiyahaaga.

## Jooji Isticmaalka Khamriga

Ma jiro qaddar ammaan ah oo khamri ah oo la isticmaali karo inta lagu jiro uurka. Xitaa qaddar yar ayaa kordhin kara khatarta cilladaha dhalashada, dhibaatooyinka barashada, iyo dhibaatooyin kale oo ilmahaaga ah.

- Haddii aad cabto khamri, waa inaad **joojisaa 4 toddobaad ka hor iyo ilaa 8 toddobaad kadib qalliinka** si dhaawacaaga u bogsado. La hadal bixiyahaaga haddii aad u baahan tahay caawimaad si aad u joojiso isticmaalka khamriga.

## Maareynta xanuunka

Waxaad heli kartaa daawo xanuunka ka hor iyo inta lagu jiro qalliinka, iyadoo ku xiran waxa adiga iyo ilmaha ammaan u ah. Xakamaynta xanuunkaaga waxay kaa caawin kartaa inaad bogsato si dhakhso ah oo aad dareento xanuun yar marka dambe.

- Waxaad heli doontaa daawo (suuxinta laf-dhabarta ama dharbarka hoose) si calooshaada iyo lugahaaga loo suuxiyo. Waxa meeleeya dhakhtar (suuxdin) ee dhabarka hoose. Suuxdinta guud, taasoo macnaheedu yahay inaad hurado inta lagu jiro qalliinka, waxaa loo isticmaalaa kaliya xaalad degdeg ah.
- Kadib qalliinka, waxaad ku heli doontaa daawo xanuun faleembadaada inta aad bogsanayso. Marka dambe waxaad u wareegidoontaa daawada xanuunka afka, hadba sida loo baahdo.
- Xanuunku waa kan ugu xooggan 2 ilaa 3 maalmood ee ugu horreeya ka dib dhalmada, kadibna wuu yaraadaa. Dhakhtarkaagu wuxuu kuu amri doonaa daawo xanuun si aad u nafisto maalmaha soo socda, laakiin waxaa laga yaabee inaad helin xanuun baab'in dhammeystiran.
- Kala hadal kalkaalisadaada xanuunkaaga. Ujeeddada daaweynta xanuunka waa in la codsado daawo ka hor inta xanuunku aad u xoog badan. Xanuun daran ayaa kaa hor istaagi kara inaad si qoto dheer u neefsato, qufacdo oo aad socoto, taasoo kaa caawisa soo kabashadaada.

## Lalabbo

Waxaa laga yaabaa inaad lalabbo dareento inta lagu jiro ama ka dib qalliinkaaga. Waxaa lagu siin doonaa daawooyin ka caawinaya tan iyadoo lagu marinaayo faleembadaada ama afka, hadba sida loo baahdo.

## Waxa aad keeni doonto

- Aqoonsi sawir ah, kaarka caymiska, iyo lacag wadaag ah, haddii loo baahdo.
- Liiska dhammaan daawooyinka, oo ay ku jiraan daawooyinka la qoro iyo kuwa aan la iibin, iyo dhammaan fiitamiin ama dhirta aad qaadanayso.
- Liiska xasaasiyaddaada.
- Liiska xaaladaha caafimaad iyo qalliinkii hore.
- Nuqul ka mid ah amarkaaga hore, sida wasiyadda nool ama awoodda wakiilka.
- Boorso yar oo alaabtaada muhiimka ah. Lamaanahaaga dhalmada wuxuu keeni karaa alaabo sida kursiga gaariga, dharka guriga lagu aado ee adiga iyo ilmaha, iyo waxyaabo kale oo loogu talagalay Unugga Dhalmada kadib.

## Daryeelka ka hor qalliinkaaga

- Waxaa lagu gelin doonaa kormeeraha ilmaha si loo kormeero garaaca wadnaha ilmahaaga ka hor qalliinka.
- Kalkaalisadaada ayaa bilaabi doonta faleembada cateetarka (IV) si loo helo dareeraha loo baahan yahay, waxayna dhiiggaaga u qaadan doontaa baaritaanka dhiigga. Natijoyinka baaritaanka dhiigga waxay qaadan karaan ilaa 2 saacadood ama ka badan. Tani waa sababta ay muhiim u tahay inaad isbitaalka timaado 2½ saacadood ka hor.

- Kalkaalisadaada waxay ka saari doontaa timaha calooshaada, kadibna calooshaada ku maydho maro jilicsan oo nadiisa (ka saarta jeermisyada) maqaarkaaga.
- Kooxda suuxinta ayaa kula kulmi doonta si ay uga wada hadlaan habka iyo sida ugu wanaagsan ee xanuunkaaga loo maareyn karo.
- Marka aad diyaar u tahay qalliinka oo kooxdaada qalliinka ay dib u eegaan natiijooyinka baaritaanka dhiiggaaga, waxaa lagu geyn doonaa qolka qalliinka si ilmahaaga loo dhaliyo.

## Intii lagu jiray iyo kadib qalliinka

- Qalliinka waxaa laga yaabaa in la sameeyo adigoo soo jeeda laakiin calooshaadu dareenka laga qaaday. Tani waxay kuu ogolaanaysaa inaad u soo jeeddo dhalashada ilmahaaga. Marar yar, ayey dumarku u baahdaan suuxdin guud. Tani waxay ka dhigan tahay inaad huruddo inta lagu jiro qalliinka.
- Waxaad yeelan kartaa 1 qof oo taageero ah qolka qalliinka. Shaqaaluhu waxay ka caawin doonaan qofka taageerada inuu xirto dharka loo baahan yahay iyo inuu soo galo qolka qalliinka.
- Marka qalliinka la dhammeeyo, waxaad waqti ku qaadan doontaa qolka soo kabashada halkaas oo cadaadisiska dhiiggaaga, garaaca wadnahaaga, neefsashadaada, iyo heerkulkaaga la kormeeri doono.
- Haddii ilmahaagu wanaagsanyahay, wuu kula joogi karaa isaga ama iyada muddo. Kadib waxaa lagu wareejin doonaa qolkaaga dhalmada kadib marka waqtigaaga soo kabashada dhammaado.

## Booqdayaasha

- Kaliya qofka taageerada fooshaada ayaa joogi kara meelaha ka hor qalliinka ama qalliinka lagu fuliyo. Xubnaha kale ee qoyska waa inay joogaan meelaha sugitaanka isbitaalka.
- Kaliya 1 booqde ayaa markiiba loo oggol yahay inuu kuugu arko aagga soo kabashada, laakiin booqdayaal badan ayaa la oggol yahay marka lagu wareejiyo qaybta dhalmada kadib.
- Kaliya 1 booqde oo qof weyn an (ka weyn 18) ayaa loo oggol yahay inuu habeen kula joogo inta aad isbitaalka ku jirto.
- Siyaasadaha booqdayaasha waxay is beddeli karaan iyadoo lagu saleynayo baahiyaha caafimaadka iyo badbaadada bukaanka.

## Gaadhista Foosha iyo Dhalmada

### University Hospital

520 W. 10th Ave.  
Columbus, OH 43210

Waxaad qorsheyn kartaa waddadaada isbitaalka adigoo booqanaya [go.osu.edu/labor\\_delivery](https://go.osu.edu/labor_delivery).

Markaad gaarto isbitaalka, waxaad heli doontaa ikhtiyaar aad ku baarkin karto albaabka hore ama aad iskiis ugu baarkin karto garaashka Wexner Medical Center ee ku xiga 527 W. 10th Ave. Albaabka weyn ee albaabka weyn waa furan yahay 24/7 si loogu dego ama adeegga valet-ka, waana albaabka ugu habboon ee shaqada iyo dhalinta. Haddii aad doorato inaad adigu baarkinka dhigato garaashka baarkinka ee ku xiga, dhig gaariga dabaqa afraad, kuna gal isbitaalka adigoo maraya buundada ku xirta hoolka isbitaalka ee dabaqa labaad.

Markaad gasho hoolka isbitaalka ee dabaqa hoose ama dabaqa labaad adigoo ka imanaya garaashka baarkinka, wakiil bukaanno ayaa ku tilmaami doona wiishyada taga Labor and Delivery ee dabaqa 23.

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Buuggan waa ujeedooyin macluumaad oo keliya. La hadal bixiyahaaga caafimaadka haddii aad su'aalo ka qabto daryeelkaaga.

# Cesarean Section Instructions



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You are scheduled to have a cesarean section, or C-section. This is a surgery to deliver your baby through a cut (incision), in your lower belly and uterus.

## Important information

- You need to arrive at the hospital 2½ hours before your surgery time, so we can get you ready. It is important that you are on time.  
Your C-section is scheduled at: \_\_\_\_\_  
You need to arrive by: \_\_\_\_\_
- Call your healthcare provider or Labor and Delivery at 380-283-7575 if you have questions.

## Preparing for your surgery

### Getting Your Skin Ready

You will be given a special soap called 4% chlorhexidine gluconate, or CHG, to clean your skin before surgery to reduce the chance of infection. Your healthcare provider will give you instructions on how to use the CHG. Talk to your healthcare provider if you have any questions about cleaning your skin with CHG.

### Changes to Medicines

- Your provider has instructed you as marked below:
  - Make no changes in your medicines.
  - Make these changes to your medicines: \_\_\_\_\_

### Changes to Your Diet

- Do NOT eat any solid food for 8 hours before your surgery.**
- You can have clear liquids up to 2 hours before your surgery. This includes water, clear Gatorade, apple juice, and black coffee (NO milk or cream).

### Exercise To Improve Your Strength

Being in good physical shape can help you recover from surgery quicker and with fewer problems. Aim to exercise at least 30 minutes on most days of the week, but first talk to your healthcare provider about the types of exercise and activity that are safe for you.

### Stop Tobacco Use

Smoking and other tobacco use during pregnancy put your baby's health at risk. Tobacco also slows your recovery after surgery and puts you at risk for problems.

- If you do smoke or use other tobacco products, you need to **stop 4 weeks before and up to 8 weeks after surgery** to help your wound heal. If you need help to quit, talk to your provider.

## Stop Alcohol Use

There is no safe amount of alcohol that can be used during pregnancy. Even small amounts can increase the risk of birth defects, learning problems, and other issues for your baby.

- If you drink alcohol, you will need to **stop 4 weeks before and up to 8 weeks after surgery** to help your wound heal. Talk to your provider if you need help to stop using alcohol.

## Pain management

You may get medicine for pain before and during surgery, depending on what is safe for you and the baby. Managing your pain can help you heal sooner and feel less pain later.

- You will get medicine (spinal or epidural anesthesia) to numb your belly and legs. It is placed by a doctor (anesthesiologist) in the lower back. General anesthesia, which means you would be asleep during the procedure, is only used in an emergency.
- After the procedure, you will get pain medicine through your IV while you recover. Later you will switch to oral pain medicine, as needed.
- Pain is the most intense the first 2 to 3 days after delivery and then gets less. Your doctor will order pain medicine for you to keep you comfortable for the next few days, but you may not have total pain relief.
- Talk with your nurse about your pain. The goal of pain medicine is to ask for medicine before the pain becomes too strong. Intense pain may prevent you from breathing deeply, coughing and walking, which help with your recovery.

## Nausea

You may have nausea during or after your surgery. You will be given medicines to help with this through your IV or by mouth, as needed.

## What to bring

- Photo identification, insurance card, and co-payment, if needed.
- List of all medicines, including prescription and over the counter medicines, and any vitamin or herbal products you are taking.
- List of your allergies.
- List of medical conditions and previous surgeries.
- Copy of your advanced directive, such as a living will or power of attorney.
- Small bag with your essential items. Your labor partner may bring items such as the car seat, going home clothes for you and the baby, and other things for the Postpartum Unit.

## Care before your surgery

- You will be placed on a fetal monitor to monitor your baby's heart rate before surgery.
- Your nurse will start an intravenous catheter (IV) for needed fluids and will draw your blood for a blood test. The blood test results can take up to 2 hours or more.  
This is why it is important that you arrive at the hospital 2½ hours ahead of time.

- Your nurse will remove any hair from your belly, and then wash your belly with a soft cloth that disinfects (takes away germs) your skin.
- The anesthesia team will meet with you to talk about the procedure and how best to manage your pain.
- When you are ready for surgery and your surgical team has reviewed your blood test results, you will be moved into the operating room for your baby to be delivered.

## During and after surgery

- The surgery may be done while you are awake but your belly is numb. This lets you be awake for the birth of your baby. Less often, women need general anesthesia. This means you are asleep during the surgery.
- You can have 1 support person in the operating room with you. Staff will assist your support person with putting on the needed clothing and with coming into the operating room.
- Once surgery is over, you will spend time in the recovery room where your blood pressure, heart rate, breathing, and temperature will be monitored.
- If your baby is doing well, he or she can stay with you for a period of time. You will then be moved to your postpartum room after your recovery period is over.

## Visitors

- Only your labor support person may be in the pre-surgery or surgery areas. Other family members need to stay in the waiting areas of the hospital.
- Only 1 visitor at a time is allowed to see you in the recovery area, but more visitors are allowed after you are moved to the postpartum unit.
- Only 1 adult (over 18) visitor is allowed overnight during your hospital stay.
- Visitor policies may change based on patient health and safety needs.

## Getting to Labor and Delivery

### University Hospital

520 W. 10th Ave.  
Columbus, OH 43210

You can plan your route to the hospital by visiting [go.osu.edu/labor\\_delivery](https://go.osu.edu/labor_delivery).

When you arrive at the hospital, you will have the option to valet park at our front entrance or self-park in the adjoining Wexner Medical Center Garage at 527 W. 10th Ave. Our main entrance is open 24/7 for drop-off or valet service and is the most convenient entrance for labor and delivery. If you choose to self-park in the adjoining parking garage, park on the fourth floor and enter the hospital by the bridge connector to the second-floor hospital lobby.

When you enter the hospital lobby at the ground level or on the second floor from the parking garage, a patient representative will direct you to the elevators to Labor and Delivery on floor 23.

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This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.