

Tilmaamaha Kicinta Foosha

Waxaa lagu qorsheeyay kicin foosho, taas oo macnaheedu yahay in fooshaada la bilaabo.

Waxaad qorshe ku tahay inaad isbitaalka timaado _____.

Macluumaad muhiim ah

- Waxaan kaa codsaneynaa inaad waqtigii ballantaada timaado.
- **Wac Qeybta Shaqada iyo Dhalmaada (Labor and Delivery) 380-283-7575 ka hor intaadan iman si aad u hubiso haddii ay jiraan dib u dhacyo.** Waxaa laga yaabaa in lagu ogolaado inaad guriga ku sugto haddii dib u dhac dhaco.
- Wac bixiyahaaga caafimaadka ama Qeybta Shaqada iyo Dhalmaada haddii aad qabto su'aalo.

Diyaarinta gelintaada

Isbeddelada Daawooyinka

- Bixiyahaaga ayaa ku amray inaad:
 - Ha isbedelin daawooyinkaaga.
 - Samee isbeddelladan daawooyinkaaga: _____

Isbeddelada Cuntadaada

- Cun cunto fudud ka hor intaadan iman kicinta foosha. Waxaa lagu ogolaan doonaa oo keliya cabitaanno dareere ah oo cad inta lagu jiro kicinta foosha iyo foosha, taas oo socon karta in ka badan 24 saacadood.
- Haddii aad qabto sonkorowga, weydii bixiyahaaga caafimaadka tilmaamo sida loo xakameeyo sonkorta dhiiggaaga.

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. Lammaanahaaga foosha waxa uu keeni karaa alaabo sida kursiga gaariga ee ilmaha, ilmaha, dharka aad ku noqonayso guriga adiga iyo ilmaha, iyo waxyaabo kale oo loogu talagalay Qeybta Kadib Dhalmaada (Postpartum Unit).



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

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Induction of Labor Instructions- Somali

Booqdayaasha

- Waxaad la joogi kartaa ilaa 3 qof oo taageero ah iyo doula qolkaaga Labor and Delivery. Qaar kalena waxay u baahan doonaan inay ku sugaan meelaha sugitaanka ee isbitaalka.
- Siyaasadaha booqdayaasha waxay is beddeli karaan iyadoo lagu saleynayo baahiyaha caafimaadka iyo badbaadada bukaanka.

Imaanshaha University Hospital

Goobta

Isbitaalka

University Hospital 520 W. 10th Ave.
Columbus, OH 43210

Baarkinka

Markaad soo gaarto isbitaalka, waxaad haysataa fursad inaad baabuurkaaga kaaliyaha baabuurka ku dhigato albaabka hore ama aad isku soo dhigato baabuurkaaga adigoo adeegsanaya garajka Wexner Medical Center ee ku yaal 527 W. 10th Ave. Albaabkeenna weyn wuxuu furn yahay 24/7 si aad u dejiso ama u isticmaasho adeegga kaaliyaha baabuurka, wuxuuna yahay albaabka ugu habboon ee loogu talagalay shaqada iyo dhalmada.

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.

Diiwaangelinta

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. Markaad gaarto Labor and Delivery, waxaad la xiriiri doontaa shaqaalaha diiwaangelinta halkaas.

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

Wixii waxbarasho dheeraad ah, la xiriir Library for Health Information 614-293-3707 ama health-info@osu.edu.

Induction of Labor Instructions

You are scheduled to have an induction, which means to induce, or start, your labor.

You are scheduled to come to the hospital on _____ at _____.

Important information

- We ask that you arrive on time for your appointment.
- **Call Labor and Delivery at 380-283-7575 before coming to check if there are any delays.** You may be given the option to wait at home if there is a delay.
- Call your healthcare provider or Labor and Delivery if you have questions.

Preparing for your induction

Changes to Medicines

- Your provider has instructed you to:
 - Make no changes in your medicines.
 - Make these changes to your medicines: _____

Changes to Your Diet

- Eat a light meal before coming in for the induction. You will only be allowed to have clear liquids during the induction and labor, which could last more than 24 hours.
- If you have diabetes, ask your health care provider for instructions to manage your blood sugar.

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, baby, going home clothes for you and the baby, and other things for the Postpartum Unit.



Visitors

- You may have up to 3 support people and a doula with you in your Labor and Delivery room. Others will need to stay in waiting areas around the hospital.
- Visitor policies may change based on patient health and safety needs.

Arriving at University Hospital

Location

University Hospital

520 W. 10th Ave.
Columbus, OH 43210

Parking

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.

Checking In

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. When you arrive at Labor and Delivery, you will check in with the registration staff there.

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

For more education, contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.