Prenatal and Maternal Health

Pregnancy is a special time in a woman’s life. While pregnant, get regular prenatal care and prepare for labor and delivery with your partner and doctor. Ask for help from family, friends, and health care professionals during this time.
Amagara Y’umukenyezi Imbere Yuko Asama

Amagara y’umukenyezi, ibifungurwa, imyifato n’imiti ifise ingaruka k’ubuzima bw’umukenyezi imbere yo gusama, vyose vyerekeye amagara y’umukenyezi imbere yuko asama. Kugira ngo wungure uteze imbere amagara yawe imbere yo gutwara inda:

- Fata microgrammes 400 (mcg) vy’amavitamine bita folic acid iminsi yose mu gihe c’amezi atatu kugira ngo wikingire kuvyara umwana adakomeye akivuka.
- Hagarika kunywa itabi n’inzoga.
- Itwaranike indwara woba ufise nk’indwara y’igisukari, y’umurindi w’amaraso, canke kwamana umutima uhagaze.
- Kurikirana neza ivyerek-eye kwicandagisha wame uzi ko wabigirishije ku gihe gitegekanijwe.
- Irinde ibintu birimwo ubumara bwonona amagara nk’irangi ryo gusiga, hamwe n’imiti bakoresha mu kugira isuku.

**Preconception Health**

The health conditions, foods, habits, and medicines that impact a woman’s life before pregnancy are referred to as preconception health. To improve preconception health:

1. Take 400 micrograms (mcg) of folic acid everyday for at least three months to lower risks of birth defects.
2. Stop smoking and drinking alcohol.
3. Manage medical conditions like diabetes, high blood pressure, or depression.
4. Ensure vaccinations are up to date.
5. Avoid toxic substances like paint and certain cleaning supplies.
Prenatal Care

If you think you are pregnant, take an at-home pregnancy test. You can buy these at the grocery store or pharmacy. If the result is positive, schedule a doctor’s appointment to begin prenatal care, medical care during pregnancy, as soon as possible. Prenatal care is very important, even if you have been pregnant before. Doctors can find and treat health problems early when they see you regularly.
Prenatal Care and Birthing Options

In the United States, most women get prenatal care through a doctor known as an obstetrician/gynecologist (or OB/GYN), and give birth at a hospital. The information in this topic is most relevant to those methods. However, there are alternatives for prenatal care and delivery, including using a doula or midwife, and delivering at home or a birthing center.

Check to see if your health insurance will cover prenatal care or delivery outside of an OB/GYN or hospital. If you have had past complicated pregnancies, are expecting multiples, or have chronic health problems, you may be turned down from alternative birthing options for safety reasons.
Kuraba Abaganga Witegurira Kwibaruka

Mu gihe uja kuraba abaganga witegurira kwibaruka, muganga:
• Azokubaza ivyerekeye ubuzima bwawe hamwe na kahise kerekeye amagara mu muryango.
• Azosuzuma ibihimba vy’umubiri vyinshi, harimwo gusuzuma ingene amagufa akikijе igitereko ameze [pelvis] n’urwinjirero rw’igitereko c’umukenyеzi.
• Azogufata amaraso hamwe n’amasobwe.
• Azopima umurindi w’amaraso, uburebure, n’ibuро ufise.
• Azoharura umunsi uzokwibarukirako, italicι yegereje igihe umwana azotegerezwa kuba yavukiyeko.
• Azopima ingene umurinda w’umwana wibugenе utera.

Prenatal Visits

During prenatal visits, the doctor will:
• Ask for personal and family health history.
• Do a complete physical exam, including a pelvic exam and pap smear.
• Take blood and urine.
• Check blood pressure, height, and weight.
• Calculate the due date, a date near which the baby will be born.
• Check the baby’s heart rate.
Ivyo Urekuriwe Gukora No Kudakora – Kubungabunga Amagara Yawe

Mu gihe wibungenze:
- Fata ikinini ca multivitamine ku munsi ku munsi canke vitamine B9 ifasha abari mu kwibaruka (400 mcg ya folic acid).
- Hanuza muganga imbere yo guhagarika kunywa canke gutangura kunywa imiti iyariyo yose.
- Ininde guca mw’iradiyo.
- Icandagishe indwara y’akamangu niwaba witeze kwibaruka hagati ya Ntwarante na Mukakaro.

Dos and Don’ts – Health Care

During pregnancy:
- Take a daily multivitamin or prenatal vitamin with 400 mcg of folic acid.
- Ask the doctor before stopping or starting any medicines.
- Avoid x-rays.
- Get a flu shot if the baby is due between March and July.
Ivyo Urekuriwe Gukora No Kudakora – Mu Bifungurwa

- Fungura indya zikwiye, harimwo iron/fer bifasha umwana wawe kuronka impemu zikwiye [oxygen].
- Fungura ivyokurya ngirakamaro ku mubiri, harimwo ivyamwa, imboga, intete ni’ivyokurya birimwo calcium kandi zitarimwo ibinure bibi.
- Irinte kunywa ibinyobwa vyinshi birimwo caffeine nk’ikawa, icayi, n’inzoga zisosa.
- Ntufungure ifi zirimwo mercure nyinshi nka swordfish, king mackerel, shark, na tilefish.

Dos and Don’ts – Food

- Get enough nutrients, including iron which helps your baby get oxygen.
- Eat a balanced diet including fruits, vegetables, whole grains, and foods high in calcium and low in saturated fat.
- Avoid large amounts of caffeinated beverages such as coffee, tea, and soft drinks.
- Don’t eat fish with lots of mercury such as swordfish, king mackerel, shark, and tilefish.
Ivyo Urekuriwe Gukora No Kudakora – Mu Vyerekeye Imibere Y’ubuzima

- NTUNWE ITABI, INZOGA ZIKAZE, CANKE NGO UFATE IBIYAYURA UMUTWE IGIHE WIBUGENZE.
- Ntiwiyoge amazi ashushe cane.
- Sinzira neza wongere wirinde ivyotuma usimba umutima (stress) ukamana umutima uhagaze.
- Gira iryimenyerezo yo kunonora imitsi ibereye 30 iminota mirongo itatu, ubigire gatanu mu ndwi.
- Irinde ibikoresho birimwo ubumara nk’umuti wo kwica imibu, ibikoresho vyo kwoza canke guhanagara imicapfu, lead, mercury n’irangi ryo gusiga.

Dos and Don’ts - Lifestyle

- DO NOT SMOKE, DRINK ALCOHOL, OR USE DRUGS DURING PREGNANCY.
- Don’t take very hot baths.
- Sleep well and avoid stress.
- Exercise moderately for 30 minutes five days a week.
- Avoid chemicals like insecticides, cleaning supplies, lead, mercury, and paint.
Imfashanyo Y’Amahera Hamwe Na Assurance Yo Kwivuza


Financial Assistance and Medical Insurance

In most states, Medicaid pays for some or all of prenatal care, delivery services, and post-partum care. The Women, Infants, and Children (WIC) program is a nutrition program that offers coupons for specific foods to pregnant, post-partum, and breastfeeding women; and children under five with nutritional and financial need. States’ programs differ, so contact your social services office or resettlement agency for information on eligibility and the application process.
Umutekano W’inzoya

Igihe wibungenze, gendura urabe ko aho uba hari umutekano ukwiye ku ruyoya rwawe:

• Gerageza ukore ukushoboye kugira ngo uruyoya ruronke ikibanza gitekanye rworyamamwo, nk’igitanda co kuryamikamwo abana b’inzoya. Ntureke uruyoya ngo ruryame rwonyene ku buriri busanzwe; umwana atemanye bishobora kugira ingaruka mbi agakomereka canke agafa. Kura imisego, uburengeti n’ibikinisho kugira ngo murinde umwana kubura impemu igihe aryamye.

• Rondera intebe y’umwana canke intebe yo kwicrikamwo umwana mu modokari. Wongere wige ingene bikoreshwa. Intara zose zitegeka ko abana bado bakana uburebure, ibiro canke imyaka bitegetswe kuba bicaye mu modokari irimwo intebe zo gukingira umwana. Gutwara umwana mu modokari udafise intebe itegetswe uba urenze amategeko naho woba utamujana kure.

Safety for Babies

While pregnant, make your home safe for your baby:

• Ensure the baby has a safe place to sleep, like a crib. Do not let the baby sleep alone on a normal bed; falling off could lead to injury or death. Remove pillows, blankets, and toys to prevent suffocation while sleeping.

• Get a child safety seat or car seat and learn how to install it. All states require that children under a certain height, weight, and/or age ride in an appropriate safety seat. Taking a child in the car without the proper seat is illegal, even for short rides.
Ikiruhuko C’umukenyeyezi Yitegurira Canke Yibarutse Canke Ikiruhuko C’umugabo Yibarutse

Menya uwuzosigarana n’umwana I muhira. Igihe abavyeyi bose bakora, barashobora kuja inama y’ingene bakoresha umwanya wabo canke bakarondera uwoza gusanga umwana igihe bari ku kazi. Abakoresha bamwe bamwe baratanga akaruhuko inyuma yuko uruyoya rwavutse, ako karuhuko bakita ikonji y’ubuvyeyi. Ibibanza bimwe bimwe aho abantu bakorera biremera gusubiza umukozi mu kazi igihe arangije ako karuhuko k’ubuvyeyi. Umukoresha wese afise amategeko yihamwe, baza lero uwurongoye aho mukorera amabwiriza bakurikiza.

Maternity and Paternity Leave

Decide who will stay home with the baby. If both parents work, they can adjust their schedules accordingly or find someone who can stay with the baby while they work. Some employers offer parents time off work after a baby is born, called maternity or paternity leave. Some workplaces guarantee positions after maternity or paternity leave. Each employer has different rules, so ask your boss about their policies.
Preparing for Delivery

Make a birth plan with your partner, which is a tool used to communicate decisions about labor and delivery. Include contact information of preferred interpreters, a list of people allowed in the delivery room, and pain management choices. If you have religious or cultural beliefs around birth or don’t eat certain foods, include this in your birth plan. If you have other children, decide who will take care of them when you go into labor. Share your birth plan with your doctor at a prenatal appointment. Making decisions beforehand will lead to a less stressful labor and delivery process.
Ugusiramura


Circumcision

Circumcision is the removal of the foreskin, a flap of skin that covers the top of the penis. If you have a baby boy, you will be asked if you want him to be circumcised. Discuss your preferences and the medical advantages and risks with your doctor at a prenatal visit, and include your decision as part of your birth plan. Check to see if your health insurance covers circumcisions. If not, you will have to pay with your own money.
Possible Signs of Trouble

During pregnancy a woman should not get her menstrual period, but may have spotting, which is a lighter amount of blood. If you had a vaginal exam at the doctor’s office or had sex in the last 24 hours, you might have spotting. If you are bleeding bright red blood or blood is soaking through your underwear, go to the hospital immediately.

Starting around 16 weeks into your pregnancy, your baby should move at least 10 times within two hours every day. If your baby is not active, try drinking water or juice, and lying on your side with your hand over your abdomen, feeling for your baby. If your baby still isn’t moving after one to two hours, call your doctor.
Contractions

In the last weeks of pregnancy, you may feel a tightening of abdominal muscles called contractions. There are two types of contractions. Braxton-Hicks contractions involve tightening, but no pain or discomfort, and are “practice” contractions. Contractions before labor involve tightening, discomfort, and pain. To tell the difference, keep track of the time from the start of your first contraction to the start of your second contraction, and measure the duration of your contractions. If they follow a regular pattern and become stronger and more frequent, they are not Braxton-Hicks contractions, and you could be going into labor.
Nk’ibise

Biragoye gutandukanya ubwoko bw’ibise. Ni waba utabizi neza kandi ukaba ufise inda y’indwi ziri mungi ya 36, ukaba ufise ibise bine gushika kuri bitandatu kw’isaha, hamagura muganga. Ni waba inda yawe ifise indwi zirenga 36 hakaba hari iminuta itanu hagati y’igise n’ikindi, bikamara kuva’umunuta umwe gushika kw’isaha, hamagura muganga canke wijane ku bitalo.

Contractions

It is difficult to tell the difference between contractions. If you are unsure or are less than 36 weeks into your pregnancy and having more than four to six contractions an hour, call your doctor. If you are past 36 weeks and your contractions have been five minutes apart, lasting about one minute for an hour, call your doctor or go to the hospital.
Ururenduka N’uruziruzi

Igihe wibungenze, haraba uruziruzi mu gitereko. Uko igitereko cikanya canke kikirekura uriko uritegurira kwibaruka, urwo rurenda rurasese ruhakoroka. Hamagara muganga wawe ni wabona ururenduka rw’umusarara, rw’ubururu, canke amaraso, kuko n’ikimenyetso ko ushobora kuba watanguye gutera igise.

Umupfuko w’amazi witwa uruziruzi ruba rukije uruyoya rwawe igihe cose wibungenze, rukamugaburira iyiyo akene ye vyose kugira ngo akure. Italiki y’ubugingo bwo kwibaruka, uwo mufuko urameneka, bavyita kumena agasaho k’amazi. Ashobora kuba amazi makeyi canke umurindi wayo. Kenshi, abakenyezi batangura gutera ibise igihe ako gasaho kamenetse, ca lero umagama muganga iyo nivyagushikira, naho italiki yo kwibaruka itoba iri hafi canke ukaba utazi neza yuko agafuko kawo kamenetse.

Mucus Plug and Amniotic Sac

During pregnancy, a mucus plug forms in the cervix. As the cervix thins and stretches open, preparing for the baby to go through it, the mucus plug will pass. Call your doctor if you see clear, pink, brown, or slightly bloody discharge, as it is a sign that you may begin labor.

A sac of liquid called amniotic fluid surrounds your baby during pregnancy, providing the substances it needs to grow. Close to your due date, this sac will rupture, also known as your water breaking. This can be either a little bit of fluid or a big gush. Women often go into labor around the time their water breaks, so call your doctor when this happens, even if it’s not close to your due date or if you are unsure if your water broke.
Kuja Mu Bitalo


Iyo watanguye gutera ibise ukaja mu bitalo, utegerezwa guca aho abayeyi bagiye kwibarukenjiro. Iyo bica bituma uharurwa mu barwayi b’ibitalo. Ico gihe, abakozi b’ibitalo bazosaba ngo ubahe urupapuro ruguha uburenganzira bwo kuvugwa (assurance maladie).

Going to the Hospital

If you are ever unsure of if you’re going into labor, call your doctor or go to the hospital. Many women go into “false labor”, believing they are in labor when they really aren’t. Don’t be embarrassed if this happens to you.

When you are in labor and go to the hospital, you need to go through admissions. This registers you as a patient in the hospital. Hospital staff will also collect your health insurance information at this time.
Labor, Delivery Room, and Pain Management

Once you are admitted to the hospital, if you have no complications, you will be taken to a labor and delivery room. There will be a bed and a chair where your support person can sit, and possibly a shower and bathroom.

Your doctor will monitor you and your baby to see how you are both tolerating labor. A fetal monitor measures the baby’s heart rate and contractions. Some fetal monitors go on the outside of the mother’s abdomen, and others go inside the uterus. The monitor may show results on a small computer screen, or print them out on paper. The doctor will also measure your vital signs, measuring your temperature, heart rate, blood pressure, and oxygen level.
Gutera Ibise, Icumba Bakirimwo Abavyeyi, Kurwanya Ububabare

Ni waba bagushizemwo icuma congereza amaraso, umuforoma azoshira mu kuboko kwawe urushinge rufatanye n’umupira wizinga. Uwo mupira ufatanye n’agasahe k’amazi aheza akaza arantuyangira mu mitsi yawe akavangana n’amaraso. Abakozi bashobora kuguhia ivyo kunyuwa, imiti irwanya indwara, n’iyivura ububabare bacishije mu mitsi, kandi birashoboka ko uzoguma ufise ivyo bikoresho. Ni waba udashaka ishinge zo mu mitsi, vugana na muganga wawe muje inama k’ubundi buryo yokoresha kandi mubigire imbere yuko mutangura gutera ibise.

Gutera ibise bishobora kumara umwanya munini kandi bikabaza abakenyezi bamwe bamwe, nico gituma bashobora guha umuvyeyi imiti yo kugabanya ububabare. Ashobora gukoresha uburyo bwo guhema canke kunonora imitsi, kwoga umubiri wose amazi ashushe, kugerageza gutora inyifato itaruhisha [guhagarara, kugendagenda, gusutama] canke kwumviriza umuzike.

Labor, Delivery Room, and Pain Management

If you are connected to an IV, a nurse will insert a needle connected to a flexible tube into your arm. That tube is connected to a bag of liquid that will slowly drip into your veins to mix with your blood. The staff can give you liquids, antibiotics, and pain medicines through this IV, and you will probably be connected during the entire process. If you do not want an IV, talk with your doctor about other options before you go into labor.

Labor can be very long and painful for some women, and medicines can help with the pain. Natural birth is when a woman gives birth with no pain medicine. She might use breathing and relaxation techniques, take a warm shower or bath, try to find a comfortable position while in labor [standing, walking, squatting], or listen to music.
**Gutera Ibise, Icumba Bakiriramwo Abavyeyi, Kurwanya Ububabare**

Uburoy bukwiye henshi bwo kugabanya ububabare n’urushinge batera mu ruti rw’umugongo. Binjiza umuringotyi mutyo mu kiyunguyungu umuti ukaza urinjira uko bike-newe mu gihe cose ugitera ibise. Abakenyezi benshi baratora mitende inyuma y’iminuta 10-20, bakaguma bakanura badasinziniye igihe bariko baratera ibise no kwibaruka. Ush-obora kumeneka umutwe canke ukababara mu mugongo bitewe n’urwo rushing rwo mu ruti rw’umugongo, canke ntushobore gutambuka igihe ugitera ibise.

Kubera ko imiti imwe igabanya ububabare ishobora kubabaza agasaho amasobwe atororokaniramwo, ni waba urimwo urwo rushinge rwo mu ruti rw’umugongo canke ibindi bikoresho birwanya ububabare, abaganga bazogushiramwo umuringoti uciye mu nzira yo gusohoka ku mwanda mutyo, uwo muringoti uzova ku gasaho amasobwe atororokaniramwo gushika asohoke hanze y’umubiri. Uwo muringoti woroshe ufatanye n’agafuko kazoshi-kiramwo amasobwe yawe, gutyo ntuzoheza ngo wito wiyone mugihe utera ibise.

Hari ubundi buryo bwinshi bwo kurwanya ububabare. Baza muganga wawe ivyo yoguhanura kuyerekeye ubwo bo bw’uburoy bukubereye, wongere uce uyandika mu ngingo utegura yerekeye imighambi yawe yo kwibaruka.

**Labor, Delivery Room, and Pain Management**

A popular method of pain management is an epidural. A small tube is inserted in your lower back and medicine is delivered as needed throughout labor. Most women feel some relief within 10-20 minutes, and can remain alert and awake during labor and delivery. You may have a headache or backache from the epidural, or not be able to walk during labor.

Because certain pain medicines affect bladder control, if you have an epidural or certain other types of pain management, the doctors will insert a catheter into your urethra, the tube where urine travels from your bladder to the outside of your body. The catheter, a flexible tube, is connected to a bag where your urine will collect, and you won’t wet yourself during labor.

There are many other types of pain management. Talk with your doctor for recommendations on which types are right for you, and include your decision in your birth plan.
**Kwibaruka Biciye mu Bihimba vy’Irowadoka**

Umukenyazi wese ntasa n’uwundi, ariko hari abo bishobora gufata amasaha ashika 19 kugira ngo amagufa (cervix) akikije igiterekko yuguruke nka centimetero 10 aheraheze ikiringo ca mbere co gutera ibise. Inzira ija mu gitereko cawe ishobora kwuguruka igi-pande imbere yuko ushika kwa muganga, ariko ntaco bitwaye. Uzoheza ukurikiranwe hafi na hafi muri ico gihe, utere ibise, Wongere unonke imiti ikenewe yo kurwanya ububabare.

Igihe amagupfa yugarije igiterekko amaze kwuguruka rwose, uzoba winjiye mu kiringo ca kabiri c’ibise, uce utangura gusunika umwana uko ububabare buje. 1co gihe gishobora kumara kuva ku minuta 20 gushika ku masaha abiri. Rimwe na rimwe abaganga bashobora kwagura aho umwana aca, kugira ngo bagure urwinjiiriro rw’igiterekko, um-wana wave ashobore guvayo neza; baca bugara aho basatuye umaze kwibaruka. Mu migambi yawe yo kwibaruka, fata ingingo uuge igihe bosatura canke batosatura ngo bagurire inzira umwana.

**Vaginal Birth**

Every woman is different, but it can take up to 19 hours for some women’s cervix to open 10 centimeters and complete the first stage of labor. Your cervix may partially open before you get to the hospital, which is okay. You will be monitored throughout this stage, have contractions, and receive the desired pain management.

Once your cervix is fully opened, you enter into the second stage of labor, and will begin to push during contractions. This stage may last from 20 minutes to two hours. Sometimes doctors perform an episiotomy, making a small cut to widen the vaginal opening so your baby can pass through more easily, and close the cut after delivery. In your birth plan, decide under what conditions you will or won’t have an episiotomy.
**Vaginal Birth**

When the doctor sees your baby's head, he or she will tell you to push to deliver the baby. Doctors may use forceps or vacuum extraction to help your baby out of the birth canal. Forceps are a tool used to grab both sides of the baby's head while its inside the birth canal and pull the baby out. With vacuum extraction, the doctor will use suction to get the baby's head out of the birth canal.
Kwibaruka Biciye mu Bihimba vy’Irondoka

Umwana amaze kuvuka, umuntu azoca uruzogi arirwo rufatanya uruyoya n’ingovyi. Mu baguherekeza saba umuntu wo mu muryango guca uruzogi canke igihe udashaka ko muganga akoresha ivyuma vy’inguvu canke vy’impemu zikwega mu migambi yawe yo kwibaruka.

Ikiringo ca gatatu co gutera ibise, n’igihe ingovyi isohoka, ingovyi ikaba ari ikipande gifat-anya uruyoya rwawe n’igitereko. Umaze kwibaruka uruyoya rwawe, uzogira uukanakan-wa rubura igihe ingovyi igeze gusohoka. Ivyo bimaze guhera, uzoba urangije kwibaruka. Abakozi bashobora kugufyonda mu nda, kugira ngo bakuremwo rwose ururenduka n’amaraso bikiri mu giteroko, bongere barabe yuko vyifashe neza inyuma yo kwibaruka.

Vaginal Birth

After the baby is delivered, someone will cut the umbilical cord, which connects the baby to the placenta. Include if you would like a family member to cut the umbilical cord or do not want the doctor to use forceps or suction in your birth plan.

The third stage of labor is the delivery of the placenta, the organ that connects your baby to your uterus. After you deliver your baby, you will have contractions that signal it’s time to deliver the placenta. Once this is over, you are done with delivery. Staff may push on your abdomen, trying to control fluid and bleeding in the uterus, and making sure it is functioning well after delivery.
Gusatura Mu Nda Mu Kukuvyyaza

Muganga wawe ashobora gufata ingingo yo gusatura mu nda mu kukuvyyaza, aho kuvyara biciye mu bihimba vyiroyondo. Rimwe na rimwe abaganga barasatura mu nda mu kukuvyyaza umuntu igihe yaramaze kubigirirwa, canke igihe imbanyi yawe ishobora kukubangamira rwose.

Gusatura mu nda mu kukuvyyaza umuvyeyi bigirirwa mu cumba babagiramwo, hatari mu cumba gisanzwe co kwibarukiramwo. Muganga azoguha imiti irwanya ububabare, rimwe na rimwe agutere urushinge rwo mu ruti rw’umugongo, yongere agushiremwo umuringoti ukwega amasobwe. Igihe ari ivyihutirwa, baraguha imiti yo kugusinziriza, ivyo bikaba bisigura ko woba usinziriye igihe bazosatura mu nda aho bacisha uruyoya mu kukuvyyaza.

Cesarean Section

Your doctor might decide to perform a cesarean section, or c-section, instead of having you deliver vaginally. Sometimes doctors will do a c-section if you’ve had one before, or if you have a high risk pregnancy.

C-sections are performed in operating rooms, not regular labor and delivery rooms. The doctor will give you pain medicine, sometimes an epidural, and insert a catheter for bladder control. In emergencies, general anesthesia is used, which means you will be asleep for the c-section.
Gusatura Mu Nda Mu Kukuvyaza


Kuvyaza umuvye yi bamusatuye mu nda n’ubuhinga bwo kubaga umuntu bukomeye, kandi ushobora kumara iminsi mikeya mu bitalo. Abakozi botegerezwa kuguha amategeko y’ingene wovura uruguma rwawe. Umaze kuva mu bitalo, ushobora kumara indwi zishika zitandatu imbere yuko ukira neza.

Cesarean Section

The doctor will clean your abdomen, connect you to an IV, and monitor your vital signs. The doctor will make a cut across your abdomen, underneath the bellybutton, then make a cut in your uterus, just big enough to get the baby out. The doctor will remove the baby, cut the umbilical cord and remove the placenta. The doctor will clean and repair the uterus and abdomen, then you will be moved to a recovery room for a few hours. Once you’ve recovered from your c-section, you will move to a hospital room and can spend time with your baby.

C-sections are major surgery, and you may stay in the hospital for a few days. The staff should give you instructions on how to care for your incision. After leaving the hospital, it can take up to six weeks to fully recover.
Gutahana Uruyoya Muhira


Taking Your Baby Home

The doctor will discharge you and your baby from the hospital when the time is right. If there are no complications and you had a vaginal delivery, it may be within a few hours. If you had a c-section, it may be a few days. If there were complications during delivery, you and/or your baby may need to stay in the hospital longer. New babies who need extra medical attention are admitted to the neonatal intensive care unit (NICU).
Taking Your Baby Home

Make sure you have a properly installed car seat to bring your baby home in. Spend time with your baby, and follow any instructions the doctor gave you on how to take care of him or her. If you have any questions or suspect that something is not normal with you or your baby, call your doctor. He or she will also want to see you and your baby for a follow-up visit. Find a pediatrician (doctor for kids), and establish regular care for your baby.
Wonsa


Breastfeeding

Breast milk can protect infants from germs and illness, and is linked to lower risks of health problems for mothers and babies. While breastfeeding, avoid smoking, drinking alcohol, or using drugs. You can still get pregnant while breastfeeding. Give babies only breast milk for the first six months of life, or for one year or longer if possible. A baby cannot digest solid food until they are at least six months old. If you have problems breastfeeding, talk with your doctor.
Wonsa

Muri Leta Zunze Ubumwe z’Amerika, mu bisanzwe, abakenyezi ntbonkereza abana imbere y’abantu. Ukeneye kwonsa, rondera icumba co kwogeramwo canke aho kwiherera, canke wipfuke mwe n’uruyoya rwawe kugira ngo ntihagire umuntu ababona. Ipompo n’imashini ikwega amabarebere, ayo maberebere agashobora kubikwa agashobora kugaburira umwana bakoresheje agacupa. Iyo bigufasha kuja ku kazi ukongera ukagaburira uruyoya rwawe amaberebere. Vugana n’uwugukurikirana ivyerekeye gukoresha ipompo igihe usubiye ku kazi.

Breastfeeding

In the United States, women generally do not breastfeed in public. If you need to breastfeed, find a bathroom or private space, or cover yourself and the baby so no one can see. A pump is a machine that extracts breast milk from a woman, which can be stored and fed to the baby by bottle. This allows you to work and still feed your baby breast milk. Talk to your supervisor about using a pump when you return to work.
Indwara Yo Mu Mutwe Ikurikira Kwibaruka

Abakenyezi bensi banjirwa canke bakaremerwa, bikabagora gutora itiro, bagahinda-gura imico, canke bakarangwa n’ibindi bimenyetso yvo kurwara mu mutwe mu minsi ikurikira kwibaruka. Iyyo bimenyetso nivyamara indwi zirenga zibiri, ushobora kuba urwaye indwara yo mu mutwe ikurikira kwibaruka [PPD]. Ukwo kurwara gushobora kwaduka igihe cose mu mwaka ukurikira kwibaruka, kandi bivurirwa kwa muganga. Mu bimenyetso vy’indwara PPD harimwo iviyumviro yvo kugirira nabi uruyoya, iciyumviro co kwikomeretsa ukababara, canke kutitaho na gatoyi uruyoya rwawe. UMUVYEYI MU-SHASHA AKABA AFISE IVIYUMVIRO YVO KWIKOMERETS A KUBABAZA UMWANA CANKE UWUNDI MUNTU HAMAGARA 911!

Ntugire ubwoba, isoni canke ngo hagire ico wiyotsa igihe wumva utameze neza mu mutwe inyuma yo kwibaruka. S’ukuvuga ko url umuvyeyi mubi. Ni waba ufise ibimenyetso vya PPD, hamagara muganga ashobore kugufasha.

Post-Partum Depression

Many women feel sad or overwhelmed, have trouble sleeping, have mood swings, or have other symptoms of depression in the days after giving birth. If these symptoms last for more than two weeks, you may have post-partum depression (PPD), or depression after childbirth. PPD can begin anytime within the first year after childbirth, and must be treated by a doctor. Symptoms of PPD include thoughts of hurting the baby, thoughts of hurting oneself, and not having any interest in the baby. IF A NEW MOTHER IS HAVING THOUGHTS OF HURTING HERSELF, HER BABY, OR ANYONE ELSE, CALL 911!

Don’t be embarrassed, ashamed, or guilty about feeling depressed after childbirth. It does not mean you are a bad mother. If you have symptoms of depression or PPD, call your doctor to get help.
Mu Ncamake

Uko uzoba witeguriye kwose hamwe n’umucance wawe ivyerekeye kwibungenga no kwi-baruka ikibondo gishasha, niko ico gikorwa kizobarwa neza. Ibuka kwama uja kwa muganga mu kwitegurira kwibaruka, igishwa umenye ivyerekeye gutera ibise n’uburyo bwo kwibaruka, wongere utegure umugambi utomoye wo kwibaruka ufatanije n’umucance wawe na muganga. Umuryango, abagenzi, n’abakozi bajejwe ivy’amagara y’abantu baniho kugira ngo bagufashe mur’iki gihe hahinduka vyinshi.

Summary

The more prepared you and your partner are for pregnancy and the birth of your new child, the better the experience will be. Remember to get regular prenatal care, learn about labor and delivery options, and make an informed birth plan with your partner and doctor. Family, friends, and health care professionals are there to help during this time of change.