



Dareemista dhaq-dhaqaaqa ilmahaaga waa calaamad muujinaysa inuu fiican yahay

Badanaa haweenku waxay bilaabaan inay dareemaan dhaq-dhaqaaqa ilmohooda inta u dhaxeyso 16 iyo 24 toddobaad ee uurka. Dhaq-dhaqaaqyada ilmaha waxaa lagu tilmaami karaa laad, boodbood yar, dhaqaaq xiin leh ama rogid. Nooca dhaq-dhaqaaqa wuu is-beddeli karaa intuu uurkaagu sii socdo.



Intee jeer ayaa la rabaa in ilmahaygu dhaq-dhaqaaqo?

Ma jiro tiro go'an oo dhaq-dhaqaaq caadi ah.

Ilmahaagu wuxuu yeelan doonaa qaab dhaq-dhaqaaq u gaar ah oo aad baran doontid.

Laga bilaabo 16 ilaa 24 toddobaad waa inaad dareentaa in ilmuhu dhaq-dhaqaaqo wax ka badan ilaa uu ka gaaro 32 toddobaad kadibna si isku mid ah ayuu u dhaq-dhaqaaqi doonaa ilaa aad dhasho.



WAA INAADAN SUGIN ilaa maalinta xigta si aad u raadsato talo haddii aad ka welwelsan tahay dhaq-dhaqaaqa ilmahaaga



RUN MA AHAN in ilmuhu si ka yar u dhaq-dhaqaaqi doono marka la gaaro dhammaadka uurka.



Waa inaad SII DAREENTO dhaq-dhaqaaqa ilmahaada ilaa laga gaaro wakhtiga foosha iyo xittaa markaad foolanaysid.

Baro iyo ogow qaabka caadiga ah uu ilmahaagu u dhaq-dhaqaaqo.



Waa maxay sababta dhaq-dhaqaaqa ilmahaygu muhiim u yahay?

Hoos u dhaca dhaq-dhaqaaqa ilmaha ayaa mararka qaarkood noqon kara calaamad digniin muhiim ah in ilmuhu xanuunsan yahay. Qiyaas ahaan kala badh haweenka dhalay ilmo dhintay waxay dareemeen in dhaq-dhaqaaqa ilmahooda hoos u dhacey ama joogsadey.

Haddii aad u maleyso in dhaq-dhaqaaqa ilmahaagu hoos u dhacay ama joogsadey, isla markiiba la xiriir umulisadaada ama qaybta dhalmaada isbitaalka (shaqaale ayaa joogo 24 saacadood, 7 maalmood asbuuciiba).



- **DIB HA U DHIGIN** wicitaanka ilaa maalinta xigta si aad u aragto wixii dhici doono.
- Ha ka welwelin inaad telefoon soo dirto, waxaa muhiim u ah takhaatiirtaada iyo umulisooyinka inay ogaadaan haddii dhaq-dhaqaaqa ilmahaaga uu hoos u dhacay ama joogsadey.



Maxaa dhacaya haddii dhaq-dhaqaaqa ilmahaygu mar kale hoos u dhaco?

Haddii, baaritaanka ka dib, weli aadan ku faraxsanayn dhaq-dhaqaaqa ilmahaaga, waa inaad isla markiiba la xiriirtaa umulisadaada ama qaybta dhalmaada isbitaalka, xitaa haddii wax walba caadi ahaa goorta ugu dambeeyay ee la baarey.

WELIGAA HA KA WAABAN inaad la xiriirto umulisadaada ama qaybta dhalmaada isbitaalka si aad talo ka hesho, iyadoon la eegin inta jeer ee tani dhacdo.



Garaaca wadnaha ilmahaaga ha ku baarin qalabyada baaritaanka ee gacanta lagu hayo, qalabka Dopplers ama barnaamajyada telefoonka gacanta. Xitaa haddii aad dareento garaaca wadnaha, tani macnaheedu ma ahan in ilmahaagu caafimaadkiisa fiican yahay.



Contact details:

Sources and acknowledgements

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