



When you are pregnant, you get a lot of advice from many people. One issue that few people think about are signs of bladder and bowel control problems in pregnancy and after the birth.

Markaad uurka leedahay, waxaad tallo badan ka heshaa dad badan. Hal arin ah oo ay dad badani ka fekeraan waa callaamadaha dhibaatooyinka kontoroolka mindhicirka iyo kaadiheysta markaad uurka leedahay iyo dhalmada ka diba.

WHAT DO MY PELVIC FLOOR MUSCLES DO?

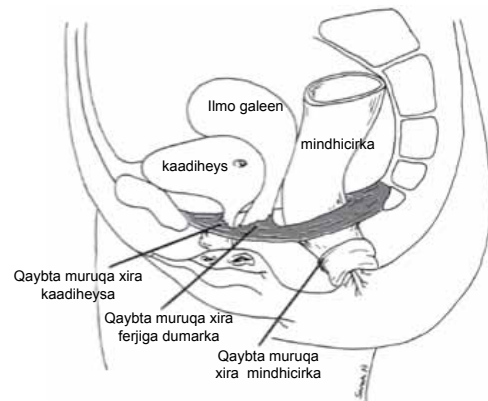
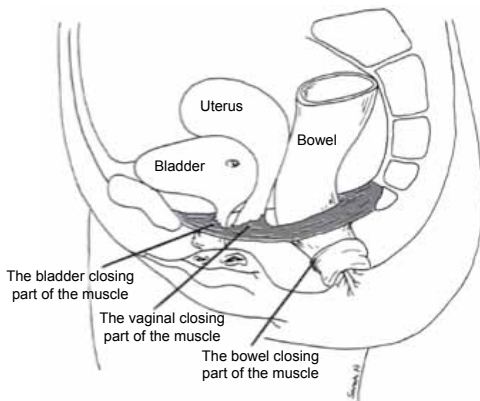
See the picture of the pelvic floor. The pelvic floor muscles do a number of things. They:

- help to close off the bladder, the vagina (front passage) and the rectum (back passage); and
- help to hold the bladder, the uterus (womb) and bowel in their proper place.

MAXAY QABTAAN MURUQYADEYDA SAGXADA MISKUHU?

Eeg sawirka sagxada miskaha. Muruqyada sagxada miskuhu waxay qabtaan waxyaalo tiro badan. Waxay:

- waxay kaa caawiyaan inay xiraan kaadiheysta, ferjiga (marinka hore) iyo qaybta danbe xiidmaha weyn (marinka dambe); iyo
- Caawimaada si ay u celiso kaadiheysta, uterus (ilmogaleenka) iyo calooshooda inay ahaadaan meeshiidoo ku habooneyd.



HOW DO I KNOW IF I HAVE A PROBLEM?

There are a few things that might happen if you have weak pelvic floor muscles. You might:

- leak urine when you cough, sneeze, lift, laugh or do exercise;
- not be able to control passing wind;
- feel an urgent need to empty your bladder or your bowel;
- leak bowel motion after you have been to the toilet;
- have trouble cleaning yourself after a bowel motion;
- find it hard to pass a bowel motion unless you change position or use your fingers to help; or
- feel a lump in your vagina or a feeling of dragging like a period, mostly at the end of the day, which could mean that one or more of your pelvic organs might be sagging down into your vagina. This is called pelvic organ prolapse. Prolapse is very common and happens to about one in ten women in Australia.

SIDEE BAAN KU OGAANAYAA INAAD DHIB QABO?

Waxaa jira waxyaalo yar oo laga yaabo inay dhacaan haddii aad leedahay muruqyada sagxada miskaha oo daciif ah. Waxaa laga yaabaa:

- inay kaa daadato kaadi markaad qufacdo, hindhisto, wax qaado, qososho ama aad jimicsi sameyso;
- in aadan awoodin kontoroolida dhuusada;
- inaad dareento rabitaan degdeg ah oo ah inaad faaruqiso kaadiheystaada ama mindhicirkaada;
- kaa daadato mindhicirka oo ku soconaysa ka dib markaad musqusha tagtay;
- inaad dhib kala kulanto inaad nafsad ahaantaada nadiifiso ka dib marka calooshu ku socoto;
- inay kugu adkaato inaad saxarooto ilaa aad ka bedesho booskaaga ama aad isticmaashofarahaaga si aad isu caawiso, ama
- Inaad ka dareento buro ferjigaaga dhexdiisa ama dareen u jitamaya sidii xilliga caadada, badanaa dhamaadka maalinta, oo micnaheedu yahay in mid ama wax ka badan oo ah unugyada miskahaagu ku soo degayaan ferjigaaga. Soo degidu waa wax caam ah waxay ku dhacdaa hal tobankii qof oo Australiyaana.





EXPECTING A BABY?

ILMO INAAD DHASHO MA RAJEYNAYSAA?

You may also have sexual problems. Just after your baby is born, you will be very tired and busy with your baby. Vaginal birth can cause weakness around the vagina or a lack of feeling. Vaginal tears and trauma can cause pain for many months. While breast feeding, oestrogen levels may be low and so the vagina may be dry, which can cause more problems. It may be helpful for you and your partner to talk about these issues with a health professional.

HOW CAN I TELL IF I MIGHT GET BLADDER AND BOWEL PROBLEMS?

Some women seem more likely to have bladder and bowel problems, even if they have had quite easy birth. We can't yet tell who these women might be.

Women who already have bladder or bowel symptoms, such as irritable bowel syndrome or an urgent need to pass urine (also called overactive bladder) will be more likely to have this problem worsen or to gain new problems. Constipation, coughing and obesity can also make problems worse.

Certain things about the birth can make a woman more likely to have bladder and bowel problems:

- having your first baby;
- having a large baby;
- having a long labour, chiefly the second stage of labour; or
- a difficult vaginal delivery, when you have stitches after being cut or having a big tear just outside or in your vagina when the baby is helped out by the vacuum cap or the doctor uses forceps.

WHAT IF I HAVE A CAESAREAN BIRTH?

Choosing a caesarean birth might seem like a way to avoid these problems, but it is not that simple. A caesarean birth might reduce the risk of severe bladder control problems from 10% to 5% for a first baby, but after the third caesarean there may be no benefit at all. And caesarean births carry their own risks. Babies born this way are more likely to have breathing problems at birth. It can be more risky for the mother and scarring from caesarean births can make pelvic surgery more difficult in the future. So you may be trading one problem for another.

Waxaa sidoo kale laga yaaba inaad qabto dhibaato galmo. Isla markiiba marka ilmahaagu uu dhasho, aad baad u daaleysaa waxaanad ku mashquuleysaa ilmahaaga. Dhalmada ferjigu waxay sababi kartaa daciifnimada ferjiga hareerhiisa ama dareen la'aanta. Ilmada ferjiga iyo dhibka ayaa laga yaabaa inuu sababo xannuun billo badan. Iyadoo naas nuujintu, heerarka oestrogen laga yaabo inay hooseeyaan saadaraadeed waxaa laga yaabaa inuu ferjigu qalalan yahay, oo sababi karto dhibaatooyin intaas ka sii badan. Waxaa laga yaabaa inay adiga iyo lamaanahaaga idiinka caawimaad badan tahay inaad arimahan kala hadashaan aqoonyahanka caafimaadka.

SIDEE BAAN U SHEEGI KARAA INAAN QAADIDOONO DHIBAATOYINKA MINDHICIRKA IYO KAADIHEYSTA?

Dumarka qaarkiis waxay u muuqdaan kuwo ay aad ugu dhowdahay inay ku dhaceyso dhibaatooyinka mindhicirka iyo kaadiheysta, xitaa haddii ay qabeen dhalid sahlan.

Dumarka haddaba way qabaan astaamaha mindhicirka ama kaadiheysta sida sandaroomka mindhicirka xasaasiyada leh ama doonitaanka degdega ah ee inaad kaadido (sidoo kale kaadiheysta firfircoonida badan) ayaa laga yaabaa inay arintani sii xumayso ama inay ku dhacaan dhibaatooyin cusub. Mindhicirka oo ku fadhida, qufac iyo buurnida ayaa sidoo kale dhibka sii xumeyn kara.

Waxyaalaha qaarkood ee ku saabsan dhalmada ayaa ka dhigi kara qofka dumarka inay aad ugu dhowaato inay yeelato dhibaatooyinka mindhicirka iyo kaadiheysta:

- dhalida ilmahaagii ugu horeeyey;
- dhalida ilmo weyn;
- foolashada wakhti dheer, muhiim ahaan heerka labaad ee foosha; ama
- Dhibka ka dhalida ferjiga, markaad leedahay toliinmo ka dib markii lagu jaray ama dallicweyn oo aad ku leedahay bannaanka ama ferjigaaga gudhiisa marka ilmaha in diba loo soo saaro uu kaa caawiyo daboolida meesha bannaan ama isticmaalka dhakhtarka qalabka lagu soo jiido ilmaha.

KA WARAN HADDII DHALMADA LAYGU SOO QALO?

Doorashada dhalmada in lagugu qalo waxaa laga yaabaa inay u ekaato si aad isaga ilaalineyso dhibaatooyinkan, laakiinse sidaas uma sahlaya. Dhalmada ku qalida waxaa laga yaabaa inay yareyso khatarta inay dhacdo dhibaatooyinka kontoroolka kaadiheysta oo darran laga bilaabo boqolkiiba 10% ilaa 5% ilmaha koowaad, laakiinse ka dib qaliinka saddexaad waxaa laga yaabaa inaysan jirin wax faa'iido ah gebi ahaan. Dhalmada lagugu soo qalo waxay leedahay khatarteeda. Ilmaha ku dhasha sidan waxaa laga yaabaa inay aad ugu dhow yihiin inay qaadaan dhibaata xagga neefsiga markuu dhasho. Waxaa laga yaabaa inay ka khatar badato hooyada iyo cabsiga laga bilaabo dhalmada lagu soo qalo waxay ka dhigi kartaa qaliinka miskaha mid aad uga sii dhib badan mustaqbalka. Saadaraadeed waxaa laga yaabaa inaad ku bedelaneyso hal dhib mid kale.





EXPECTING A BABY?

ILMO INAAD DHASHO MA RAJEYNAYSAA?

In many cases, a vaginal birth runs just as planned and is a lovely event for parents, so this type of birth is best when possible. But problems can still happen. Research is now looking at how we can better know about and stop harm to the pelvic floor during birth. For now, pregnancy and birth involves making a choice between different kinds of risk. You and your partner need to think about these risks and discuss them with your pregnancy care professional. No one can promise you and your baby a perfect outcome.

WHAT CAN I DO ABOUT WEAK PELVIC FLOOR MUSCLES?

The birth of a baby might have stretched your pelvic floor muscles. Any 'pushing down' action in the first weeks after the baby's birth might stretch the pelvic floor again. You can help to protect your pelvic floor muscles by not pushing down on your pelvic floor. Here are a few ideas to help you.

- Try to squeeze, lift and hold your pelvic floor muscles before you sneeze, cough, blow your nose or lift.
- Cross your legs and squeeze them tightly together before each cough or sneeze.
- Share the lifting of heavy loads.
- Don't do bouncing exercises.
- Do pelvic floor muscle training to strengthen your pelvic floor muscles (See the leaflet "Pelvic Floor Muscle Training for Women").
- Keep good bladder and bowel habits:
 1. eat fruit and vegetables;
 2. drink 1.5 - 2 litres of fluid per day;
 3. do not go to the toilet 'just in case' as this might cut down how much your bladder can hold; and
- Try not to get constipated.
- Don't strain when opening your bowels. A good way to sit on the toilet is to put your forearms onto your thighs and, with your feet close to the toilet, raise your heels. Relax your pelvic floor muscles and gently push.

Xaallado badan, dhalmada ferjiga waxay u socotaa sidii loo qorsheeyey waana dhacdo ay waalidiintu jeclaystaan, saa daraadeed noocan dhalmada ah waa ta ugu fiican markii ay suurtoagal tahay. Laakiinse dhibaatooyinku weli waa dhici karaan. Daraasad cilmiyeed baa hadda eegeysa sida ugu wanaagsan ee aan u sii ogaan karno wax ku saabsan una joojin lahayn dhibka sagxada miskaha marka la dhalayo. Hadda, uurka iyo dhalmada waxay ku lug leeyihiin sameynta doorasho u dhaxeysa noocyada kharataha kala duwan. Adiga iyo lamaanahaaga waxaad u baahan tihiin inaad ka fekertaan wax ku saabsan khatarahan iyo inaad kala wada hadashaan aqoon yahanka daryeelka uurka. Cidna ballan idiinma qaadi karto adiga iyo ilmahaaga ah natiijo dhab ah.

MAXAAN KA QABAN KARAA MURUQYADA SAGXADA MISKAHA EE DACIIFKA AH?

Dhalmada ilmaha waxaa laga yaabaa inay kala bixisay muruqyada sagxada miskaha. Wixii ficil ah 'hoos u riixida' ee toddobaadyada ugu horeeya ka dib markuu ilmuhu dhasho waxaa laga yaabaa inay mar labaad kala bixiyaan sagxada miskaha. Waxaad caawin kartaa inaad ilaaliso muruqyada sagxada miskaha adoon hoos u soo riixin sagxada miskahaaga. Halkan waxaa ah dhawr fikradood oo ku caawinaya.

- Iskuday inaad isku soo ururis, kor u qaado oo aad heyso muruqyada sagxada miskaha ka hor intaadan hindhisin, qufucin, ka duufsan sankaaaga ama kor u qaadin.
- Lugahaaga isa saar isukugu soo ururi si isku dhuujisan ka hor qufac kasta ama hindhisid.
- La wadaag qof kale qaadida xamuulka.
- Ha sameynin jimicsiyada boodboodida ah.
- Same tababarka muruqyada sagxada miskaha si aad u xoojisid muruqyadaada sagxada miskaha (eeg warqada Tababarka Muruqyada Sagxada Miskaha ee Dumarka").
- Yeelo caaddo wanaagsan oo calooleed iyo kaadiheysba:
 1. cun furuutka iyo khudaarta;
 2. cab 1.5 – 2 litir oo cabitaana maalintii;
 3. ha u tegin musqusha 'lacala haddii' maadaama tan laga yaabo inay yareysa intay kaadiheystaadu heyn karto; iyo
- Iskuday in aanay calooshu kufadhiisan.
- Ha docon markaad saxaroneysid. Si wanaagsan oo loogu fadhiisto musqusha waxaa weeye inaad gacmahaaga saarto bowdyahaaga iyo inay cagahaagu u dhow yihiin musqusha, cidhbahaaga qor u qaad. Debcu muruqyada sagxada miskahaaga si debecsana u riix.





EXPECTING A BABY?

ILMO INAAD DHASHO MA RAJEYNAYSAA?

- Keep your weight within the right range for your height and age, and try not to gain too much during pregnancy.
- Continue to exercise.
- Ask for advice about bladder infections.

For more information, see the leaflet "Good Bladder Habits for Everyone."

WILL THINGS GET BETTER?

Do not lose heart. Even very poor bladder or bowel control just after giving birth can get better without help in the first six months, as the pelvic floor tissues, muscles and nerves mend.

Regular pelvic floor muscle training kept up over the long term, as well as the right advice, will help.

Don't forget to look after yourself at a time when it is easy to neglect your own needs.

If things are not getting better after six months, speak to your doctor, physiotherapist, or continence nurse advisor.

SEEK HELP

Qualified nurses are available if you call the National Continence Helpline on 1800 33 00 66* (Monday to Friday, between 8.00am to 8.00pm Australian Eastern Standard Time) for free:

- Information;
- Advice; and
- Leaflets.

If you have difficulty speaking or understanding English you can access the Helpline through the free Telephone Interpreter Service on 13 14 50. The phone will be answered in English, so please name the language you speak and wait on the phone. You will be connected to an interpreter who speaks your language. Tell the interpreter you wish to call the National Continence Helpline on 1800 33 00 66. Wait on the phone to be connected and the interpreter will assist you to speak with a continence nurse advisor. All calls are confidential.

Visit bladderbowel.gov.au or continence.org.au/other-languages

* Calls from mobile telephones are charged at applicable rates.

- Miisaankaaga ku hey ilaa xadka saxda ah ee dhererkaaga iyo da'da, iskuna day inaad miisaan badani ku fuulin intaad uurka leedahay.
- Sii wad inaad jimicsato.
- Weydiiso wixii tallo ah ee ku saabsan infekshinka kaadiheysta.

Wixii macluumaad dheeraad ah, eeg warqada "Caaddada Wanaagsan ee Kaadiheysta Qofwalba".

XAALLADU MA KA SII FIICNAAN DOONTAA?

Ha qalbi jabin. Xitaa kaadiheysta aadka u xun ama kontoroolka mindhicirka isla markiiba markaad dhasho way fiican karaan caawimaad la'aan lixda bilood ee ugu horeeya, maadaama unugyada sagxada miskuhu, muruqyada iyo neerfayaashu ay kabmaan.

Tababarka joogtada ah ee muruqyada sagxada miskaha oo la ilaaliyo ilaa wakhti dheer, iyo sidoo kale tallada saxda ah, ayaa ku caawineysa.

Ha ilaawin inaad nafsadaada ilaaliso wakhtiga ay sahlan tahay inaad dayacdo baahidaada.

Haddii aysan waxba ka soo reynaynin lix bilood ka dib, la hadal dhakhtarkaaga, fiisiyoterabi yaqaanka ama kalkaalisada la talliyaha ceshadka kaadida.

RAADI CAAWIMO

Waxaa la heli karaa kalkaaliso caafimaad oo aqoon leh haddii aad wacdo Khadka Caawimada Celinta Saxarada Qaranka tel: 1800 33 00 66* (Isniinta ilaa Jimcaha, inta u dhexaysa 8.00 subaxii ilaa 8.00 fiidkii Waqtiga Bariga Australia) lacag la'aan.

- Macluumaad;
- Talo; iyo
- Xaashiyaha.

Haddii aad dhibaato ku qabto ku hadalka afka Ingiriiska ama fahamka waxaad raadsan kartaa Khadka Caawimada ee Adeega Afcelinta Telefoonka oo ah 13 14 50. Telefoonka waxaa lagaga jawaabi doonaa Ingiriis, sidaas darteed magacaw afka aad ku hadasho kuna sug telefoonka. Waxaa lagugu xiri doona mutarjum ku hadla afkaaga. U sheeg mutarjumka inaad doonayso inaad Khadka Caawimada Celinta Saxarada Qaranka oo ah 1800 33 00 66. Ku sug telefoonka in lagugu xiri waxaana ku caawimi doona mutarjum si aad ula hadasho Lataliyaha Kalkaalisada caafimaadka. Dhamaan wicidu waa qarsoodi.

Booqo websaytka bladderbowel.gov.au ama continence.org.au/other-languages

* Telefoonada laga soo diro telefoonka waxaa la iska qaada qiima aad sarreeya.

