

# Amakuru yibenze yo kuvyara kwawe kuri Cezariyene

Kubarwa kwawe gutegekanijwe \_\_\_\_\_ isaha \_\_\_\_\_

Kenshi na kenshi kuvyara kuri Cezarieni bikorwa mu gitondo hagati ya 8am na 12pm. Uzokwitaba terefone y'umwe mu baforoma b'ikigo ca Birthing Centre umunsi umwe mbere yo kubarwa kugira wemeze igihe co gushikaho no gusuzuma amabwirizwa n'ibibazo ushobora kuba ufise.

Tuzogerageza ukwo dushoboye kwose kugira tukubage mu mwanya wategekanijwe. Bivuye ku bishobora kuba bitari vyitezwe ku mbanyi, birashoboka ko ucerwa kubarwa, bibaye ngombwa hakaba icihuta, ushobora kuca ubarwa ata gahunda irinze gutangwa. Tuzokora ibishoboka vyose tugume tukumenyesha igihindutse muri gahunda yo kuvyara kwawe.

## **AMA EXAMEN IMBERE Y'UKUBARWA**

Imbere y'ukwo ugirirwa Cezarieni uzobanzwa gufatwa amaraso. Ushobora kuyafatwa kuri laboratwari yariyo yose ya UVMMC; canke ngaha kuri campus ACC. **Ibikorwa vya laboratware bitegerezwa gukorwa hatarenze iminsi 3 imbere y'ukwo ubarwa.**

Ushobora gufatwa amaraso muri laboratwari muri ibi bibanza bikurikira:

### **University of Vermont Medical Center Main Campus**

Ambulatory Care Center (ACC)

Main Pavilion - 2

111 Colchester Ave

Burlington, VT

Amasaha: Kuwa mbere - Kuwa gatanu 7AM - 7PM

Kuwa gatandatu - kuwa mungu 9AM - 1PM

Suzuma aho biyandikishiriza baraheza bakakurangira neza ikibanza ukwiye kujamwo.

### **University of Vermont Medical Center Fanny Allen Campus**

790 College Parkway

Colchester, VT

Amasaha: Kuwa mbere - Kuwa gatanu 7AM - 9PM

Kuwa gatandatu - kuwa mungu 9AM - 4PM

Suzuma aho biyandikishiriza.

## **NI IBIKI NKENEYE GUKORA MU MASAH A 24 INYUMA Y'UKWO NGIRIRWA SEZARIYENE?**

- Gufata imiti nk'ukwo vyasabwe n'abaganga. Musabwe kubaza icerekeye umuti wose mutizeye.
- Ijoro buca bakubaga woge n'isabune n'akanyuko twaguhaye bikura ubucaf (raba amategeko y'ukwo biyoza ku rupapuro rwanya).
- Siga ibantu vy'agaciro muhira, cane cane ibisharizo.
- Ntunywe inzoga canke itabi nko mu masaha 24 utarabarwa.
- Ufate imiti yawe buri munsi kirets dogiteri wawe agusavye kutayifata.

## **AMABWIRIZWA YO KUDAFUNGURA IMBERE Y'UKBARWA**

- Ni vyiza kutaba ufise umwumira canke inyota. Nunywe amazi meza canke ibinyobwa gushika ku masaha 2 inyuma yukwo ubarwa. Ivyo bizogufasha kwama utagira umwumira kandi unakire vuba

**Ibinyobwa vyiza urekuriwe ni:**

- Amazi
- Gatorade
- Kwama unywa Jus ya pome (ata bisigazwa)

**Kubatarwaye diyabeti gusa** - munywe ibinyobwa biteguye neza imbere y'amasa 2.5 yo kubarwa **nimba udafise diyabeti**. Ibi bizogabanya umubiri wawe ko uhangayikishwa no kubarwa hamwe no gufasha gukira ibikomere no gusubira gukira. Muri ivyo harimwo:

- 26 canke kwamizako Gatorade (idatukura)
- 16 canke kwamizako jus ya pome (ata bisigazwa)



## **KU MUNSI WO KUBARWA**

- Igitondo co kukubaga woge n'isabune n'akanyuko twaguhaye bikura ubucaf (raba amabwirizwa y'ukwo boga).
- Ntikisige Make-up canke ibisharizo kandi usige ibizimvye muhira.
- Kurikiza amabwirizwa y'ukudafungura aho hejuru.

Ukubarwa kwave gutegekanijwe kuri Birthing Center ku kigo ca UVMMC Main Campus.

Ama seruvisi y'imiduga arahari kandi ashobora gufasha gu parika vyoroshe.

Amahera ya parikingi ni amadolari 8 ku munsi. Menya neza ko iyi seruvisi Yugara 9PM.

Parikingi irahari amaja kuri garage yo guparikamwo. Amahera yo kwiparikira wenylene ni amadolari 7 ku munsi.

Uzorihishwe usohotse garage.

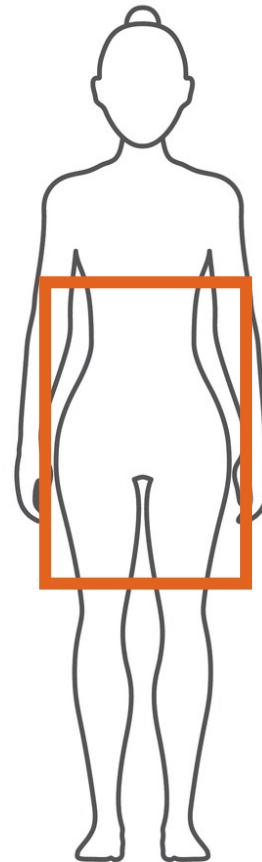
## **AMABWIRIZWA YO KWIYUHAGIRA MU KURINDIRA KUGIRIRWA OPERASIYO**

Ufise uruhara runini mu kwirinda kwandura uruhande wabagiwemwo mu gutegura umubiri wawe kuba ata mikorobe ujako. Umuganga abaga yagusabye kwoga hamwe na sponge iriko isabuni yica imikorobe canke guhanaguza ako twaguhaye.

Iba irimwo chlorohexidine gluconate (CHG). Nimba umubiri wawe ufise ikibazo kizwi c'ama alergi, ntukwiye gukoresha ino sabuni kandi ubimenyeshe umuganga yakubaze canke umuforoma. Muri ico gihe wategerezwa gukoresha isabuni Dial™ canke Safeguard™.

### **IVYO KWISUNGA**

- Woge mw'ijoro buca ubarwa hamwe no murico gitondo
- Ntukamwe aho bakubaze
- Uhejeje kwoga, koresha uruhande rw'aga **sponge** k'isabuni wahawe mu kwoza ahanditse ku gifuniko iminota 2 mu gihe uraba kure y'amazi
- Uyinike uwundi munota umwe
- Oza umubiri wose.
- Umutsa neza n'isume yogeje neza.
- Ntugakoreshe poudre, amavuta canke ibisa navyo uhejeje kwoga
- Hindura impuzu wambare iziheruka kumeswa hamwe n'izo kuryamana (urugero: pinjama) inyuma yo kwiyuhagira ku mugoroba



### **IBIBAZO VY'IMITI, MUSABWE GUHAMAGARA IBIRO**

#### **VYA OB PROVIDERS**

Nimba uhamagaye inyuma y'amasaha, saba kuvugana kuri terefone n'umuhinga wo ngaho kuri OB Provider



## **UBURENGANZIRA BW'UMURWAYI**

### **Soma agatabo k'ivyo kuvyara kuri Cezariyene ka UVM Medical Center.**

- Kurikiza amabwirizwa wahawe y'ugufungura n'ukunywa.
- Niwoge mw'ijoro buca bakubaga no muri ico gitondo nyene hamwe n'isabuni irwanya ama mikorobe (Dial).
- Kurikiza amabwirizwa wahawe yerekeye gufata imiti. Zana ikigufasha guhema, nebulizers, na insuline mu bitaro.
- **Musabwe kuba muhari ku mwanya mwashizweko.** Ucerewe bishobora kwunguruza canke gukuraho gahunda warufise.
- Bwira muganga wawe mu gihe uciye urwara utarabarwa, canke ugize ikiguma, inkovu, kwimburuka kw'umubiri canke ukuvako hafi yaho bakubaga.
- Nimba ari kubera ivyo wizera, utipfuza kuronswa amaraso canke kuyongerezwa mu gihe uriko urabarwa, musabwe kuganira ibi na muganga wawe hamwe n'uutwera umuti w'ubusinziriza IMBERE yukwo ubarwa.

### **ABAHABA / ABIMENYEREZA / ABANYESHURE**

Ikigo ca kaminuza y'ubuvuzi ya Vermont Medical Center ni ibitaro vyigisha kandi birashoboka ko uba ufise abahaba, abanyeshure b'ivyo kuvura, n'abaforoma b'abanyeshure mu rwego rw'umurwi wanyu wita ku magara y'abantu. Umuganga wawe (canke umurwi) ajejwe vyose vy'amagara yawe. Nimba ufise ikibazo icarico cose cerekeye ivyo umuganga wawe ajejwe nk'umwigisha, musabwe kubiganira nawe.

### **AHO KUBA**

**Best Western**  
1076 Williston Road  
(802) 863-1125

**Clarion Hotel**  
1117 Williston Road  
(802) 658-0250  
Hariho seruvisi zo kubunguruza

**Anchorage Inn**  
08 Dorset Street  
(802) 863-7000  
Hariho seruvisi zo kubunguruza

### **Hafi ya UVMMC Fanny Allen Campus**

**Hampton Inn**  
42 Lower Mountain View Drive  
Colchester, VT  
(802) 655-6177

**Fairfield Inn**  
84 South Park  
Colchester, VT  
(802) 655-1400

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