



Ivyo kwitega Hataragera, Hageze n'Inyuma ya Sezariyene canke C-Section

KIRUNDI

THE
University of Vermont
MEDICAL CENTER

Kaze!

Turatewe iteka no kuba waratwizeye ngo tukuvure muri kino gihe gikomeye co mu buzima bwave. Turiteze gukorana nave kugira muzogirane ibihe vyiza natwe, umuryango wawe hamwe n'umwana wawe mushasha.

Umurwi wacu uri hano kugira ugufashe mu ntambuko zose za sezariyene (Section-C). Bivanye nivyo, twarakoze kano gatabo kugira tubamenyeshe ivyo mwokwitega hataragera, mu gihe hageze n'Inyuma ya Sezariyene.

Kano gatabo kazogufasha:

- Kwitegurira Sezariyene yawe
- Gutahura ivyo kwitega ku munsi wo kubarwa hamwe n'imisi ikurikira
- Kuronwa ubufasha ukeneye kugira uronswe ubumenyi bushoboka
- Gupanga urutonde rw'ugutaha
- Gutahura ivyo wokwitega inyuma y'ugutaha
- Ishura ibibazo vyawe



GUTORAKABIRIINYUMAYASEZARIYENE

Kuri Kaminuza y'ikigo c'ubuvazi ca Vermont, dukoresha uburyo bushasha bwa kijambere bwo kwivuza neza kugira dufate neza abarwayi bacu batwituye ngo bagirirwe sezariyene. Ino modeli yitwa **Gutorakabirinyuma ya Sezariyene**, canke **ERAC** muri make.

ERAC yagaragaye cane nk'iyifasha abarwayi:

- Gukiza no gutora mitende ningoga
- Ukeneye ububabare buke bw'imiti inyuma y'ukubarwa
- Kwonsa amaberebere akwiye
- Gusubira muhira bikabandanya ari amarame

Turatahura y'ukwo umurwayi wese afise ivyo yisangije. Tuzokorana kugira dutore urutonde rwa ERAC rukubereye.



Ni vyiza kuri wewe no ku ncuti zawa gutahura ivyo kwitega kugira abari hafi yawe bagufashe mu gihe uriko uratora mitende kwa muganga hamwe no muhira. Musabwe gusoma kano gatabo mukanakazana kwa muganga. Andika hasi ibibazo vyawe hama usabe Abaganga bawe ubabonye, canke uhamagare ku biro vyabo.

Mu mpera za kano gatabo hari ikibanza wandikako ivyo ubona bikenewe muri bino bihe uriko uracamwo. Musabwe kudusangiza zino nkuru igihe mushitse kugira twishure ibibazo vyanyu tunashigikire intumbero zanyu.

Turiteze gukorana namwe kugira tubone neza ko mukize ningoga, mugiraniye ubucuti bwiza n'umwana uhejeje kuvyara kandi ko uniteguye intambuko zigiye gukurikira niwataha muhira!

Ukwo wokwitegurira Sezariyene yawe

Imisi mike isigaye kugira ugirirwe sezariyene, umwe mubajejwe kugutera anesitezi azoguhamagara muvugane urutonde rwa ERAC.

Ijoro buca ugirirwa Sezariyene, umukozi hamwe n'umuforoma bazoguhamagara musuzume urwo rutonde muri iyo joro hamwe no mu gitondo c'ukubarwa.

NI IBIKI NKENEYE GUKORA MU MASAHA 24 INYUMA Y'UKWO NGIRIRWA SEZARIYENE?

- Gufata imiti nk'ukwo vyasabwe n'abaganga. Musabwe kubaza icerekeye umuti wose mutizeye.
- Kwiyuuhagira n'isabuni ikuraho ama mikorobe uholesheje igiponje twaguhaye (raba ku rupapuro 14 mu kumenya vyinshi)
- Ni vyiza kutaba ufise umwumira canke inyota. Nunywe amazi meza canke ibinyobwa gushika ku masaha 2 inyuma yukwo ubarwa. Iyo bizogufasha kwama utagira umwumira kandi unakire vuba

Ibinyobwa vyiza urekuriwe ni:

- Amazi
- Gatorade
- Kwama unywa Jus ya pome (ata bisigazwa)
- Kunywa ikinyobwa kimara inyota amasaha 2,5 inyuma y'ukubarwa nimba utariko ufata imiti ya diyabeti. Ibi birapunguza stress mu mubiri wawe bikanafasha ko ibikomere ufise bikira ukamera neza. Muri ivyo harimwo:
 - 26 canke kwamizako Gatorade (idatukura)
 - 16 canke kwamizako jus ya pome (ata bisigazwa)

IVYO KWIBANGIKANYA

Twoguhanura ko wokwibangikanya bino bikurikira ku munsi wo kugirirwa Sezariyene:

- Ishakoshi itekeye
- Kano gatabo
- Aka bereso k'umwana, kagasigara mu muduga mu gihe utaragera gutaha



- Ni vyiza gusiga muhira ibisharizo wambara bitokenerwa ukankura n'ivyo wambaye mu gihe ugira ubarwe harimwo n'aho utoboye

IVYO KWAMBARA MU BITARO

- Impuzu zikurekura, izo wisanzuramwo

GUSHIKA HAMWE N'IMYITEGURO MU KIBANZA CO KUVYARIRAMWO

Musabwe gushika amasaha 2 imbere y'ukwo ubarwa. Urashobora guparika muri parikingi ya garaje. Hariho aho ushobora kubaza amakuru wipfuza kuri nivo ya 2 na 3 hano muriki kigo nyene bagaheza bakakurangira aho bavyarira. Hatumbereye kuri nivo ya 7 y'inzu McClure.

IMBERE Y'UKWO UMWANA WAWE AVUKA

- Uzokwandikwa niwashika aho bavyarira; si ngombwa ko

uhagarara ku biro bikuru vyo kwiyandikisha

- Tuzokenera kumenya uwo wahisemwo nk'umuganga w'umwana wawe

Mu gihe uhejeje gushirwa mu cumba co kurindiriramwo kuvyara, umuforoma wawe azoca:

- Asuzuma ibimenyetso bikomeye
- Kugutera iserumu (IV) hamwe no kukugirira ibindi bipimo nimba bikenewe
- Gusuzuma ukwo umutima w'umwana wawe utera
- Kwoza aho bakubaze
- Kukwandikira imiti y'ibanze batarakwopera
- Kuraba isukari ufise mu mubiri wawe
- Gusuzuma ukwo vivuza hamwe n'ukwishura ibibazo
- Abagufasha muvy'irondoka (OB) hamwe n'umurwi wa anestezi uzobonana nawe, muganire ubuhinga bwo kwihanganira ububabare, akakwishura utubazo two ku munota wanyuma hamwe no kuronka uburenganzira. Bazonakoresha ubuhinga bw'iradiyo, nimba bikenewe

Amasha 24 imbere y'ukwo ugirirwa sezariyene



UMUSI UMWE IMBERE
Wewe hamwe n'umuforoma wawe abijejwe muzosuzuma urutonde rwa Sezariyene yawe



Unywe ibinyobwa vyiza gusa



AMASAH 8 INYUMA YA SEZARIYENE
Ntugafungure ugeze muri ano masaha kandi unywe ibinyobwa vyiza gusa (uturorero twavyo turi hejur)



AMASAH 2.5 INYUMA YA SEZARIYENE
Nywa ikinyobwa kimara inyota



AMASAH 2 INYUMA YA SEZARIYENE
Gushika ku kibanza co kuvyariramwo



Ntakintu co gufungura mu masaha abiri inyuma yo kugirirwa Sezariyene

IMYITEGURO YANYUMA
Ibipimo hamwe n'inama n'abajejwe gukurikiranira irondoka ryawe (OB) hamwe n'umurwi w'ivya anestesi

Ivyo kwitega mucumba co

UMURWI UJEJWE IVYA ANESTEZI YAWE UZOHEZA:

- Ugusabire abagukurikirana
- Kukwandikira imiti igufasha gukingira uducafу two mu bikomere
- Kukwandikira imiti ya anestezi ituma uguma umerewe neza mu gihe bariko barakubaga kandi bakagufasha ivyo kwirinda ububabare inyuma yo kubarwa. Mu bisanzwe, aho haba harimwo ivyo kukugirira imiti ikiz ububabare yaba bw'akanya gato canke kanini hakoreshejwe uburyo bwose bubiri bwa anestezi
- Mubihe nkivyo vyihariye, ingamba zo kwirinda umubabaro wundi wokwibonekeza, bozikwereka mugihe co kubarwa canke inyuma yaho
- Kenshi, uba ukanura kugira umwana avuke



INYUMA YUKWO UTERWA ANESTEZI, UMURWI WO KUKUBAGA UZOHEZA:

- Wumvirize umutima w'umwana wawe
- Gushiraho akaringoti gato mu gihimba kibika umwanda muto. Ivyo bizokora mu kiringo c'amasaha 6-12, bivanye n'ubushobozi bwo kuja kwiyuhagira. Biranakoreshwa mugupima ukwo umukoyo usoba ungana
- Kukwoza ku gihimba c'irondoka (mu bwihiwo bw'ababijewe)
- Kwoza inda yawe
- Gushira igitambara c'ubururu ku nda yawe hama hagapimwa ukwo anestezi iriko irakora muri wewe. Sezariyene yawe izotangura haciye akanya gato anestezi yafashe
- Umuntu agufasha azoza mucumba ca operasiyo mu gihe sezariyene yawe iri mu gutangura

- Nimba waronse umuti wo kugusinziriza (anestezi yuzuye bita general), uwo mutu agufasha ntazoba agishoboye kwinjira mu cumba. Uzomubona mucumba co kurukiramwo inyuma yo kubarwa
- Rimwe na rimwe, urutonde rwizo ntambuko rurashobora guhinduka

NIBIKI BIKURIKIRA INYUMA Y'UKWO UMWANA AVUTSE

- Hazoba hari umuforoma yitaho umwana wawe mucumba co kugirirwamwo operasiyo
- Hari n'igihe, umurwi w'abahinga muvyo kuvura abana baza aho uri bakanasuzuma umwana wawe
- Umwana wawe kenshi agumana nawe mu cumba co kugira operasiyo
- Wewe n'uwigufasha muraterura umwana kandi mukagumana mutavanako nimba bishoboka
- Uhejeje kwibaruka, wewe n'uwigufasha muraronswa utuntu two kwambara dusa n'utw'umwana wawe. Ivyo biradufasha kukumenya no kumenya abawe biciye ku mwana. Utetegerezwa kuguma utwambaye gushika igihe wewe n'umwana wawe murekuwe ngo mutahe

UMURWI UJEJWE KUVURA UMWANA AKIVUKA (NICU)

- Abana bamwe bamwe barakenera ubufasha bwihariye inyuma yo kuvuka. Muri ico gihe, umwana wawe aracheza agahabwa uwo murwi NICU. Uwo murwi ubijejwe uracheza ugakora ibishobotse vyose bakakuvugisha kugira ubonane n'umwana wawe imbere y'ukwo bava mu cumba ca operasiyo. Uwaje kugufasha kenshi ararekurirwa guherekeza umurwi muri NICU.
- Barashobora n'ugsigarana nawe mucumba ca operasiyo
- Urashobora gutemberera umwana wawe mu gihe wagarakanye inguvu. Gushika ubwo, urashobora guhamagara NICU kugira iguhe amakuru mashasha y'umwana wawe. Abavyeyi barahabwa ikaze muri NICU umwanya wose 24/7 igihe cose bacubahirije amategeko y'ukwikingira ahari

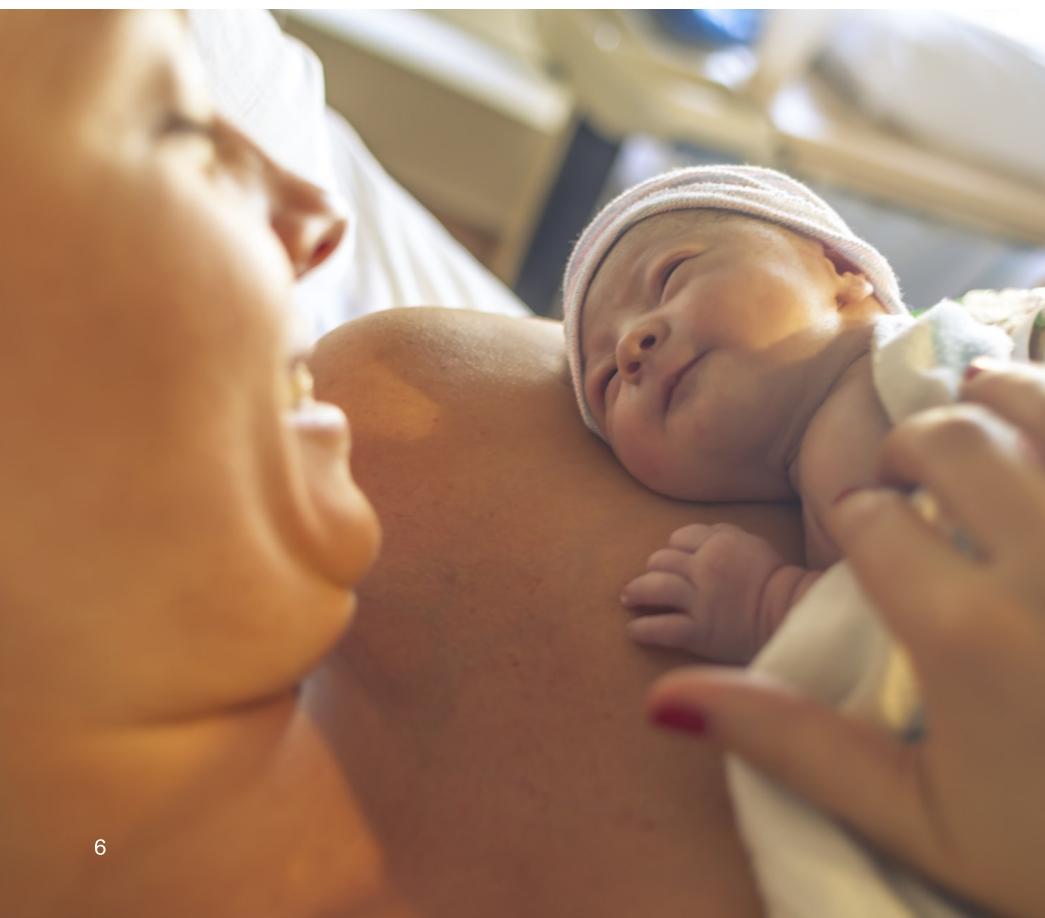


Mu cumba co gutoreramwo mitende

Inyuma ya Sezariyene, urajanwa mu cumba ugumamwo gushika ukize, aho naho abarwayi bensi bahamara nk'amasa ha abiri. Kenshi, umwana agumana nawe. Muri iki gihe, turahimiriza ko muguma mufatanye n'umwana hafi na hafi hashoboka.

KUGUMANA N'UMWANA VYA HAFI BIFISE UTURUSHO TWINSHI

- Birongereza kwonsa neza
- Birongereza ubusabane bw'umuvyeyi n'umwana
- Biragabanya umubabaro hamwe na stress y'umuvyeyi n'umwana
- Birafasha kugumiza ku rugezo rukwiriye isukari yo mu maraso y'umwana
- Birafasha umwana kwumva yisanzuye kandi akaryoherwa
- Birafasha kugumiza ku bipimo vyiza ubushuhe, umutima n'uguhemha vyawe n'umwana



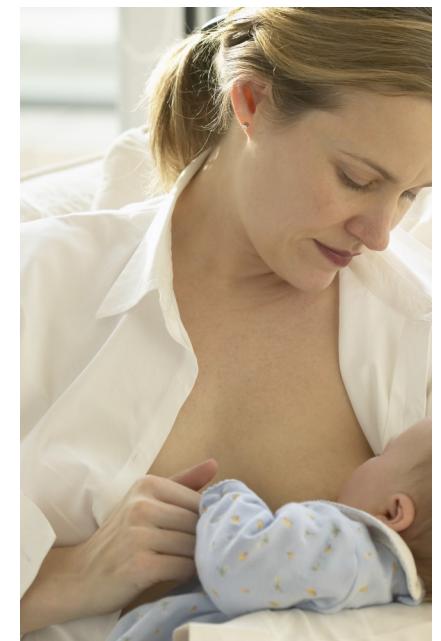
KUGABURIRA

- Turahimiriza kugaburira umwana inyuma y'isaha 1-2 akivuka bivanye n'ukwo ameze
- Bishobotse, turahimiriza kumwonsa. Ibi bishobora gushoka bitangura mu cumba co kuruhukiramwo. Ni wahitamwo kumunywesha kuri bibero, ziba zihari hano
- Nimba umwana wawe ari muri NICU, turashobora kugufasha kwiga ukwo bakwega amaberebere
- Mu kumenya vyinshi no kuronka vyinshi bigufasha kumenya ivyo kwonsa, raba "Resources" ku rupapuro rwa 13

Mu guhimiriza uguhira ningoga, turagutera intege gusubira kugenda no gutambuka ningoga. Ibi bitangurira mu cumba co ku ruhuka mu kuduza ku inyuma ku gitanda ukamera nk'uwicaye mw'isaha ya mbere, canke umwanya wa vuba wumvira wobikora. Kandi, inyuma ya sezariyene uzoronswa:

- Amafiriti canke ikinyobwa ciza. Turagutera integer gutangura gufungura neza ige ca vuba cose bishobotse (cane cane mu masaha 2-4)
- Amapaki 2 y'amajojo atagira isukari, kiretsi nimba waje wizaniye ibindi wakuye muhira. Turagutera intege guhekenya ijojo 1 inyuma y'iminota 5, zitatu ku munsi, gushika ige ushoborera gufungura neza. Ibi bizogufasha gusubira gufungura nkukwo vyamye

- Irastike ikweguka kunda yawe kugira igufashe gukira utuguma kugira utangure kwicara no kwiyunguruza ku mpande wisanzuye (mu bwihiwo aho uvurirwa)
- Ivyo gukora ngo usubire kumera neza, biranahari ku rupapuro rwa 15. Umuforoma wawe arasuzumana nawe bino kandi mukanavugana ukwo bikora
- Igikoresho bita (incentive spirometer) kigufasha kwimenyereza guhema cane incuro 10 kw'isaha mu gihe wagize anestezji general. Umuforoma wawe azogufasha gukoresha bino kugira bigufashe kuzosubira kumera neza nka mbere





Mu gisata ca Nyina-Umwana

Mu gihe wamaze kumera neza, uzoca uja mu gisata ca Nyina-Umwana (MBU). Abarwayi benshi baguma muri MBU nk'imisi 3. Muri ico gihe, turashiraho zino n'tumbero mu kugira ukire:

- Kuvyuka mu gitanda ugatambuka nk'amasa 6-8 inyuma warahejeje kubarwa
- Kwambara akantu kagufata ku maguro munsi ige uryamye kugira bigukingire amaraso ava gushika ige wasubiye gutambuka neza
- Gufungura no kunywa mu bisanzwe ni hagati y'amasa 2-4 ngo ubarwe
- Kuba ububabare wari kugira bwarakemutse kandi hakanisungwa ivyo wipfuza
- Gukuraho akaringoti kafasha kugira umwanda muto inyuma y'amasa 6-12. Intumbero niyo kugira ugire umwanda muto buri masaha 2-3 naho utokwumva bikenewe cane
- Guhekenya ijojo nko mu minota 5, gatatu ku munsi, gushika usubiye gufungura nkukwo vyamye. Ibi bigufasha usubire kwumva wofungura nkukwo vyamye
- Gutambuka muri iyo nyubakwa nk'incuro 3 ku munsi



HAMAGARA, NTUTEMBE

Uri n'amahirwe menshi yo kurwa mu gihe uhejeje kubarwa. Usabwe kutivana mu gitanda wenylene gushika wewe n'umuganga wawe mubonye ko koko hageze.

KWINJIRA ICUMBA

Turagutera intega ngo ugumane n'umwana wawe mu cumba. Bino biguha akaryo keza ko kumenya umwana wawe, kwiga kumugaburira hamwe n'ukugumana hafi. Igihe umwana wawe agiye aho bamusuzuma kubw'ibipimo vy'abana, urahawe ikaze nawe.

MU GIHE UMWANA WAWE ARI MURI NICU

Nimba intumbero yawe ari iyo kumwonsa, turagufasha ukwo wosunika amaberebere. Wewe n'uwigufasha murahawe ikaze gutemberera NICU 24/7.

ABASHITSI

Turashaka ko abakunzi bawe hamwe n'abagufasha baba hano mu gihe umutekano w'amagara meza ukwiriye.

Amategeko yo kudutemberera arahinduka bivanye n'amategeko yo kwikingira ahari ubu. Urashobora kugira umuntu umwe agufasha mugumana ku bitaro.

Musabwe kuraba **UVMHealth.org/MedCenter/Visitors** mu kumenya ukwo bimeze ubu. Turaguhimiriza kuvugana n'abagufasha canke umuforoma kuvyerekeye amategeko mashasha yo gutembererwa.

Urutonde rwawe rwo gutora mitende mu minsi mike

NINDE AZONYITWARARIKA INYUMA YO KUBARWA?

Umukozi wa MBU azokwitwararika n'umwana wawe. Umurwi OB, aba anestezi hamwe n'abavura abana bazogutemberera minsi yose, canke kenshi gashoboka bibaye ngombwa.

GUHERA KW'UBUBABARE INYUMA YO KUBARWA

- Uri uwujejwe ububabare bwawe ubwa mbere
- Tuzogusaba guharura ububabare bwawe kenshi
- Tuzosubiramwo urutonde rw'ukwo wirinda ububabare bivanye n'ukwo waharuye ububabare bwawe
- Intumbero yacu ni kuguha gahunda zigufasha kurwanya ububabare mu buryo bubereye
- Ukwongereza umuti w'ububabare ufata umwanya munini ku mugongo wawe hakoreshejwe urushinge birapunguza ugushaka umuti w'ububabare
- Abarwayi bensi baronswa iyindi miti y'ububabare kenshi gakunda (acetaminophen hamwe na/canke ibuprofen)

IBIKORWA BIGUFASHA GUKIRA UMUSI WO KUVYARA

- Guhema cane
- Gukorora

- Kwinyiganza kenshi gashoboka
- Gutangura gufungura neza hagati y'amasa 2-4
- Kunywa ibinyobwa vya gaz
- Ijojo igufasha gusubira gufungura nka mbere
- Kuvyuka mu gitanda ugatambuka amasa 6-8 inyuma yo kubarwa
- Kugukirramwo umuringoti w'amasobe inyuma y'amasa 6-8 ubazwe

IBIKORWA BIGUFASHA GUKIRA IMISI 1-3

- Gukura ibande yawe ugaheza ukiuhagira umubiri wose
- Kureka kuryama hafi umusi wose hama ugakora uruhuka
- Gutambuka mu micungararo nka gatatu buri munsi
- Gufungura ingaburo zikwiriye
- Kvitwaza igikoresho corosha kandi ugakoresha gas kugira uronke n'utwokurya dushushe

UMURYANGO HAMWE N'UKUNYWANA N'UMWANA

- Bandanya umarana umwanya n'umwana hafi na hafi
- Iga ukwo uyaga n'umwana wawe bivanye n'ivyo akunda
- Gukomeza kwiyumva ko ushoboye kugira neza, kwitaho no kugaburira umwana wawe

Kuyaga neza n'abitaho amagara yawe

MU KUGUFASHA GUKIRA, TUREKE TUMENYE NIMBA :

- Ufise ububabare udatahura
- Umenetse umutwe canke ubabara izosi
- Kwumva isesemwe canke kudawa
- Kwumva ibizunguzungu canke kuzungurirwa umutwe
- Kuguma wiyagaza
- Kwumva uguwe nabi amaja haruguru y'inda
- Udashoboye gusohora umwuka mubi
- Udashoboye kugira umwanda muto canke kuwuhezamwo mu gihimba kiwubika
- Uriko urava amaraso menshi ku gitsina (arwa kuri cotex ikuzura mw'isaha)
- Iyo uvirirana uri mu butinyanka



- Kuva amaraso menshi bikaguma vyisubiriza inyuma yo kutora akoyoko
- Kwumva ubushuhe canke kwiyagaza cane aho wabazwe canke ukabona amazi aseseka ava aho wakomeretse
- Ufise ibibazo vyo kugaburira umwana wawe

Bimwe muri ivyo ni ibikunze gushikira abantu, ibindi ntibikunze kuba. Umuforoma wawe arafise ivyogufasha kur'ivyo bimenyetso.





Gutaha muhira

Abagwayi benshi bataha muhira inyuma y'iminsi 3. Uzokenera umuntu agutahanana n'umwana wawe.

Gutaha bitegekanijwe (kuva 11 a.m. gushika 1 p.m.), ariko izi saha zishobora guhinduka nimba wewe canke umwana wawe hariho uwukeneye kuba arivuza kandi.

IBIMENYETSO VY'UKWO HAGEZE GUTAHA:

- Ushobora gufungura n'ukunywa nkukwo bikwiriye
- Umubabaro wawe ntaco utwaye naho uba uriko urakora
- Ibikorwa ukorera ku bitari bisa n'ivyo ushaka gushoka ukora muhira
- Urisanzura mukwifata neza n'ugufata neza umwana wawe
- Warategekanije imigambi y'ukuyvara ku rugero hamwe n'umuganga wawe yabigenewe
- Ntakibazo ufise c'ububabare wari utegekanijwe kugira no muhira

IMBERE YO KUJA MUHIRA:

- Uraronswa agatabo hamwe na aprikasyo ya ngendanwa "ifasha kumenya ubuzima bukurikira kuvyara". Kano karimwo ukwo wokwifata inyuma yo kuvyara. Karimwo n'amakuru y'ukwo wofata neza umwana wawe
- Uragiranira ikiganiro n'abakuvura mugategura ukwo wokwimenyereza kwihanganira ububabare muhira
 - Nimba wakiriye icanditse c'imiti, gishobora kwuzuzwa kuri farumasi yariyo yose
- Aho wivurije baragira gahunda y'ukugukurikirana ku biro
 - Musabwe kwakura aho wivurije nimba ufise ikibazo imbere y'ukwo witaba gahunda yo kugukurikirana
- Uwukurikirana umwana wawe azokumenyesha gahunda yo gukurikirana umwana wawe inyuma y'iminsi 1-2

Ivyofasha

Musabwe guhamagara uwo ivy'irondoka ukamubaza ikijanye n'imbanyi yawe, kwibaruka canke kwitabwaho waratashe. Musabwe kwandika inimero ziwe muri terefone yanyu kandi zikaba ziri hafi.

Abo ivy'irondoka hamwe n'abavyaza kuri kaminuza y'ikigo c'ubuvuзи ca Vermont:
(802) 847-1400

<https://www.uvmhealth.org/medcenter/departments-and-programs/obstetrics-and-midwifery>

- Nimo z'uukora ibibanza vyo mu muduga: **802-847-1215**
- Umuhinga muvy'abavyeyi n'abana cane cane kwonsa: **802-847-5249**
- WIC: **1-800-649-4357**
- Kwienda kwiyahura: **1-800-273-8255**
- Umurwi wo ku muhora wa facebook:
UVM Children's Hospital New Family Community
- VT Ubushikiranganji bw'amagara y'abantu: **211**
- Umuhora 24/7 w'ivya stress z'abavyeyi: **1-800-632-8188**
- Umuhora w'ubuhinga bw'ukwo wokwonsa:
 - Amareresi y'ikigo "Global Health Media Project Breastfeeding":
www.globalhealthmedia.org/topic/breastfeeding/
 - Ibitaro "Stanford Hospital Newborn Nursery":
www.med.stanford.edu/newborns
 - Ikigo "Tom Hale Infant Risk Center":
www.infantrisk.com

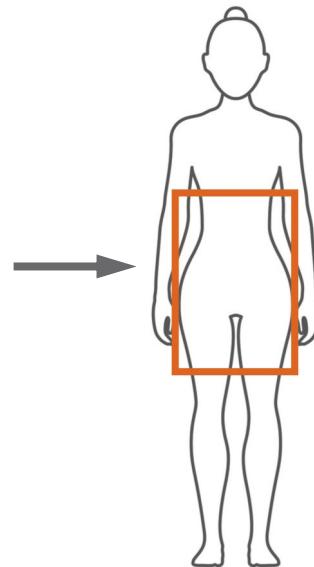
Gutegurwa kugirirwa operasiyo Kwiyuuhagira

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 na CHG, 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 ahantitse ku gifuniko iminota 2 mu gihe uraba kure y'amazi
- Uyinike uwundi munota umwe
- Woze umubiri wawe wose
- Uheze wihanagure na essui-main isa neza
- Ntugakoreshe poudre, amavuta canke ibisa navyo uhejeje kwoga
- Hindura impuzu wambare iziheruka kumeswa hamwe n'izo kuryamana (urugero., pinjama) inyuma yo kwiyuuhagira ku mugoroba



Urutonde rwo gusuzuma ivyerekeye ERAC

Intumbero yacu ni uguteza imbere abavyeyi, abana hamwe n'umuryango. Intamuko zitondetse hano zifasha gukira, amagara meza hamwe n'ugufasha umuvyeyi n'umwana kwiyumvananwo Zishobora no gutuma umuvyeyi arekurwa ningoga kwa muganga.

Musabwe gukoresha runo rutonde kugira umenye aho uriko uraja kandi utore n'ivyo wosuganya kugira urekurwe.

AMASAHA 24 YAMBERE UHEJEJE KUVYARA:

- Tangura umubiri-ku-mubiri hama unagerageze kugaburira umwana inyuma yamasaha 1-2 yo kuvyara
- Fungura kandi unywe hatagi yamasaha 2-4 uvyye
- Icara, nka dogre 45, amasaha 1-2 nyuma yo kuvyara
- Icara ku mpera z'igitanda kandi unatambuke nkamasaha 6-8 inyuma yo kuvyara
- Kuraho umuringoti wagufasha gusohora umwanda muto inyuma yamasaha 6-12 wavyaye hanyuma ugerageze gusohoka umwanda muto buri masaha 2-3

UMUSI UKURIKIRA KUVYARA

- Menyesha umuforoma yemewe nimba ufise iseseme canke kudawa, kwiyagaza bikabije, kugenenza nabi ububabare, kumeneka umutwe, kubabara izosi, kuribwa mu nda canke gusoba bigoranye
- Komeza gufata imiti iteganijiwe itari opioid hamwe n'iyindi miti y'ububabare ikenewe
- Hekenya ijojo nk'iminota 5 gatatu ku munsi, gushika igihe ushoboye gufungura bisanzwe ata nkomanzi
- Wambare ibigufata hepfo
- mu maguru mu gihe uryame kugira ngo wirinde kumeneka amaraso kugeza igihe ukoresha ubwiherero neza kandi utambuka neza kenshi
- Gutambuka muri iyo nyubakwa nk'incuro 3 ku munsi
- Kuringaniza ibantu nko kumara hafi umusi utaryamye hamwe no gufata umwanya wo kuruhuka
- Baza muganga wawe ivyerekeye kugaburira umwana
- Tegura ukwo uzobonana n'uwwozosuzuma ukwo uvyyara
- Ganira n'uwo muganga abijejwe urutonde rw'ukwo uzorwanya ububabare muhira, imiti ashobora kukwandikira hamwe n'ukugukurikirana
- Suzuma ukwo uzovurwa muhira n'umuforoma wawe

IMIGAMBI YIHARIYE URUHINJA RUKIVUKA:

- Uzuza ibikunze gukorera umwana akivuka: imiti n'incanco, igipimo c'ukwumva hamwe n'ibindi bipimo
- Uzuza ikarata y'amavuko
- Umugambi wo kumusiramiza, nimba uvypfuza
- Panga ukwo uzohora ukurikirana abafasha uruhinja rwawe mu gihe wamaze gutaha
- Zana ico umwana yicarako mu muduga uje kuri MBU inyuma yukwo urekurwe ngo utahe

Menya neza



**The University of Vermont
Medical Center**

111 Colchester Avenue
Burlington, VT 05401



THE
University of Vermont
MEDICAL CENTER