


WHAT EXPECTING AND NEW MOTHERS
SHOULD KNOW ABOUT PREGNANCY AND DELIVERY

Àwọn oun ti àlábọyún
àti obìnrin to ṣeṣe bímọ
gbọḍọ mọ nípa òyún
àti irọbí/ìbímọ





Àwọn oun ti o ye ki e mọ́ kí e tó ní òyún

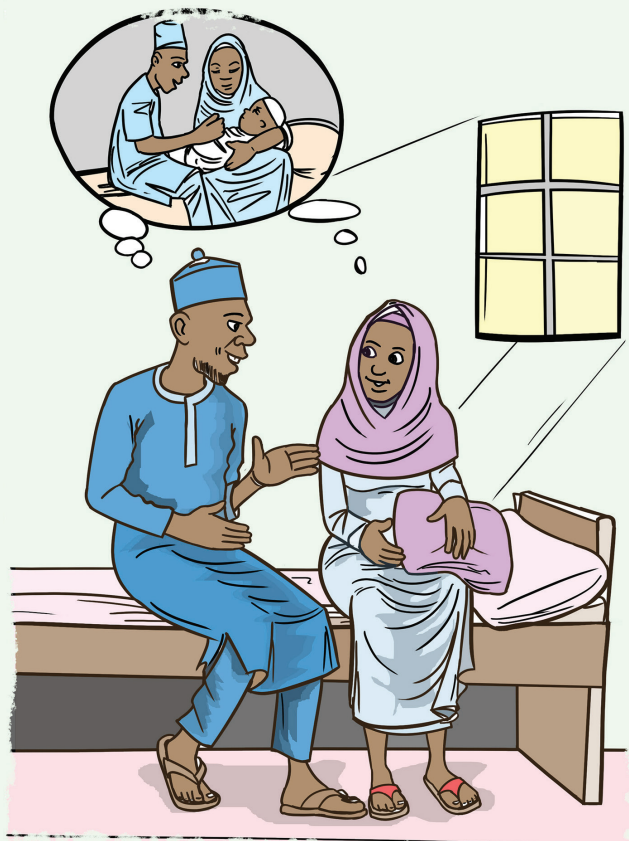
Things you should know before
you get pregnant



Fí owó pamọ́ kí o lè bá ẹ̀se ìtọ́jú ara rẹ̀ àti ọmọ

You should save money to be
able to take care of yourself
and your baby.





O dára láti ní àjọsọ pẹ̀lú ọkọ
rẹ nipa bí ẹ ẹ̀ se fẹ́ ẹ̀ se ètò ọmọ
bíbí. Ní ìpinnu pẹ̀lú ọkọ rẹ
síwájú kí o tó ní oyún.

It is good to discuss your
reproductive life plan with your
spouse. Make a joint decision with
your partner before pregnancy.



O dára láti lọ sí ile
iwòsàn kí o tó ní oyún

Léyìn tí iwo àti oko ẹ̀ bá ti
ní ìpinnu láti bí ọmọ, ó tún
se pàtàkì láti lọ sí ilé ètò ilera
fún ẹ̀kúnrẹ̀rẹ̀ ìmọ̀ tí o lè nílò
síwájú oyún.

Prenatal visits are important

After deciding with your spouse
to have a baby, it is also important
to visit a healthcare facility for
additional information you might
need before pregnancy.



Dókítà tàbí nọ̀ṣi
a tún pèsè itọ̀sọ̀nà
lórí àsikò tí ó dára
àti fífi ètò sì oyún
níní.

The doctor or nurse will
also provide guidance on
healthy timing and spacing of
pregnancy.





Je oúnje tí o şaralóore

O gbọdọ rí dájú
wípé o n je àwon
oúnje asaralóore
ní gbogbo igbà
láti lè lékún
idáàbò ara rẹ fún
oyún ati omọ
bíbí.



Eat well
and eat
good
You should
ensure that
you eat a
balanced
diet to build
up your body
protection
and
strength for
pregnancy
and childbirth.



Àwọn oun ti o yẹ ki ẹ mọ nípa ìtọ́jú aboyún.

Things you should know about care
during pregnancy



Etò itojú aboyún ẹ̀ pàtàkì fún ilera àti wíwà
dáadáa iwo àti omọ ẹ̀.



Antenatal
services are
important for
the health and
well-being of
both your baby
and you.



Ní àkókò ètò itojú aboyún, wón á kọ ẹ ní itojú tí ó yẹ nínu oyún

Ní àkókò itojú aboyún, wón á sọ fún ẹ nípa àwọn nǫkan tí o gbọdọ ma retí ni àkókò tí ò ní oyún, àkókò tí o fẹ bímọ àti lẹyìn ibímọ, àti bí o ẹ lóyún àti bímọ ní ọ̀nà tí o fi ni lẹkàn balẹ.

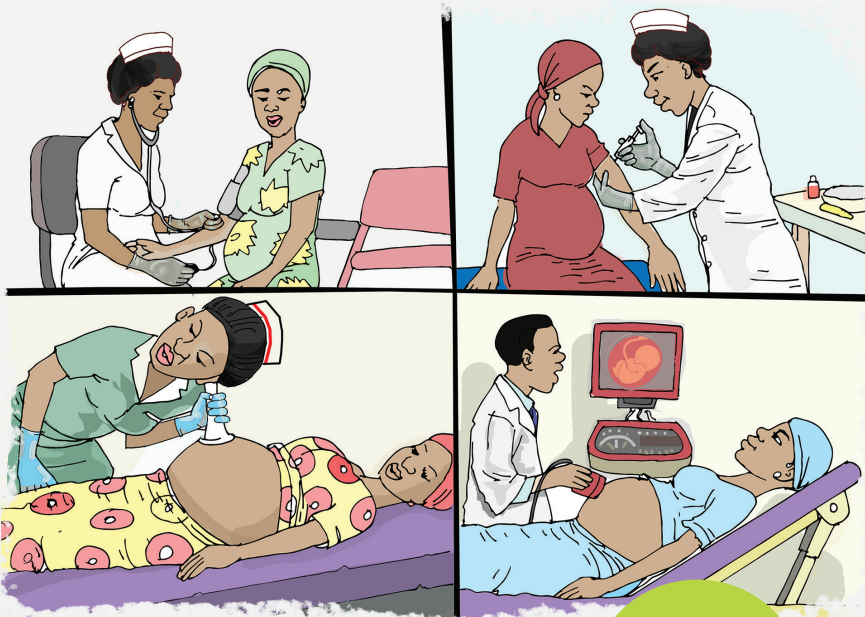
Pregnancy care is taught in antenatal clinic

During antenatal sessions, you will receive information about what to expect throughout pregnancy, during labor and after delivery, and how to have a safe pregnancy and delivery.



Àyèwò àti ìtojú nínu oyún lè ẹ̀ ẹ̀ idáàbò kúrò níbi ewu àìsàn

Noṣi tàbí dókítà yòò ẹ̀ àyèwò fún ọ̀ ní àsikò ìtojú aboyún láti rí dájú wípé o sì wà ní ilera pípé, láti wádíí bóyá o wa nínu ewu àìsàn tí ó ní agbára àti láti ràn ó lówọ̀ láti dáàbò bò ọ̀ kúrò níbi ewu tí ó lè ẹ̀lẹ̀ ní àkókò oyún.



Examination, testing and treatment prevents complications

The doctor or nurse will examine you during the antenatal sessions to ensure that you remain healthy, identify if you are at risk of serious illness and help you to prevent dangers that could arise during pregnancy.

Rí dájú wípé o ñ ɕe eré idárayá kí ara ɾe lè yá gágá.
Tí o bá ñ ɕe eré idárayá, wà lè wà ní àlàáfíà. O lè bá dókítà tàbí nọ̀osi
sọ̀rọ̀ fún itọ̀sọ̀nà lóri eré idárayá tí ó dára fun ọ.



Continue regular
exercise during
pregnancy

You should ensure to
keep fit and active during
pregnancy so that you
can remain healthy. You
can speak to a doctor or
nurse for guidance on
exercise.

Şe ètò sílè fún
àsìkò tí o fẹ́ bímọ,
ko sì şe ètò sílè fún
pàjàwìrì tó bá wáyé.

Birth preparedness and
emergency readiness plan
helps you prepare for normal
birth and make some plans in
anticipation of what to do
in case of an emergency.



Tí ó bá lọ sí ile iwòsàn
nínu oyún, wọn ma lè
tètè dá àmì àisàn mọ́
tí ó bá wáyé

Seeing a doctor or nurse
in the hospital during
pregnancy will help identify
issues when they occur





Yan eni tí yòò ràn ọ̀ lẹ́wọ̀ ní àsìkò ìrọ̀bì

Eni tí ó ti yàn láti ràn ọ̀ lẹ́wọ̀ yòò le ràn ọ̀ lẹ́wọ̀ láti lè ẹ̀ ẹ̀ ipinnu tí o ẹ̀ pàtàkì fún itọ́jú ní kíákíá. O gbọ́dọ̀ mo dájú, ọ̀nà tí yòò gbà ràn ọ̀ lẹ́wọ̀ láti gbé ọ̀ lẹ́wọ̀ sí ilé itọ́jú míràn tí wón bá darí rẹ̀ lẹ́wọ̀ fún itẹ̀síwájú itọ́jú.



Select a support partner

The person you have chosen to support you will be able to help with important decisions for urgent or emergency interventions.

He/she should be familiar with processes relating to referral for further care when recommended.



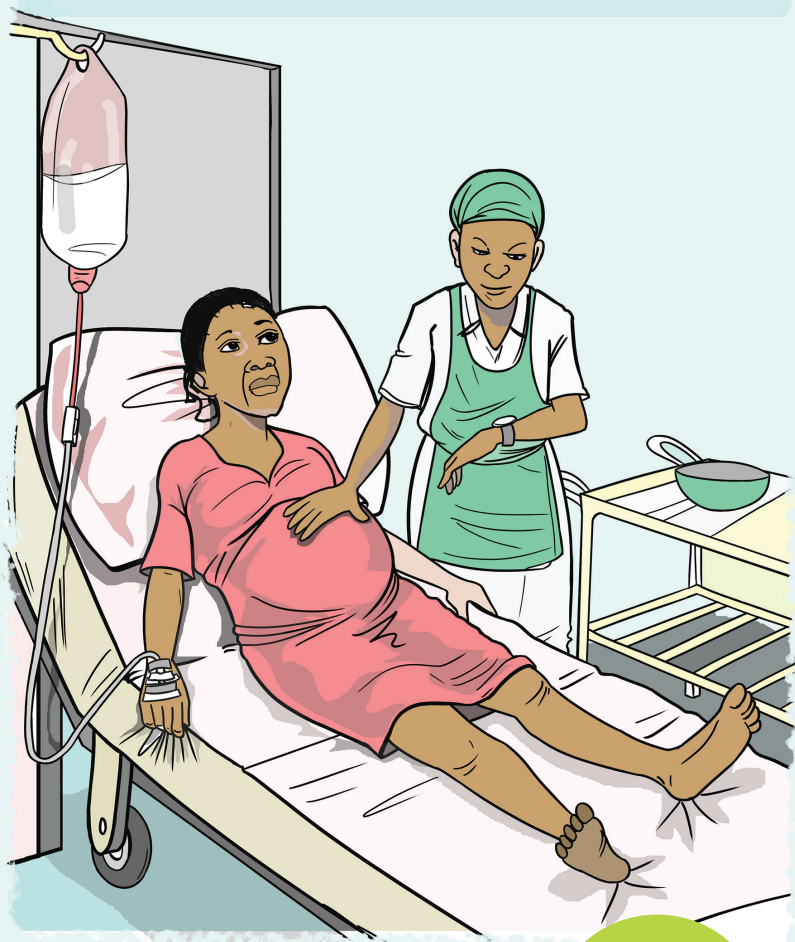
Àwọn oun ti o yẹ ki ẹ mọ nípa ìtọ́jú nígbà ìrọ́bí /ìbíṃọ.

Things you should know about
care during labor/delivery



Dókítà tàbí nọ̀ọ̀sì
yóò tẹ̀tí sí ọ̀mọ
lórè kórè nígbà tí
o bá ń rọ̀bí láti lè
mọ́ dájú pé ọ̀mọ
wà dáadáa

The doctor or nurse
will listen to the baby
many times to make
sure she/he is doing
well

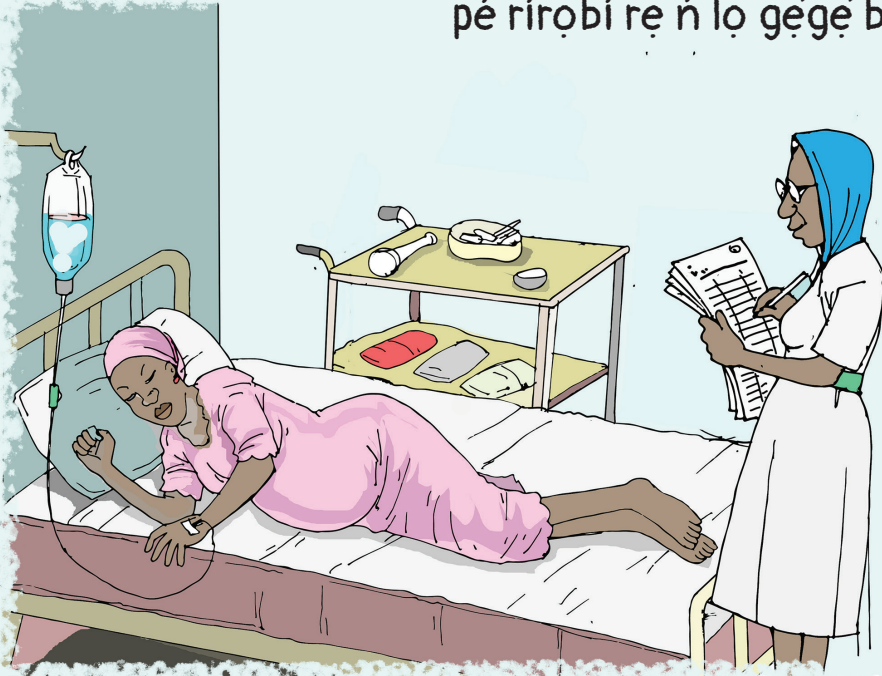


Dókítà tàbí nọ̀sì yóò ẹ̀ ẹ̀ àyẹ̀wò ifún pá ẹ̀jẹ̀ rẹ̀, èémí àti lílọ̀ sókè sọ̀dọ̀ inú rẹ̀ láì mo yẹ̀ ìgbà nígbà tí ò ń rọ̀bí lọ̀wọ̀.

The doctor or nurse will regularly check your blood pressure, pulse and contractions while you are in labor

Dókítà tàbí nọ̀sì yóò kọ àkọ̀sílẹ̀ nípa rẹ̀ àti bí
omọ̀ rẹ̀ ẹ̀ wà nígbà tí wón bá yè ọ̀ wò láti ri dájú
pé ríróbì rẹ̀ ń lọ̀ gẹ̀gẹ̀ bí ọ̀ ti yẹ̀.

The doctor or
nurse should record
information about
you and the baby
into a form at
regular intervals to
ensure your labor is
progressing well.



Ẹjẹ̀ dídà pupọ̀ ní ojú ara leyin ìbímọ̀ ní ewu

Ẹjẹ̀ dídà ní ojú ara obinrin to sẹ̀sẹ̀ bimo tí ó lágbara kojá bí o ti yẹ̀ lẹ́yìn ìbímọ̀ ni à n pè ní Postpartum Hemorrhage. Ẹjẹ̀ didà yíí léwu àti pé ó tún lè ẹ̀ àléékún ewu ikú abiamọ̀. Tí o bá n rí ẹ̀jẹ̀ dídà tí o pò, losí ilé iwòsàn tí ó sún mọ́ o ní kíákíá.

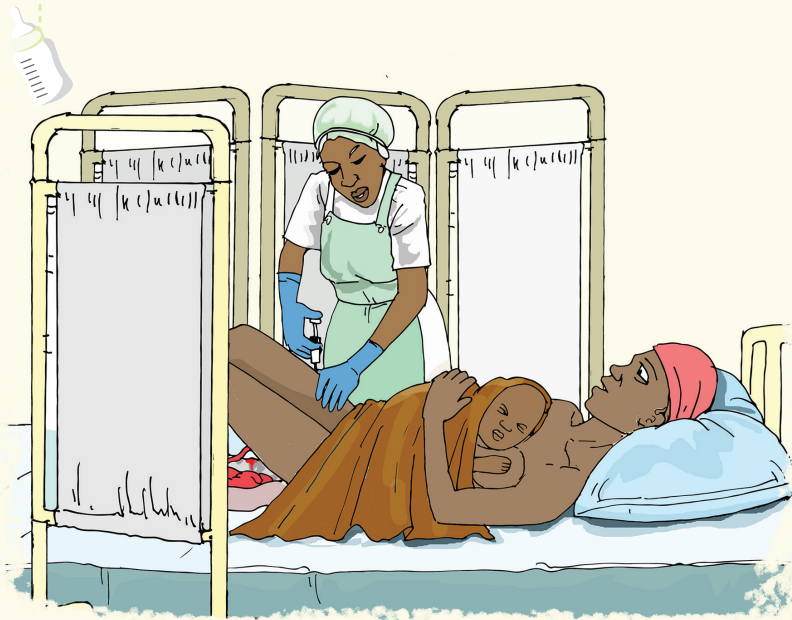


Heavy bleeding after delivery is dangerous

Post-partum Haemorrhage is heavy vaginal bleeding, more than is normal after delivery.

It increases the risk of maternal death.

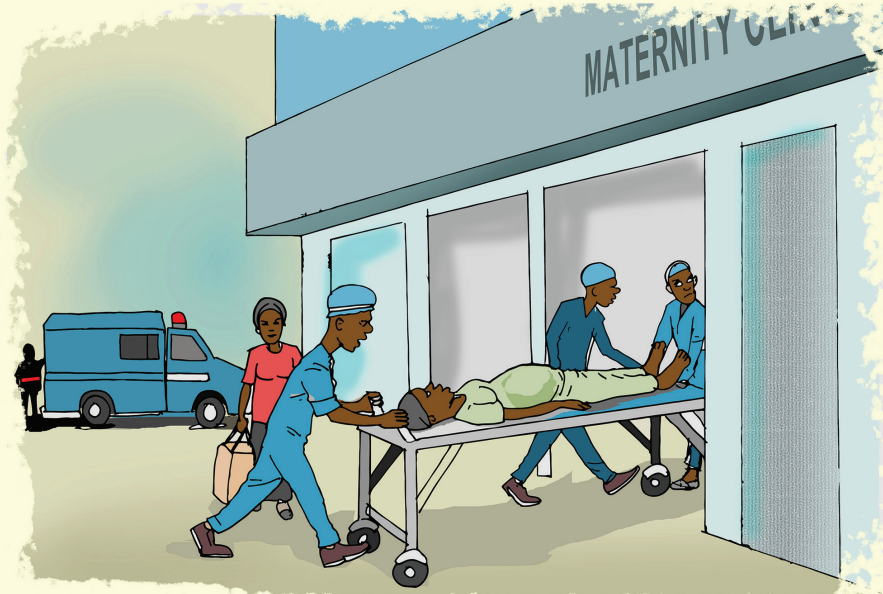
If you experience this, go the nearest health facility as soon as possible.



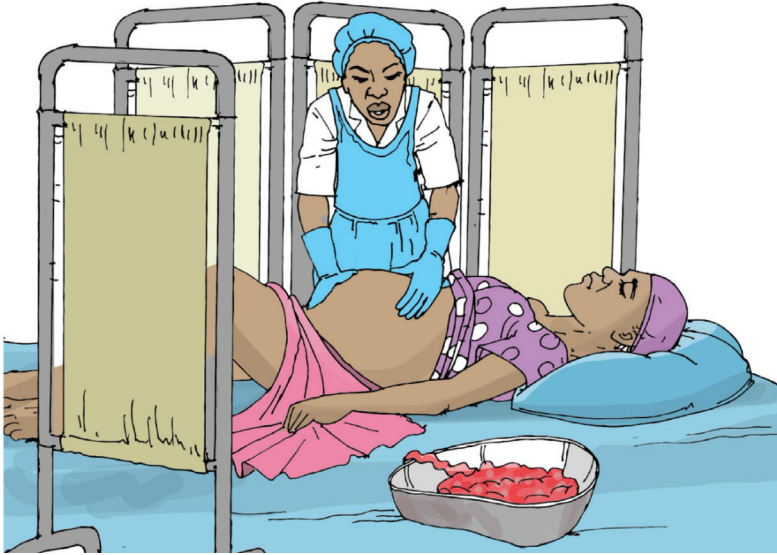
Ọọsi tàbí dókítà
gbọdọ́ fún ọ ní
abéré láàárín isẹ́jú
kan lẹ́yìn tí ọ bímọ
láti dèná ọ̀pọ̀lọ̀pọ̀
ẹ̀jẹ̀ dídà.

The doctor or nurse
should give you an
injection within a minute
of delivering your baby, to
prevent bleeding.

Padà sí ilé iwòsàn tí o bá rí èjẹ̀ didà pupó
Tí èjẹ̀ púpò bá béèrè sí dà ní ara ẹ̀ lẹ̀yìn tí wón dá ẹ̀ sílẹ̀ ní ilé iwòsàn,
yára padà sí ilé iwòsàn ijọba ní kíákíá.



Go back to the hospital immediately you start bleeding
If you start bleeding heavily after being discharged, return to the hospital immediately.



Léyìn tí o bá sèṣè
bímo, wón yòò
gbẹ̀bí ibi ọmọ ní
pẹ̀lẹ̀ pẹ̀lẹ̀. Léyìn èyí
wón á wọ ilé ọmọ
láti dènà èjẹ̀ dídà.

The after-birth (placenta) will be delivered gently
and this will be followed by a massage of the
womb to prevent bleeding.

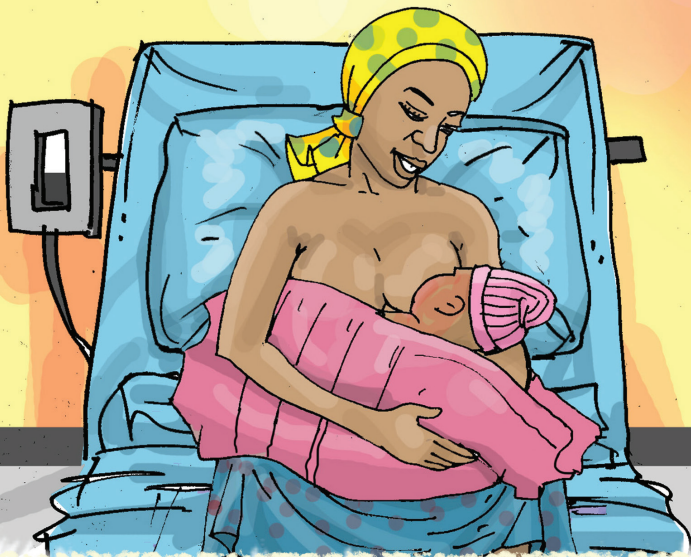
Àwọn oun ti o yẹ ki e mọ nípa ìtojú léyìn ìgbà tí ó bá bímọ

Things you should know about Care after
you have given birth



Bèrè sí fún ọmọ ní ọmú ní kété tí o bíí

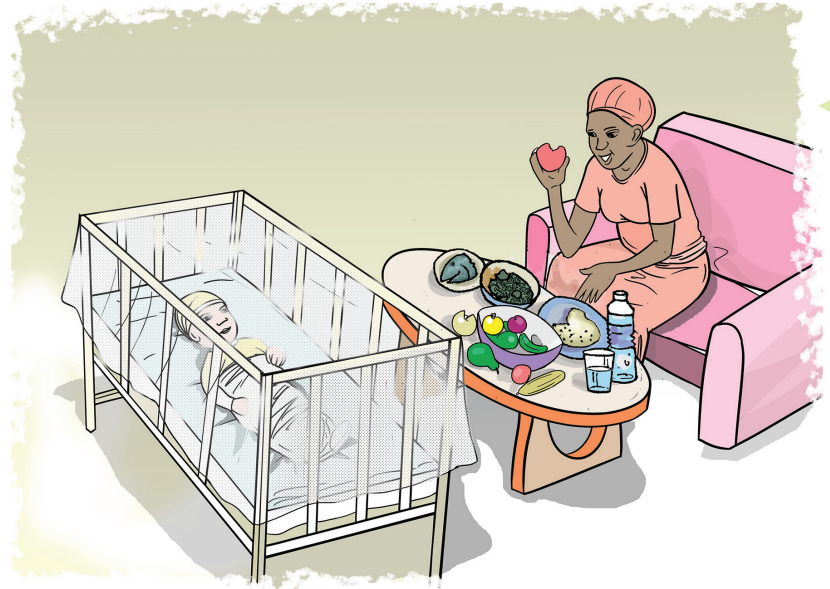
Wón gbọdọ gbé ọmọ rẹ sì ègbé rẹ, o gbọdọ bèrè sí fún ọmọ ní ọmú ní kété tí o bíí láti lè dáàbò bò ọmọ rẹ kúrò nínú àrùn ati láti lè ní àjọṣe pò láàárín ìwọ àti ọmọ rẹ.



Start breastfeeding immediately after birth

Your baby should be placed in direct contact with you, and you should start breastfeeding your baby soon after birth to protect your baby from infections and to establish a bond between you and your baby.

Rí dájú wípé o n̄ jẹ
oúnjẹ tí o ṣaralóore
lẹyìn ibímọ
Je àwọn oúnjẹ
asaralóore lọpọ̀lọpọ̀,
pẹ̀lú àwọn èso àti àwọn
ẹwébé láti lè ràn ó lọwọ̀
láti lè dá okun padà sí ara
rẹ àti láti lè tojú ọmọ rẹ
dádáá.

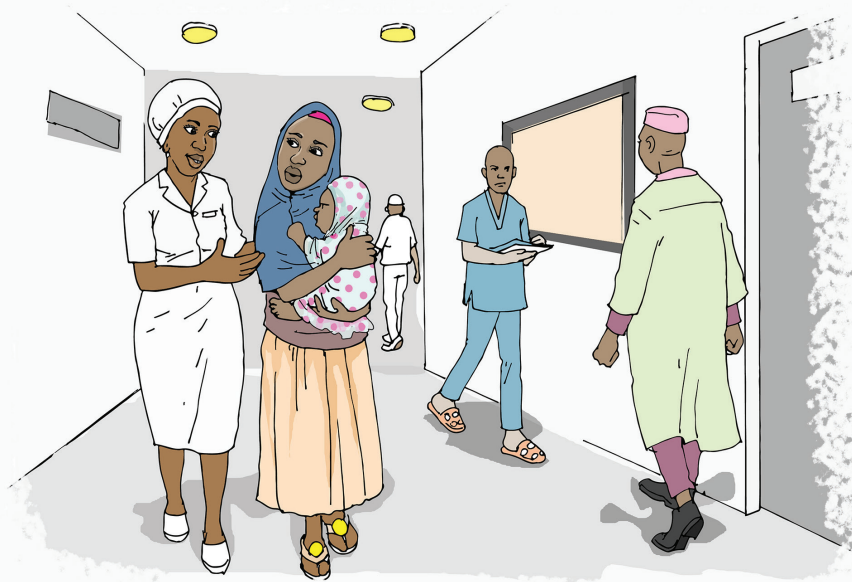


Continue to eat well after delivery
Eat well-nourishing foods, including fruits and
vegetables to help you regain strength and take
good care of your baby.

Ri dájú pé ọmọ rẹ n
jeun bí o ti yẹ, o sì n ẹ
imọ́tótó fún un. Kí o sì
ri dájú pé o n gba abẹrẹ
ájẹsára bí ó ti yẹ.

Ensure that your baby is being
adequately fed and cleaned
and receives immunization as
required.





Learn about postnatal danger signs

The nurse will teach you more on danger signs such as abnormal blood loss, stomach pain, headaches, leg swelling or breast pain/changes.

Ask the nurse or doctor any questions you have about your health or your baby's health.

Béèrè nipa àwọn àmì
àisàn lẹyìn ibímọ
Nọ̀sì gbọ̀dọ̀ ẹ̀ ḡdánilẹ̀kọ̀ọ̀
fún ọ̀ nípa àwọn àmì ewu
gẹ́gẹ́ bíi ẹ̀jẹ̀ dín dín kù lónà tí
ó yẹ, inú dídùn, orí fífó, ẹ̀sẹ̀
wíwú tàbí ọ̀mú dídùn /yí yí
padà. Béèrè lẹ̀wọ̀ nọ̀sì tàbí
dókítà àwọn ibéèrè tí o bá
fẹ́ béèrè nípa ilera ẹ̀ àti ilera
ọ̀mọ ẹ̀.



Padà sí ilé iwòsàn tí
o bá ɛ àkíyèsí àwọn
ìṣẹ̀lẹ̀ tí ó léwu lára
omọ ɛ gẹgẹbí ài tètè
dàgbà bí o ti yẹ, mímí
bí o ti yẹ, ibà tàbí ojú
pípón.



Go back to the hospital if you notice any abnormalities in your baby, such as slow growth, abnormal breathing, a fever or yellowing of eyes.

O lè bèrè ìfètò sí ọmọ bíbí
lẹyìn tí o bá ti bímọ . Bèèrè
lọwọ́ dókítà tàbí nọọsi ẹ
nípa irú ìfètò sí ọmọ bíbí tí
o dára jù fún ọ.

Family planning immediately after
delivery is now available.

Ask your doctor or nurse about
the best family planning method
for you.

