

Ingaba uyamfuna umntwana onempilo?



Department of Health

Malunga neenyanga ezintathu phambi kokuba wenze izicwangciso zokufumana umntwana

- Yeka ukutya iipilisi zokucwangcisa – sebenzisa enye indlela yokucwangcisa.
- Qiniseka ukuba ufumene uqonyo (*vaccinations*) lwazo zonke izifo – ngakumbi uqonyo lwemasisi ye-rubella (i-*German measles*).
- Qala ngokuthi utye isidlo esineevithamini ezininzi ngokulinganayo, kwaye ezine-0.4mg folic acid.
- Xa utyelele ugqirha wakho mxelele ukuba ufuna ukuba nomntwana, ngakumbi ukuba ungumntu otya amayeza okunyanza isifo ekudala sikuphethe, umzekelo: i-dayabhiti, ukuxhuluzwa okanye isifo sentliziyo.
- Zama ukudibana ne-*genetic counselling* ukuba:
 - sowuneminyaka engamashumi amathathu eka kanobom/sowuleqa iminyaka engamashumi amane yobudala;
 - ukhe wa phunyelwa zizisu ezimbini okanye nangaphezulu;
 - ukhe wazala umntwana onesiphene esibangelwe yimfuzo okanye azelwe naso;
 - kukho imbali yesifo esivela kuzo zonke izizukulwana ngenxa yemfuzo kusapho lakokwenu okanye kwelamyeni wakho – nokuba kudala kangakanani na;
 - wena nomyeni wakho niyazalana.

Xa usenza isicwangciso sokuba ukhulelwe

Njengoko inkosikazi ekhulelweyo ibonakala kuphela emva kweeveki ezimbini okanye nangaphezulu, kufuneka **uzilumkele** ezi ngozi zilandelayo:

- Utywala
- Ukutshaya
- Ulumkele ukusela amayeza ongawayalelwanga ngugqirha (xelela ugqirha wakho ukuba ufuna ukubanzima)
- Lumkela ukudibana nomntu onesifo esosulelayo, ngakumbi i-rubella
- Lumkela ii-X-ray zasensinqeni
- Lumkela ukusoloko udibana neegesi ze-anaesthetic
- Lumkela ubushushu obugqithileyo, umzekelo izindlu ezinemiphunga eshushu yokubilisa umzimba (*saunas*) kunye namanzi okuhlamba atshisa kakhulu



Xa ukhulelwe

- Yiya kwagqirha okanye eklinikhi rhoqo.
- Ukuba kusapho lakokwenu okanye yakulomyeni wakho kukho umntu onesiphene awazalwa naso okanye umonakalo engqondweni, emehlweni okanye ezindlebeni, cela ugqirha wakho okanye usista weklinikhi akwenzele incwadi yokuya kwiklinikhi ye-genetic counselling ekufuphi nawe.
- Phumla ngokwaneleyo kwaye wenze umthambo omncinane (*exercise*).
- Yiya ukutya kuncce intlobo-ntlobo (*balanced*) nokutyebileyo kwiivithamini.
- Fumana ulwazi malunga nokuncancisa.
- Dibana nogqirha wakho okanye neklinikhi kwamsinyane ukuba uyopha apha ngaphantsi, usoloko ugabhuzela intliziyo kakhulu ngathi uzakhupha, uyakhupha okanye unentloko esoloko ibuhlungu, udumba iinyawo okanye imilenze, usuke utyebe ngokugqithisileyo, isinqe okanye amazantsi abuhlungu, umchamse omncinane okanye usuke uphume amanzi amaninzi apha ngaphantsi.
- Cela ugqirha wakho okanye usista weklinikhi akuchazele
 - ngovavanyo lwe-screening kumakhosikazi akhulelweyo
 - ngovavanyo lwe-sonar ukuze kukhangelwe ukuba ngaba olu sana lungekazalwa alunaziphene na.

Emva kokuzalwa kosana

- Yiya kugqirha okanye eklinikhi emva kweeveki ezintandathu ezelwe umntwana ukuze unikwe uvavanyo lwasemva kokufumana umntwana.
- Yiya usana lwakho eklinikhi rhoqo ukuze luvavanywe kwaye lunikwe naluphina uqonyo olufunekayo.
- Buza ugqirha wakho okanye eklinikhi yocwangciso malunga nendlela yokucwangcisa efanelekileyo.
- Buza usista weklinikhi okanye ugqirha wakho malunga novavanyo lwe-laboratory screening olungenziwa kusana lwakho olusandula ukuzalwa.
- Ukuba kukho iingxaki ozifumanayo malunga nokuncancisa usana, dibana no cista weklinikhi okanye ugqirha wakho okanye unxulumane nenye yezi ndawo zilandelayo –

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Tel. (021) 686-8363

Ukuze ufumane ulwazi olungezelelweyo nge-genetic counselling, dibana naba balandelayo:

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