



The Royal Women's Hospital Women's Health Information

Waxyaallaha loo baahan yahay oo isbitaalka lala imanayo

USEFUL THINGS TO BRING TO HOSPITAL

Foosha

- Kaamiro
- Barkin (magacaagu ka muuqdo) haddaad rabto
- Dhar aad waqtiga foosha gashan karto, sigisyo ku diirinaya, dharka hoos laga gashado iyo dhar la gashado dhalida ka dib.
- Saaliid/boodhar/burcad la ismariyo
- Wax la isku buufiyo (oo aanay ku jirin aerosol)
- Waxyaalla dhabarka lagu kubeeyo oo laga hello kiyoska isbitaalka
- Xaashida lagu isku nadiifiyo (Tiishiyos)
- Waxyaallaha musqusha loo isticmaalo/saabuun, shaambo, daawada ilkaha iyo buraashka lagu cadaydo
- Cuntooyin ay ka mid yihin barley sugar, jelly beans, fruit bars
- Dacas/janbal
- Waxaad bushimaha marsato markay qalalaan

Qofka Kaalmaynaya

- Wax lagu qubaysto iyo shukumaan
- Qurush (lacag jajab ah) oo loo isticmaalo telefoonka iyo gaari dhigashada
- Cunta fudud/cabitaan/shaah khaasa iyo cabitaan lagu dabaal-dego haddii loo baahdo

Hooyo

- Dhar debecsan, kaboh (maalinimada)
- Dharka habeenkii lagu seexdo/goonada/dacas (mar walba waa in kabo la gashanaadaa)
- Raajabeetada nuujinta iyo suufka naaska la saaro si aan caanuhu u daadan
- Dhar siyaada ah oo hoos laga gashado (kastuumooyin)
- Tanbooniga dhalmada (saddex baako)
- Kaararka banaanka lagula hadlo/Telstra kaarkeeda ayaa laga hellaa kiyoska isbitaalka)
- Dhar ilmood iyo bustayaal ilmaha guriga loogu qaado
- Kursi ilmaha gaariga lagula xiro (maalinta bixida)
- Cudbiga ama wax ilmaha lagu tirtiro
- Naabiga ilmaha yar oo hal mar la isticmaalo (baakad qaada 32 xabbo). Haddaad doorbidayso, waad ku isticmaali kartaa isbitaalka dharka ilmaha
- Fadlan haddaad doorato inaad caana u qasto:
 - keenso 4 dhalo oo leh dabool iyo fur, oo lagu qoray magaca qoyska
 - hal daasad oo ah caanaha la qaso oo aad rabto
 - Weel lagu karkariyo dhalooyinka
- Fadlan guriga kaga imaw wixii ah dahab, kaararka Credit Cards-ka, iyo wixii qiima leh
- Ha keensan lacag badan oo cadaana.

Fadlan ha isticmaalin Mobile foon maadama uu wax yeellayo qalabka caafimaadka.

Saacadah booqashada: 2.30 duhurkii – 8.00 fiidkii. Ragga dumarka qabaa waxay la joogi karaan ilaa 9ka fiidkii.

Wagtiga nasashada waa: 12-2duhurkii.

Isbitaalka Royal Women's Hospital sigaar laguma cabi karo.