



Liiskaani waa waxa dumarka imanaya isbitaalka Royal Women's Hospital u keeni karaan ilmahooda.

Dhalida

- Kamera
- Barkintaada (magac ku qoran yahay) haddii loo baahdo
- Dharka dhalida ama foosha – shaatiyaal duug ah, iskaalso dugsoon, shukumaan, dacas iyo dharka seexashada oo aad xiran karto dhalida kadib
- Saliid, boolbare, kareeme la ismariyo
- Dhalo la isku buufin karo (aan lahayn aerosol) si la isu qaboojiyo
- Jelka kulaylka ku siinaya (Gel heat pack)
- Xaashida jilicsan oo afka la marsado (tissues)
- Qalabka musqusha – saabuun, shaambo, daawada cadayga, cadayga
- Cunto, sida barley sugar, jelly beans, fruit bars
- Dacas ama kaba horay loo gashanayo
- Kareemaha bushimaha qalala.

Qofka kaalmada

- Waxyaallaha lagu qubaysto iyo shumaanka
- Lacag telefoon lagu dirsado ama gaari dhigashada
- Cunto - cunta khafiifa, cabitaan furut ka yimid, shaah khaasa ah.

Hooyada iyo ilmaha

- Dhar debecsan, kabo (maalinimada)
- Dharka lagu seexo – goonada lagu lebito, kaba horay loo gashado (mar walba waa in kaba la gashadaa)
- Raajabeetada naasnuujinta iyo xafidaha habayga naaska
- Matante siyaada ah
- Suufka dhalimada (3 baakadood)
- Dharka ilmaha iyo bustayaasha ilmaha guriga loogu qaado
- Kursiga ilmaha lagu xiro (marka uu guriga aadayo)
- Cudbi ama wax ilmaha lagu tirtiro
- Naabi la tuuri karo (baakitka ka kooban 32 xabbo)
- Haddii aad doorbidayso, waxaad awoodaa inaad ku isticmaasho ilmahaaga dharkiisa isbitaalka
- Haddii aad qorshaynayso inaad isticmaasho caanaha qasan oo la farsameeyey si aad u quudiso ilmahaaga, fadlan kuwaad rabto, iyaga oo ku jira daasad ama baakid
- Fadlan kaga imaw dahabka, kaararka daymanka iyo waxyaallaha kale oo qiimaha leh guriga.

Ha keenin lacag aad u badan oo cadaana isbitaalka.

Ha ku isticmaalin moobayl Xarunta Dhalida maadama ay faragelin ku samaynayso qalabka caafimaadka.

Saacadaha booqashada

Saacadaha booqashadu waa inta u dhexaysa 2.30 duhurkii ilaa 8.00 fiidkii. Gabadha odageedu wuxuu booqan karaa 8.00 subaxii ilaa 8:30 casarkii.

Macluumaad intaas ka badan arag qaybta Booqashada iyo Bukaana qaybta Booqdayaasha oo ku yaalla websayt-kayaga – www.thewomens.org.au/PatientsandVisitors.

Royal Women's Hospital bay'da waxaa ka reeban sigaar cabida.