

Kev Kuaj Tom Qab Yug Me Nyuam

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Kev kuaj tom qab yug me nyuam yog dab tsi?

Kev kuaj tom qab yug me nyuam yog kev mus ntsib nrog koj tus kws muab kev pab cuam tom qab kev yug me nyuam li peb txog xya lub lim tiam tom qab koj yug me nyuam tag.

Lus Cim Tseg: Yog tias koj ho Phais Yug Me Nyuam (C-section), koj tus kws muab kev saib xyuas kho mob yuav kuaj xyuas lub qhov txhab ib txog ob lub lim tiam tom qab koj yug me nyuam tag. Qhov no tsis yog koj li kev kuaj tom qab yug me nyuam.

Vim li cas koj thiaj li yuav tsum tau mus kuaj tom qab yug me nyuam?

Qhov kev mus ntsib kws kho mob no pab koj tus kws muab kev saib xyuas kho mob kuaj xyuas koj li kev noj qab haus huv ntawm koj lub cev thiab fab siab ntsws tom qab koj yug me nyuam tag. Qee tus leej niam uas nyuam qhuav yug thawj tug me nyuam tsis tshua khoom kiag nrog lawv tus me nyuam tshiab uas ua rau lawv hnov qab los sis tsis mus ntsib kws kho mob tom qab yug me nyuam. Tab sis qhov kev mus ntsib kws kho mob no yog qhov tseem ceeb heev tshwj xeeb mas yog rau KOJ!

Koj tsim nyog cia siab tias yuav ntsib dab tsi thaum koj mus kuaj tom qab yug me nyuam?

- Koj tus kws muab kev saib xyuas kho mob yuav xyuas kom paub tseeb hais tias koj lub cev yeej zoo lawm tiag.
- Koj tus kws muab kev saib xyuas kho mob yuav nug seb koj pub mis me nyuam zoo li cas lawm.
- Koj tus kws muab kev saib xyuas kho mob yuav nrog koj tham txog kev tswj kom txhob muaj me nyuam thiab cov kev xaiv txog kev npaj muaj tub ki thiab thaum twg koj thiaj li yuav rov nrog tus txiv pw tau dua.
- Koj tus kws muab kev saib xyuas kho mob yuav kuaj txog cov cim ntawm kev ntshov siab tom qab yug me nyuam.
- Koj tus kws muab kev saib xyuas kho mob yuav teb tej cov lus nug uas tej zaum koj xav nug.



Kev teem sij hawm rau cov kev teem caij mus ntsib tus kws muab kev saib xyuas kho mob

tom qab koj yug me nyuam yuav pab koj nyob tau muaj kev noj qab haus huv zoo. Koj tus kws muab kev saib xyuas kho mob yuav xyuas kom paub tseeb hais tias koj tau txias kev saib xyuas kho mob uas haum rau koj.

Qhov no yog qhov tseem ceeb vim tias kev saib xyuas kho mob ntawm KOJ yuav pab xyuas kom paub tseeb hais tias koj tuaj yeem saib xyuas tau zoo tshaj plaws rau koj tus me nyuam mos yug tshiab no!

Koj puas muaj lus nug?

Hu peb tus Xov Tooj Pab Kho Mob qhib 24-teev. Peb nyob ntawm no los pab koj



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Molina Healthcare tau muab faib rau. Txhua cov ntaub ntawv hauv daim ntawv tshaj tawm no tsuas yog cia ua cov ntaub ntawv teev tseg xwb. Nws tsis hloov koj tus kws kho mob cov lus qhia. Txhawm rau kom tau txais cov ntaub ntawv no ua lwm hom lus thiab cov ntaub ntawv siv tau, thov hu rau Lub Chaw Pab Cuam Tswv Cuab.

Tus xov tooj no muaj nyob sab tom qab ntawm koj daim npav ID Ua Tswv Cuab.