



### OBUKAKAFU KU DDAGALA LINO



Misoprostol kozesebwa abakyaala 8 ku buli 10 okujjumu embuto nga teyetagisa bujanjabi bulala.

### SINGA EDDAGALA LINO LIBA TERIKUKOZEKO



Ddamu doozi yonna oba laba omusawo omukugu akuyambe nga akozesa kyebayita Maunual Vacuum Aspiration (MVA).

Bwoba osazewo okugenda mu maaso nolubuto lwo, eddagala lino telituusa buzibu ku mwana wo mulubuto.



### EKIGENDERERWA KYANGE (EKYOKUJJAMU OLUBUTO) KYATUUKIZZIDWA?

Wadde nga omukyala awulira nga takyalina lubuto, kyabuvunanyi-zibwa okukakasiza ddala nti olubuto luviluddemu ddala. Omukyala ateededwa okugenda mu fivi okokeberegwa oba akyalina olubuto oluvanyuma lwa wiki 3-4 nga amaze okujjumu olubuto.



### OLUVANYUMA LWOKUJJAMU OLUBUTO



Oluvanyuma lwokujjumu olubuto, omukyala assubira okuvamu olusaayisaayi okumala wiki 1-3, naye nga abakyaala bwebali banjawulo, alina okukakasiza ddala nti olubuto lwavudemu.



Omukyala talina kuyisa kintu kyonna mubukyala bwe oba okwegata nomusajja, okwesonseka tampons okutuusa nga omusaayi gukendedde, waakiri okumala ennaku nga 2.



### Omukyala asobola okufuna olubuto mubwangu ddala nga yakajjumu olunuto!

Omukyala nga tayagala kufuna mangu lubuto, asobola okukozesa enkola eyomulembe eyekizaala ggumbaak-wewala okufuna olubuto lwategekedde.



### CONTACTS

Women Help Women  
WEB: [HTTPS://WOMENHELP.ORG/](https://womenhelp.org/)  
EMAIL: [INFO@WOMENHELP.ORG](mailto:info@womenhelp.org)

TWITTER: @WOMENHELPORG  
FACEBOOK: WOMENHELPWOMENINTERNATIONAL

MAMA Network: Mobilizing Activists around Medical Abortion (MAMA).  
WEB: [WWW.MAMANETWORK.ORG](http://WWW.MAMANETWORK.ORG)



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OKUJJAMU OLUBUTO MUNGELI ETALINA BULABE NGA OKUZESA MISOPROSTOL



### MISOPROSTOL, Kyeki?

Ddagala (makerenda) elikozesebwa muni yonna okujjumu embuto, nokujjanjaba amabwa gomulubuto (alusazi). Litundibwa mu maduuka geddagala mu manya nga, Cytotec, isovent, Misoclear, misofem, cyruX or tomispral. Mu mawanga ga Africa agasinga lyawandisibwa okujjanjaba abakyaala abavamu omusaayi ogususse oluvanyuma lwokuzala.



## ?

### MISOPROSTOL,

#### AYINZA KOZESEBWA KI?

Okujjama embuto nga tekirese bulabe Okujanjaba embuto ezitaweddemu Okuziyiza okuvaamu omusayi ogususse oluvanyuma lwokuzala oba okuvaamu olubuto Oba okujanjaba amabwa gomulubuto (alusazi)

#### AKOLA ATYA?

Misoprostol anyiga, agonza nabana nokuggula omumwa gwa nabana nekiletera olubuto okuvamu.

#### AKOZESEBWA DDI OKUJJAMU OLUBUTO NGA OMUKYALA TAFUNYE BUZIBU?



Mu wiki mwenda ezolubuto ezisooka okuva omukyala lweyasemba okugenga munsonga.



Singa olubuto lusussa wiki mwenda, kirungi ogende ewomusawo akuyambe.

## ?

### AKOZESEBWA ATYA OKUJJAMU OLUBUTO?



Awamu, omukyala yeetaga empeke 12, zalina okozesa mu dozzi 3 nga buli dozzi yampeke 4 buli oluvanyuma lwe saawa 3



Teeka empeke 4 wansi wolulimi,



! Tozimira, zireke zimlunguke



okumala eddakiika 30



Oluvanyuma lwessawa 3, ddamu oteeke empeke 4 wansi wolulimi



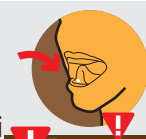
! Tozimira, zireke zimlunguke



okumala eddakiika 30



Era oluvanyuma lwessawa 3, ddamu oteeke empeke 4 wansi wolulimi



! Tozimira, zireke zimlunguke



okumala eddakiika 30

#### BIKI BYOSUBILA OKUYITAMU OLUVANYUMA LWOKOZESA EDDAGALA LINO?



Ebisa ebyamanyi nokuvaamu omusayi mu bukyala okusinga ku gwomukyala nga ogenze munsonga



Abakyala abakozesa eddagala lino, ebitundu 80 ku buli 100, mu ssawa 24 olubuto luba luvuddemu



Egganga omukyala lyamala nolubuto, ela nobungi bwomusaayi okweyongera



Asobola okumira ku **Ibuprofen** oba **panadol** okukendeza ku bulumi



#### EMBEERA GYOYINZA OKUFUNA NGA SIYA BULIJO



Oluvanyuma lwe ssaawa 24, oyinza okulaba bino wammanga. Okusindukirirwa emmeeme, okusesesema, okuddukana, omusujja gwekitengo, okulumwa omutwe, kamunguluzwe bino tebyeralikiriza, biggwawo mu ssaawa ntono nyo



#### OBUBONERO OBULAGA SINGA WALIWO OBULABE?



Okuvaamu omusaayi omungi mu bukyala nga guwezza ebiwero nga 2 oba 3 buli ssaawa okusuka essawa 2 oba 3 ezomidiliganwa. ☹️☹️☹️+



Omussujja oguleta ebbugumu erisuse diguli 39 oba 38 okusuka essawa 24. 🌡️+



Obulumi obutakendeera mu nnaku ntono oluvanyuma lwokozesa eddagala elikakanya obulumi oluvanyuma lwe naku nga okozeseza edagala.



Okuva amazzi mubukyala agatali ga buliijo ate nga gawunya bubi

#### OLINA KOLA OTYA SINGA OFUNA EMBEERA NGA SIYA BULIJO?



#### Gendelawo mudwalilo

Singa wabaawo obuzibu bwonna, omusawo mu ddwaaliro alina obuvunanyizibwa okukuwa obujanjabi mu bwangu ddala nga bwekisoboka. Obujanjabi obulina okukuwebwa bufananira ddala obwo obuwebwa omukyala avudeemu olubuto. Kizibu okwawula olubuto lwogyemu ne Misoprostol oba Mifeprostone noluvuddemu lwokka. Omukyala eyetaga obujanjabi asobola ogamba nti olubuto luvudemu lwoka.

