



KUDALILIKA KWA MAKHWALAWA

Kuchotsa mimba pogwilitsa makhwala a Mifepristone ndi Misoprostol ndikodalilika komanso kosaopya ndi mulingo wa 95-98% pamene tikufuna kuchotsa mimba yomwe sinapitilire masabata khumi.

NGATI MAKHWALA SANAGWIRE NTCHITO TITANI



Tiyenera kumwanso makhwala a mifepristone komanso misoprostol kapene kuchotsa pogwilitsa njira kuchipatala. Ndipovuta kusunga mimba yomwe yalephereka kuchoka mutamwa mifepristone ndi misoprostol chifukwa mwana sakhala ndi moyo.



TINGATSIMIKIZE BWANJI KUTI MIMBA YACHOKA

Ngakhale Mayi ali ndi chitsimikizo chonse kuti mimba yachoka komabe ayenera kukayezetsa kuti atsimikize kuti mimba inachokadi ayenera kukayezetsa patahta masabata atatu kapene anayi.



MIMBA IKACHOKA



Mayi akamaliza kuchotsa mimba magazi amakhala akutuluka kumaliseche kuyambira sabata imodzi mpaka masabata atatu. Koma zimasiyana amayi ena amapanga sabata imodzi ena mpaka masabata atatu.



Amayi akulangizidwa kuti pamene amaliza kuchotsa mimba sakuyenera kulowetsa katnthu kena kalikonse kulaliseche, kusamba komanso kugonana ndi mwamuna mpaka patatha masiku awiri chichotseleni mimba.



Kodi mayi akhoza kutenga mimba ina atangomaliza kuchotsa mimba!

Mayi akhonza kutenga mimba atamaliza kuchotsa mimba ina ngati agonana ndi mwamuna asanatenge makhwala olera.



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

Trust for Indigenous Culture and Health (TICAH)
WEB: WWW.TICAHEALTH.ORG
TWITTER: @YOURAUNTYJANE
EMAIL: LISTENING@TICAHEALTH.ORG
FACEBOOK: AUNTY JANE HOTLINE



CENTRE FOR SOCIAL CONCERN AND DEVELOPMENT (CESOCODE)
ADDRESS: P.O BOX 218, LUNZU, MALAWI
TELEPHONE: +265 999458907
EMAIL: CESOCODE@YAHOO.COM

KUCHOTSA MIMBA
POGWILITSA
MAKWALA
A MIFEPRISTONE
NDI MISOPROSTOL PAMODZI





MMENE MAKHWALAWA AMAGWILIRA NTCHITO.

Mukachotsa mimba pogwilitsa tchito makhwala zimakhala chimodzimidzi ngati kuti mwapititsa pachabe.



Mifepristone amapangitsa kuti zithu zomwe zimachochoka nthupi la Mayi kupita kwa mwana ali mmimba monga mpweya komanso chakudya zisadutse komanso amapangitsa kuti makhwala a Misoprostol agwire bwino ntchito chibelekero.



Misoprostol amapangitsa kuti chibelekero chinyale, zomwe zimapangitsa kuti mimba ichoke munjira a magari owundana komanso osalimba.

MMENE MANKHWALAWA ANGAGWILITSIDWILE NTCHITO KUTI MIMBA ICHOKE



Mimba yomwe yomwe ingachoke ndiya masabata khumi kuwerenga kuyambira tsiku lomwe mayi wasiya kusamba.



NDONDOMEKO YA MMENE TINGATSATE PCHOTSATS MIMBA POGWILITSA NTCHITO MAKHWALAWA



Mayi ayenera kukhala ndi tabuleti imodzi ya Mifepristone komanso matabuleti anayi a Misoprostol.



Tabuleti Mifepristone ayenera kumwera tambula imodzi ya madzi.

Pakatha ma ola okwana 24, Mayi ayenera kumwa matabuleti anayi a Misoprostol nthawi imodzi.



Matabuletiwa ayikidwe motere awiri kungsi kwa lilime mbari yakumazere enanso awiri kungsi kwa lilime mbari yakumanja'

Matabuleti anayi onse ayenera kukhala mkamwa kwa phindi zokwana makumi atatu mpaka onse atasungunuka.



ZOMWE MUNGAMVE MUKAMWA MANKHWALAWA

Pakatha ma ola 24 mutamwa makhawala mutha kumva zizindikiro monga izi: nseru, kusanza, kutsekula mmimba, chilungulira, litsipa ndi chizungulire. Zizindikirozi ndizosaopya pa moyo wanu zimatha pakapita nthawi yochepa.



ZOTSATILA ZAKE MUKAMWA MAKHWALAWA

Kumaliseche kwanu kumayamba kutuluka magari owundana komanso ofewa osiyana ndi magari omwe amatuluka mukapanga mwezi.

Kwa Amayi ochuluka mimba imachoka pakatha ma ola 24 atamwa makhwala

Mimba ikakhala ya masabata ochuluka magari ake amakhala oilimbans kwambiri.



Mukhoza kumwa panado kapena **ibuprofen** kuti ululu uthe nthupi



ZIZINDIKIRO ZAZIKULU ZIKULU



Kutulutsa magari ochuluka kwa maola opitilira awriri kapena atatu.



Kutetha kwa thupi koposa mulingo wa 38 kapena 39 kopitilira ma ola 24.



Ululu omwe sunasiye ngakhale mutamwa makhwala othetsa ululu patatha masiku ochepa mutamwa makhwala ochotsa mimba.



Fungo komanso kutukuka kwa magari kumaliseche

ZOMWE NDINGACHITE ULULU UKAMAPITILIRA



Kupita mwansanga kuchipatala kukakumana ndi dotokala

Pamene mwapita ku chipatala kafotokozeni kuti mwapita pachabe ndipo dotolo akakupatsani chithangato choyenera. Pamene mwachotsa mimba ndi makhwala a mifepristone ndi misoprostol sipakhala kusiyantsa ndikupita pachabe.

