



### ARURUMORU NKE OGWU A

Ime eji Mifepristone tinyere Misoprostol di ezigbo mma ma di ire iri itoolu na itoolu na iri itoolu na asato na okara n'oge, iji kwusi ime na-enweghi mkpa nke nlekota ahuike ozo n'ime izu iri mbu nke ime

### O BURU NA OGWU AHU AURUGHI ORU



Teghari ime ahụ site na ijighachi mifepristone na misoprostol ma o bu site na inweta Manual Vacuum Aspiration (MVA).

E nwere obere ihe ize ndu nke mmeru nwa ma o buru na afo-ime ga n'ihu oge inuchara misoprostol.



### IWEPU IME M OGARA NKE OMA?

Ma o buru na nwanyi ahụ eche na o dighi ime ozo, o di mkpa iji hu na nwepu ime ahu-gara nke oma. Nwanyi kwesiri ime ihe ultrasound mgbe o wepucharara ime ahụ ma o bu mee nyocha ime nwa mgbe izu uka atu ma o bu ano gachara o wepuru ime.



### MGBE O WEPUCHARA IME



Mgbe e wepuchara ime, nwanyi kwesiri itu anya obere obara ogbugba ruo e out izu uka na izu uka ato, ma nwanyi o bu la di iche. N'ikpeazu, nwanyi ahụ kwesiri l yocha hu na ime ahu gara nke oma.



N dumodu a na e nye nwanyi bu ka ha ghara itinye ihe o bu la n'ime ikpu (tampons), l sa ahu na mekorita nwoke na nwanyi ruo mgbe obara ogbugba kwusiri ihe dika abali abuo, mgbe l mepuchara ime ahu.



### Nwanyi nwere ike l di ime ozugbo o wepuchara ime!

O buru na ochaghi l di ime ozugbo o wepuchara ime nwanyi nwere ike ibido ihe mgbochi ime iji gbochie ime ohu o na a choghi.



### 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)

Trust for Indigenous Culture and Health (TICAH)  
WEB: [WWW.TICAHEALTH.ORG](http://WWW.TICAHEALTH.ORG)  
EMAIL: [LISTENING@TICAHEALTH.ORG](mailto:LISTENING@TICAHEALTH.ORG)  
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BUILDING AND STRENGTHENING WOMEN AND YOUTH IN SUSTAINABLE DEVELOPMENT

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### KEDU KA O SI ARU ORU

Okwu imepu ime ahu na-eme ka usoro dika ime opupu.



Mifepristone n'ekpochi projectaron na homon di mkpa iji nogide na-enwe ime o na-emekwa ka akpanwa nabatar Misoprostol.



Misoprostol na-akpalite ime n'akpanwa, nke na-ebute nchupu nke anu ahu ime, mkpuchi na obara.

### KEDU MGBE A GA EJI YA WEPU IME N' UZO ZIRI EZI?



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Di ka o di na izu iri mbu mbu nke gestation na-aguta site na ubochi mbu nke njedebe oge ikpezazu nso nwanyi.



### KEDU KA E SI ANU YA IJI MEE KA E WEPU IME N' UZO ZIRI EZI?



Nwanyi ga-acho otu Mifepristone mbadamba (200 mg) tinyere 4 Misoprostol mbadamba (200 mcg o bufa)



Mifepristone a kwesiri ijiriri iko mmiri lo ya

Mgbe awa iri abuo na ano gasiri, nwanyi ga etinye mkpuru-ogwu ano nke Misoprostol n' agba nti ya abuo



n'etiti agba nti ya abuo, abuo n'aka ekpe na abuo na n'akuku aka nri.

A ghaghi ihapu mkpuru ogwu ano niile ahu n'ime onu maka ihe dika nkeji iri ato iji gbazaa.



### IHE MMETUTA NWERE IKE IME

N'ime awa iri abuo na ano, ihe mgbaàmà ndi a nwere ike ime:

Azuzu na ukwara, ikpoakpo, afo-osisa, ahu-oku n' abughi amuma- oyi, isi-owuwa ma o bu anya-aju. Ihe nziputa ndia adighi njo o ga akwusi n' imi awa ole n'ole



### IHE A GA-ATU ANYA YA MGBE A ANURU OGWU AHU?



Mgbachi na obara ogbugba di ike karja ihe na-eme n'oge nso



N'ihe ruru pasent iri n'ime ndi mere ya, opupu nke afo ime na-eme n'oge awa iri abuo mbu.



Ogologo oge nwanyi di ime, ka mgbachi na obara ike-ogbugba n' abawanye.



O nwere ike iji ibuprofen ma o bu panadol mee ka ihe mgbu kwusi.



### KEDU IHE I GA EJI AMA NA NSOGBU DI (NSOGBU)?



Obara igbafie oke ( ruo abuo ma o bu ato akwa mgbochi juputakwara n' obara kwa-elekere n' ihe kariri okara abuo ma o bu ato n' awa n'ahirji)



Oke ahu oku (ihi kariri iri ato na itolu Celsius), ma o bu iri ato na asato Celsius maka ihe kariri awa iri abuo na ano



Ihe mgbu di egwu nke mkpuru-okwu ihe mgbu n' adighi agwusi mgbe ubochi ole na ole gafere inu chara ya bu ogwu.



Isi ojoo puru-iche n' esi n' ikpu aputa.

### IHE I GA-EME MA O BURU NA I NEW NSOGBU?



Gaa na ulo oru ahuike ozugbo.

Enwe ihe mberede ahuike, o bu oru ndi ahu ike ilebara onye ahu anya n' oge. Ogwugwo maka nsogbu a bu otu ihe ahu maka nsogbu mgbe ime puru n' ike. A dighi enwe ike ihu ndiche di n'etiti ime opupu na ite ime na mifepristone na misoprostol. Nwanyi nke choro enyemaka ndi ahuike nwere ike isi na o nwere ime opupu n'ike.

