



### KUDALILIKA KWA MAKHWALAWA

Kuchotsa mimba pogwilitsa makhwala a Mifepristone ndi Misoprostol ndikodalilika komanso kosaopya ndi mulingu 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.



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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)  
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### MMENE MAKHWALAWA AMAGWILIRA NTCHITO.

Mukachotsa mimba pogwilitsa tchito makhwala zimakhala chimodzimodzi 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 chibelekeko.



Misoprostol amapangitsa kuti chibelekeko chinyale, zomwe zimapangitsa kuti mimba ichoke munjira a magazi 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 PCHOTSA 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 yakumamzere enanso awiri kungsi kwa lilime mbari yakumanja'

Matabuleti anayi onse ayenera kukhala mukamwa 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 magazi owundana komanso ofewa osiyana ndi magazi omwe amatuluka mukamapanga mwezi.



Kwa Amayi ochuluka mimba imachoka pakatha ma ola 24 atamwa makhwala



Mimba ikakhala ya masabata ochuluka magazi ake amakhala oilmbans kwambiri.



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



### ZIZINDIKIRO ZAZIKULU ZIKULU



Kutulutsa magazi ochuluka kwa maola opitilira awiri 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 magazi 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.

