



### OBUKAKAFU KU DDAGALA LINO

Okujjumu olubuto nga okozesa Mifepristone ne Misoprostol, yengeri esinga obulungi era eyakakasibwa obutaba nabulabe bwonna kubulamu bwomukyala (ebitundu 95-98 ku buli 100) singa likozesebwa mu wiiki 10 ezisoka nga ofunye olubuto.

### SINGA EDDAGALA LINO LIBA TELIKUYAMBYE



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

Bwoba osazeewo okugenda mu maaso nolubuto lwo, eddagala lino teririna bulabe bungi bwelituusa ku mwana wo mulubuto.



### EKIGENDERERWA KYANGE (EKYOKUJJAMU OLUBUTO) KYATUUKIZIZIDWA?

Wadde nga omukyala awulira nga takyalina lubuto, kyabuvunanyi-zibwa okukakasiza ddala nti olubuto luviliddemu dala. Omukyala ateedwa okugenda mu ka tivi okeberebwa oba okayalina olubuto oluvanyuma lwa wiiki 3-4 okujjumu olubuto



### OLUVANYUMA LWOKUJJAMU OLUBUTO



Oluvanyuma lwokujjumu olubuto, omukyaala asubira okuvamu olusaayisaayi okumala wiki 1-3, naye nga abakyaala bwebali abenjwulo, olina okukakasiza ddala nti olubuto lwavudemu.



Omukyala talina kuyisa kintu kyonna mubukyala bwe oba okwegatta namusajja, okwesonse kayo tampons okutuusa nga omusaayi gukendedde, waakiri okumala ennaku nga 2.



**Omukyala asobola okufuna olubuto mubwangu ddala nga yakajjumu olubuto** omukyala nga tayagala kufuna mangu lubuto, asobola okukozesa enkola eyomulembe eyekizaala ggumba okewala okufuna olubuto lwatetegekede.



### CONTACTS

Women Help Women  
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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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OKUJJAMU OLUBUTO  
NGA OKOZESSA AMAKELENDWA  
NGA GAGATIDWA  
WAMU MIFEPRISTONE  
WAMU NE MISOPROSTOL





### LIKOLA LITYA?

Okujjama olubuto nga okozesa amakereda kireta ebeera eyefanyiriza nga omukyala aba avuddemu obuvi olubuto



Amakerenda gebayita Mifepristone gaziya obusiimu bwebayita progesterone obulabirira olubuto lwomwana ela buletera nabaana okukiriganya ne ndagala Misoprostol.



Amakerenda gebayita Misoprostol galeetera omukyala ebisa ekivirako nabaana okwenyiga ekivirako olubuto okuvamu ngo obutole bwomusayi.

### DI LWELIKOZESEBWA OKUJJAMU OLUBUTO?



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wiki

Likozesebwa mu wiki kumi ezolubuto ezisooka okuva omukyala lweyasembayo okugenda munsonga zekikyala.



### LIKOZESEBWA LITYA OKUJJAMU OLUBUTO?



Omukyala yetaaga empeke 1 eya Mifepristone (200mg) nempeke 4 eza Misoprostol (200mcg buli emu).



Empeke ya Mifepristone elina kumiribwa na gilaasi yamazzi.

Oluvanyuma lwe ssaawa 24, omukyala alina okabatika **empeke 4 eza Misoprostol wansi wolulimi.**



Ateeka empeke bbiri buli ludda wakati wekibuno nolubba

Empeke zonna nnya azibatikidwa oyiina okuzileka mumatama okumala eddakiika 30 zisobole okumuluguka



### EMBEERA GYOYINZA OKUFUNA NGA SIYA BULIJO

Mu ssaawa 24 ezisooka, oyinza okulaba obubone-ro bunno wammanga: Okusindukirirwa emmeeme, okusesema, okuddukana, omusujja gwekitengo oba ogutali gwakitengo, okulumwa omutwe nekamunguluze. Naye obubonero buno tebweralikiza era sibwabalabe era nga bugwaawo mu ssaawa ntono.



### BIKI BYOSUBILA OKUYITAMU OLUVANYUMA LWOKOZESA EDDAGALA LINO?



Ebutore bwomusayi nokuvaamu omusaayi mu bukyala okusinga ku gwomukyala agenze munsonga ze'ekikyala.



Ebitundu 90 ku buli 100 abakyaala abakozesa eddagala lino, olubuto luvaamu mussaawa 24.



Ebbanga omukyala lyamala n'olubuto n'obungi bwobutore bwomusayi, era n'obungi bwomusaayi ogumuvamu.



Omukyala asobola okumira ku **Ibuprofen oba panadol** okukendeza ku bulumi



### OBUBONERO OBULAGA SINGA WALIWO OBULABE?



Okuvaamu omusaayi omungi mu bukyala nga okyusa ebiwero emirundi 2-3 ebijude buli saawa okusukka essawa 2 oba 3 ezomudilinganwa.



Omusujja oguliwangulu wa digulu 39 Celsius oba 38 Celsius okusuka essaawa 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?



**Dduka mangu mu ddwaliro**

Singa wabaawo obuzibu bwonna, omusawo mu ddwaliro alina obuvunanyizibwa okukuwa obujajabi mu bwangu ddala nga bwekisoboka. Obujajabi obulina okukuwebwa bufananira ddala obwo obuwebwa omukyala avudeemu olubuto. Kizibu okwawula olubuto lwogyemu ne Misoprostol oba Mifepristone noluvuddemu lwokka. Omukyala eyetaga obujajabi asobola ogamba nti olubutulufudemu lwoka.

