

 KUDALILIKI KWA MAKHWALAWA  
  
Kuchotsa mimba pogwilsita makhwala a Misoprostol ndikodalilika sikufunika kumwanso makhwala ena ndipo pa amayi khumi omwe amwa makhwala amayi asanu ndi atatu safunika thandizo la chipatala.

NGATI MAKHWALA  
SANAGWIRE NTCHITO TITANI



Tiyenera kumwanso makhwala misoprostol kapene kuchotsa pogwilsita njira kuchipatala.  
Ndipovuta kusunga mimba yomwe yalephereka kuchoka mutamwa misoprostol chifukwa mwana sakhalanso 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 kumaliseche, 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

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

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KUCHOTSA MIMBA  
NDI MAKHWALA  
A MISOPULOSITO



### KODI MISOPULOSITO NDICHIYANI

MISOPULOSITO ndi makhwala omwe amagwilitsidwa pa dziko lonse la pansi kwa amayi omwe akufuna kuchotsa mimba komanso amachiza matenda a zilonda za mmimba. Makhwsalawa amagulitsidwa mmalo ogulitsa makhwala mma pharmacy ndi maina osiyana siyana monga Cytotec, Isovent, Misoclear, Misofem, Cyrux kapena Tomispral. Maiko ambiri mu Africa makhwala amagwilitsidwa ntchito pofuna kuchepetsa kutayika kwa magazi kwa amayi a pakati pobeleka mwana



## KODI MISOPULOSITO

### AMAGWILITSIDA NTCHITO BWANJI

Misopulosoto amagwilitsida ntchito pa njira izi, kuchotsa mimba komanso kupiditsa pachabe (kuthandiza kutsiliztsa ngati mayi akuchotsa mimba). Kuchepetsa kutaya kwa magazi ochulupa pamen mayi wa mimba pobereka komanso kuchiza zilonda za mimbala zomwe zimatchedwa kuti ma ansazi.

### KODI AMAGWILA NTCHITO BWANJI

Misopulosoto amapanga chimodzi modzi monga mmene mimba yomwe yachoka yokha imakhalira. Makhwalawa amafewetsa chiberekero keneko mimba imachoka.

### MMENE TINGAGWILITSILE NTCHO MISOPULOSITO POFUNA KUCHOTSA MIMBA



Kuwerenga masabata asanu ndi anayi (9) kuyambira tsiku lomwe munasiya kusamba. Ngati mimba ili yopitilira masabata asanu ndi anayi, mayi agwilitse ntchito



Misopulosito pothagatidwa ndi azachipatala.



## NDONDOMEKO YA MMENE TINGATSATEPOCHOTS A

### MIMBA POGWILITSA NTCHITO MAKHALAWA



Mayi ayenera kumwa mapilisi okwana khumi ndi awiri (12) omwe amamwedwa katatu pa mapilisi anayi pakatha maola zitatu motsatizana.



Tengani mapilisi anayi ikani mkamwa kunsi kwa lilime yembekezani mpaka mphindi makumi atatu azisungumuka inu muzimeza malovu.



Pakatha maola atatu ikanino mapilisi ena anayi kunsi kwa lilime ndikudiila mphindi makumi atatu ndipo mapilisi azisungunuka ndi malovu a mkamwa inu muzimeza malovuwo.



Pakathano maola atatu ikanino mapilisi ena anayi kinsi kwa lilime awiri mbari ina awirinso mbari ina yembekezani kwa mphindi makumi atatu mpaka onse atasungunuka inu muzikhala mukumeza malovu.



### ZOTSATILA ZAKE MUKAMWA MAKHALAWA



Kumaliseche kwanu kumayamba kutuluka magazi owundana komanso ofewa osiyana ndi magazi omwe amatuluka mukamapanga msambo wamwezi.



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



Mu maola makumi awiri ndi ndi mphambu zinayi pamene wamwa Misopulosito mumaona zizindikilo izi nseru, kusamza, kutsekula mmimba, kutentha kwa thupi, litsipa komanso chizungulire. Zizindikiro zimenezi ndizosaoya komanso zimatha pakapita nthawi yochepa.



### ZIZINDIKIRO ZOTICHENJEZA



Kutaya magazi ochuluka pamka kugwilitisa ntchito ma padi atatu pa ola limodzi kwa maola awiri kapene atatu



Kutentha thupi kopyola 38 kapena 39 gidiri popyola maola makumi awirir ndi mphambu zinayi



Kuphwanya kwa thupi kosaleka ngakhale mutamwa panadol patatha masiku ochepta chimwereni misopulosito



Fungo ionunkha komanso kutuluka mafinya ku maliseche kwantu



### ZOMWE NTINGACHITE 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 kusianitsa ndikupita pachabe.