



OBUKAKAFU KU DDAGALA LINO



Misoprostol kozesebwa abakyalala 8 ku buli 10 okujijamu embuto nga teyetagisa bujanjabi bulala.

SINGA EDDAGALA LINO LIBA TERIKUKOZEEXO



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

Bwoba osazewo okugenda mu maaso nolubuto lwo, eddagala lino telituusa buzibu ku mwana wo mulubuto.



EKIGENDERERWA KYANGE (EKYOKUJJAMU OLUBUTO) KYATUUKIZIZIDWA?

Wadde nga omukyala awulira nga takyalina lubuto, kyabuvunanyi-zibwa okukakasiza ddala nti olubuto luvuluddemu ddala. Omukyala ateeddwa okugenda mu tivi okokeberegwa oba akyalina olubuto oluvanyuma lwa wiki 3-4 nga amaze okujijamu olubuto.



OLUVANYUMA LWOKUJJAMU OLUBUTO



Oluvanyuma lwokujijamu olubuto, omukyala assubira okuvamu olusaayisaayi okumala wiki 1-3, naye nga abakyalala bwebali banjawulo, olina okukakasiza ddala nti olubuto lwavudemu.



Omukyala talina kuyisa kintu kyonna mubukyala bwe oba okwegata nomusajja, okwesonseka tampons okutuusa nga omusaayi gukendedde, waakiri okumala ennaku nga 2.



Omukyala asobola okufuna olubuto mubwangu ddala nga yakajijamu olunuto!

Omukyala nga tayagala kufuna mangu lubuto, asobola okukozesa enkola eyomulembe eyekizaala ggumbaok-wewala okufuna olubuto lwategekedde.



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.TICAHHEALTH.ORG](http://www.ticahhealth.org)
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OKUJJAMU OLUBUTO MUNGELI ETALINA BULABE NGA OKUZESA MISOPROSTOL



MISOPROSTOL, Kyeki?

Ddagala (makerenda) elikozesebwa muni yonna okujijamu embuto, nokujijanja amabwa gomulubuto (alusazi). Litundibwa mu maduuka geddagala mu manya nga, Cytotec, isovent, Misoclear, misofem, cyruX or tomispral. Mu mawanga ga Africa agasinga lyawandisibwa okujijanja abakyalala abavamu omusaayi ogususse oluvanyuma lwokuzaalala.





MISOPROSTOL,

AYINZA KOZESEBWA KI?

Okujijamu embuto nga tekirese bulabe Okujijanja embuto ezitaweddemu Okuziyiza okuvaamu omusayi ogususe oluvanyuma lwokuzaalaba oba okuvaamu olubuto Oba okujijanja amabwa gomulubuto (alusazi)

AKOLA ATYA?

Misoprostol anyiga, agonza nabana nokuggula omumwa gwa nabana nekiletera olubuto okuvamu.

AKOZESEBWA DDI OKUJIJAMU OLUBUTO NGA OMUKYALA TAFUNYE BUZIBU?



Mu wiki mwenda ezolubuto ezisooka okuva omukyala lweyasemba okugenga munsonga.



Singa olubuto lusussa wiki mwenda, kirungi ogende ewomusawo akuyambe.



AKOZESEBWA ATYA OKUJIJAMU OLUBUTO?



Awamu, omukyala yeetaga empeke 12, zalina okozesa mu dozzi 3 nga buli dozzi yampeke 4 buli oluvanyuma lwe ssaawa 3



Teeka empeke 4 wansi wolulimi,



okumala eddakiika 30

! Tozimira, zireke zimulunguke



Oluvanyuma lwessawa 3, ddamu oteeke empeke 4 wansi wolulimi

okumala eddakiika 30



! Tozimira, zireke zimulunguke



Era oluvanyuma lwessawa 3, ddamu oteeke empeke 4 wansi wolulimi

okumala eddakiika 30



! Tozimira, zireke zimulunguke



BIKI BYOSUBILA OKUYITAMU OLUVANYUMA LWOKOZESA EDDAGALA LINO?



Ebisa ebyamanyi nokuvaamu omusayi mu bukyala okusinga ku gwomukyala nga ogenze munsonga



Abakyala abakozesa eddagala lino, ebitundu 80 ku buli 100, mu ssaawa 24 olubuto luba luvuddemu



Egganga omukyala lyamala nolubuto, ela nobungi bwomusaayi okweyongera



Asobola okumira ku **Ibuprofen** oba **panadol** okukendeza ku bulumi



EMBEERA GYOYINZA OKUFUNA NGA SIYA BULIJO



Oluvanyuma lwe ssaawa 24, oyinza okulaba bino wammanga. Okusindikirirwa emmeeme, okusešes- ma, okuddukana, omusujja gwekitengo, okulumwa omutwe, kamunguluze bino tebyeralikiriza, biggwawo mu ssaawa ntono nyo



OBUBONERO OBULAGA SINGA WALIWO OBULABE?



Okuvaamu omusaayi omungi mu bukyala nga guwezza ebiwero nga 2 oba 3 buli ssaawa okusuka essawa 2 oba 3 ezomidiliganwa.



Omussujja oguleta ebbugumu erisuse diguli 39 oba 38 okusuka essawa 24.



Obulumi obutakendeera mu nnaku ntono oluvanyuma lwokukozesa eddagala elikakanya obulumi oluvanyuma lwe naku nga okozeseza edagala.



Okuva amazzi mubukyala agatali ga buliijo ate nga gawunya bubi

OLINA KOLAIBANXIBANGIMOKUMABEKIBEEBAANGINZIYA BULIJO?



Gendelawo mudwalilo

Singa wabaawo obuzibu bwonna, omusawo mu ddwaaliro alina obuvunanyizibwa okukuwa obujanjabi mu bwangu ddala nga bwekisoboka. Obujanjabi obulina okukuwebwa bufananira ddala obwo obuwebwa omukyala avudeemu olubuto. Kizibu okwawula olubuto lwagyemu ne Misoprostol oba Mifeprostone noluvuddemu lwokka. Omukyala eyetaga obujanjabi asobola ogamba nti olubuto luvudemu lwoka.

