



MUSAMU MBOUBELEKA



Misoprostol ubeleka kutulubanya nankka kuzwisya mada muli bamakaintu bali fwuka kuzwa mukumi.

NA MUSAMU TIWABELEKA



koinduluka kuunywa musamu kubelesya Mifepistone alimwi a Misoprostol nankka Misoprostol ulike. Naape kusanzyigwa mwida kuci bbadela.

Pele kuli ntenda ikuti da yazumanana wamana kunwa Misoprostol, mwana inga wazyalwa buteелеde.



Women HelpWomen

WEB: [HTTPS://WOMENHELP.ORG/](https://womenhelp.org/)

EMAIL: [INFO@WOMENHELP.ORG](mailto:info@womenhelp.org)

TWITTER: [@WOMENHELPORG](https://twitter.com/womenhelporg)

FACEBOOK: [WOMENHELPWOMENINTERNATIONAL](https://www.facebook.com/womenhelpwomeninternational)

MAMA Network: Mobilizing Activists around Medical Abortion (MAMA).

WEB: [WWW.MAMANETWORK.ORG](http://www.mamanetwork.org)



HENA KUTULUBANYA KWANGU KWAZWIDILILA?

Nokuba kuti mukaintu ulimvwa kuti tamitide limbi pe, cilayandika kusinizya ikuti kutulubanya kwazwidilila. Bamakaintu beelede kuya kulangwa amuncini mwida bamana kutulubanya nape ikuya kupima kuti na bala da kwainda mwiki yotatwe nankka zyone.



ICUYANDIKA: Ikuti na mukaintu tana zwa bulowa, nape wazwisya aniini (kwiinda kumwezi amana katagwisyi bulowa bwaangene) alimwi kazumanana ikuba azitondezyo zya kumita amana kubelesya musamu waku tulubanya, ulalangilwa kuti ula da. Mukaintu ooyu uyandika ikucita musunko utondezya mwida kubelesya muncini caku fwambana, kutegwa babone kuti na da yazumanana nankka yazwa. Kuti na ticakonyeka, inga wanywa mapilusi alimwi.



KWAMANA KUTULUBANYA



Kwamana ikutulubanya nankka ikusowa, mukaintu welede kulangila kuzwa bulowa busyoonto kwa mwiki yomwe nankka yotatwe, nokubakuti bamakaintu baliindene.



Bamakaintu balayigwa ikuti batabiki cili conse kubukaintu (tusani twa kumwezi)m ikusamba alimwi akoonana mane kusikila bulowa buleke kuzwisyisya kwamana mazuba obile. bamanizya kutulubanya kubelesya musamu waku cibbadela.



MUKAINTU ULAKONZYA KUMITA MBWAMANINA BUYO KUTULUBANYA NANKKA KUSOWA! Ikuti na mukaintu tayandi ikumita mpoonya mpoonya, ulakonzya ikutalika kunywa mapilusi yakulesya luzyallo.

Contact Trust Youth Association

EMAIL: ctyalstone@gmail.com

KUTULUBANYA NA
KUSOWA KUBELESYA
MUSAMU
MISOPROSTOL UUEGWA
MUZYIBADELA.



MISOPROSTOL INO NCINZI ?

Musamu uubelesyegwa munyika yoonse mbwiizulwa ikutulubanya naankka kusowa madaa alimwi aku silika zilonda zya mwida. Musamu ooyu ulasambalwa mumantoolo asambala misamu naankka michelo kubesya mazyina Cytotec, Isovent, Msoclear, MisoFem , Cyrus na Tmispral. Mumaci manji aamu nyika ya Africa, musamu ooyu ulizumizyidwe kulesya kuzwa bulowa bunji nobamana kutumbuka.





MISOPROSTOL,

INO INGA WABELESYEGWA NZI ?

Kutulubanya naankka kusowa cakuliiba, mwamana kusowa alimwi akumanizya kutulubanya kwataka maninina. Ikulesya akusilika kwaangana kwabulowa uutegwa post-partum hemorrhage (PPH- kuzwa bulowa bunji nobamana kutumbuka). Ulabelesyegwa aku silika zilonda zyamwida.

MUSAMU OOOYU UBELEKA BUTI ?

Misoprostol ulapa kuti cizyalilo cinyanyaale, cibombe aalimwi kuti inzila ya cizyalilo ijuke. Eeci ciletela kutulubanya naankka kusowa.

INO NDILILI NOCIKONZYA KUBELESYEGWA KUTULUBANYA CAKULIKWABILILA?

Musamu ooyu inga wabelesyegwa kumatalikilo aa da alimwi amvwiki ili kkumi atubili. Kutalikila buzuba bwa matalikilo aa kuya kumwezi.



MUSAMU UPEGWA BUTI KUTI DA LIZWE



Mukaintu uyandika kunywa mapiilusi ali kkumi atubili mukuzulila. Kwamana uyandika kuti kanywa mapiilusi one kwainda mawoola otatwe ciindi a ciindi:



Bikka mapiilusi aa misoprostol one kungsi a mulaka kwamaminiti ali makumi otatwe



! Mutaameni pele amwaleke ayaaye nankka kkwenzemuka.



Alimwi kwainda maminiti ali makumi otatwe, bikka mapiilusi one kungsi a mulaka kwamaminiti ali makumi otatwe.



! Mutaameni pele amwaleke ayaaye nankka kkwenzemuka.



Alimwi kwainda maminiti ali makumi otatwe, bikka mapiilusi one kungsi a mulaka kwamaminiti ali makumi otatwe.



! Mutaameni pele amwaleke ayaaye nankka kkwenzemuka.



Na kuti timwatulubanya kwainda mawoola otatwe, mukaintu inga wabelesya musamu ngonya kwainda mawoola otatwe kusikila atulubanye.



NCINZI CILANGILWA KUCITIKA MWAMANA KUBELESYA MUSAMU OOOYU?



Kumyonga akuzwa bulowa canguzu kuleka kumyonga kwa kumwezi.



Muziindi zya mweelwe wa 80 pesenti, kutulubanya kulacitika kumatalikilo a mawoola ali makumi obile atone.



Kumyongwa alimwi akuzwa bulowa ciya mbuli da mbolya komenede.



Misamu ilesya kucisa inga yanywugwa antomwe amusamu wakatunguna wa misoprostol. Misamu mbuli Ibuprofen ngubeleka canguzu. Alimwi a Paracetamol nankka acetaminophenc inga wabelesyegwa



MBUNYONYOOSI BUKONZYA KUCITIKA



Mubuzuba bomwe zitondezyo zilakonzya kuba: kuvwundaaka kumoyo, kuluka, kusoomona, mubili kupya akumwva kutontola akutatontola, mutwe kucisa nape aci cizyuungwe. Aya Makenzi aaboola abunyonyoosi takonzyi kuletela ntenda pe. Alamana kwainda mawoola masyoonto.



NINGENJEZYO NZI ITONDEZYA MANYONGWE?



Kuzwisya bulowa bunji (buzuzya tusani tobile nankka totatwe mumawoola obile na otatwe mukutobelesya). + + + + +



Kupya mubili kapati kwiindilila 39 Celsius nankka 38 Celsius kwamawoola ali makumi obile a tone. +

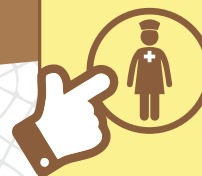


Kucisa kwanguzu kutaleki akunwa mapiilusi alesya kucisa mazuba masyoonto akunywa musamu waku tulubanya.



Kununka akuzwa dooti kubukaintu.

CAKUCITA CIINDI CAMANYONGWE



Kuya kucibadela caku fwambana.

Mucindi cacibukila mbuto, basilisi baleelede ikulanganya muntu mucindi celede. Ikusilika manyongwe cilikozyene aceeco ca kutulubanya.

Tacikonzyeki kubona lwiindano lwa kusowa akuzwa kwa mada kubelesya misoprostol.

Mukaintu uyandika kusilikwa ulakonzya kwaamba kuti wasowa nankka da yazwa.

