



MUSAMU Ooyu UBELEKA BUTI ?

Ikutulubanya nanka kusowa kubelesya Mifepristone alimwi a Misoprostol cilabeleka kabotu abukwabiliziyi bwa 95-98 pesenti iciindi nizyanywigwa kumatalikilo ada alimwi amwiki ili kkumi atubili.

NA MUSAMU TIWABELEKA



Koinduluka kuunywa musamu kubelesya Mifepristone alimwi a Misoprostol nanka Misoprostol ulike. Naape kusanziyigwa mwida kuci bbadela. Pele kuli ntenda ikuti da yazumanana wamana kunwa Misoprostol, mwana inga wazyalwa butelege.



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 ulimwva kuti tamitide limbi pe, cilayandika kusinizya ikuti kutulubanya kwazwidilila. Bamakaintu beelede kuya kulangwa amuncini mwida bamana kutulubanya nape ikuyu kupima kuti na bala da kwainda mvwiki yotatwe nanka 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 nanka yazwa. Kuti na ticakonyeka, inga wanywa mapiilusi alimwi.



KWAMANA KUTULUBANYA



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



Bamakaintu balayigwa ikuti batabiki cili conse kubukaintu (tusani twa kumwezi) ikusamba alimwi akoonana mane kusikila bulowa buleke kuzwisiyisa, 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 mapiilusi yakulesya luzyallo.

Contact Trust Youth Association

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KUTULUBANYA NAANKKA
KUSOWA KUBELESYA
MIFEPRISTONE A MISOPROSTOL

(KWANYWA ANTOOMWE)





CIBELEKA BUTI ?

Musamu upa kutulubanya mbuli kwiindilila kwa da.



Mifepristone ulesya homoni ititwa kuti progesterone iiyandika ku da alimwi ilapa icizyalilo kutambula Misoprostol.

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



INO NDILILI NOCIKONZYA KUBELESYEGWA KUTULUBANYA CAKULIKWABILILA ?

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



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MUSAMU UPEGWA BUTI KUTI DA LIZWE ?



Mukaintu ulayandika kapiilusi komwe ka Mifepristone (200mg) kusanganya a mapiilusi a Misoprostol yone (200mg piilusi a piilusi)



MIFEPRISTONE
Umenywa aa nkapu yameenda

Kwainda mawoola ali makumi obile abane uleelede ikubika mapiilusi a Misoprostol one mumasaya..



Yobile kulumwensyi, yobile kululyo.

Onse mapiilusi one uleelede kulekwa mukana kwama miniti aali makumi otatwe.



MBUNYONYOOSI BUKONZYA KUCITIKA



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



NCINZI CILANGILWA KUCITIKA MWAMANA

KUBELESYA MUSAMU OOOYU ?



Kumyonga akuzwa bulowa canguzu kuleka kumyonga kwa kumwezi.



Muziindi zya mweelwe wa 90 pesenti, kutulubanya kulacitika kumatalikilo a mawoola ali cisabomwe misoprostol.



Kumyongwa alimwi akuzwa bulowa ciya mbuli da mbolya komenede.



Misamu ilelya kucisa inga yanywugwa antomwe amusamu wakutanguna wa misoprostol. Misamu mbuli lbuprofen ngubeleka canguzu. Alimwi a Paracetamol nanka acetaminophenc inga wabelesyegwa.



NINCENJEZYO NZI ITONDEZYA MANYONGWE ?



Kuzwisya bulowa bunji (buzuya tusani tobile nanka totatwe mumawoola obile na otatwe mukutobelesya.



Kupya mubili kapati kwiindilila 39 Celsius nanka 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 kucibbadela 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 Mifepristone a misoprostol.

Mukaintu uyandika kusilikwa ulakonzya kwaamba kuti wasowa nanka da yazwa.

