



## KUTHANDIZA KWA MANKHWALA

Kuchotsa mimba pogwiritsa ntchito Mifepristone kuphatikiza Misoprostol ndikotetezeka kwambiri ndipo kumakhala kothandiza 95-98% yanthawi yonseyo ngati watengedwa mkati mwa masabata 12 oyambirira a mimba.

## NGATI MANKHWALA SAMAGWIRA NTCHITO



Bwerezani kuchotsa mimbayo pobwereza Kuchotsa Mimba Yachipatala kapena kukhala ndi Manual Vacuum Aspiration (MVA). Pali chিপsezo chochepa kwambiri chokhala ndi vuto lobadwa ngati mimba ikapitirira mutamwa misoprostol.



## KODI KUCHOTSA MIMBA KWANGA KUNABWINO?

Ngakhale mayi ataona kuti salinso ndi pakati, ndikofunikira kuwonetsetsa kuti kuchotsa mimbayo kwayenda bwino. Azimayi ayenera kuchita ultrasound pambuyo kuchotsa mimba kuchipatala kapena kuyezetsa mimba 3-4 masabata pambuyo kuchotsa mimba.



**ZOFUNIKA:** Ngati mayi sakukheta magazi, akutuluka magazi pang'ono (ocheperako poyerekeza ndi msambo komanso opanda kuundana) kapena ikupitirira kukhala ndi zizindikiro za mimba atagwiritsa ntchito mapiritsi ndizotheka kuti akadali ndi pakati. Ayenera kupanga ultrasound mwamsanga kuti aone ngati mimba ikupitirira kapena ayi, ngati izi sizingatheke akhoza kugwiritsanso ntchito mapiritsi.



## ATACHOTSA MIMBA



Pambuyo pochotsa mimba, mayi ayenera kuyembekezera kutuluka magazi pang'ono kwa masabata 1-3, koma mkazi aliyense ndi wosiyana.



Amayi amalangizidwa kuti asamalowetse kalikonse mu nyini (tampons), kusamba ndi kugonana mpaka kutaya magazi kwambiri kutha, pafupifupi kwa masiku awiri, mutachotsa mimba ndi mankhwala.



**Mayi akhoza kutenga mimba atangochotsa mimba!** Ngati sakufuna kutenga mimba nthawi yomweyo atha kuyamba njira yabwino yolerera kuti apewe kutenga mimba yatsopano.



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)

Contact Trust Youth Association

EMAIL: [Ctystalstone@gmail.com](mailto:Ctystalstone@gmail.com)

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

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

# KUCHOTSA MIMBA

NDI MIFEPRISTONE PLUS MISOPROSTOL (NJIRA YOPHUNZITSIRA)





### ZIMACHITITSA B'WANJI

Kuchotsa mimba kwachipatala kumayambitsa njira ngati kupititsa padera.



Mifepristone imatsekereza progesterone, timadzi tomwe timafunikira pa mimba ndipo imapangitsa chiberekero kumvera Misoprostol.



Misoprostol imayambitsa kutsekeka kwa chiberekero, komwe kumapangitsa kuti minyewa yamimba itulutsidwe, kutsekeka ndi magari

### MPAKA LITI INGAGWIRITSE NTCHITO KUCHOTSA MIMBA KWABWINO



0 >>> 12 weeks

Itha kugwiritsidwa ntchito mpaka masabata 12, kuwerengera kuyambira tsiku loyamba la kusamba komaliza.



### KODI MUNGAGWIRITSE NTCHITO B'WANJI KUCHOTSA MIMBA?



Mayi adzafunika piritsi limodzi la Mifepristone (200 mg) kuphatikiza mapiritsi 4 a Misoprostol (200 mcg lililonse)



**Mifepristone** ayenera kumzedwa ndi kapu ya madzi

Patadutsa maola 24 mai atha kugwiritsa ntchito mapiritsi anayi a Misoprostol



pakati pa chingamu ndi tsaya awiri kumanzere ndi awiri kumanja.

Mapiritsi onse anayi ayenera kusiyidwa mkamwa kwa mphindi pafupifupi 30 kuti asungunuke. Zotsalira zimatha kumzedwa pambuyo pake.



### ZOCHITIKA ZONSE



M'maola 24 oyambirira zizindikiro zotsatirazi zikhoza kuchitika: nseru, kusanza, kutsegula m'mimba, kutentha thupi kapena kuzizira kapena kuzizira, kupweteka mutu ndi / kapena chizungulire. Ma side-effects awa sizowopsa ndipo amatha pakangotha maola ochepa



### KODI INGAYENDE CHIYANI AKAGWIRITSA NTCHITO MANKHWALA?



Kutupa ndi kutuluka magari kumaliseche mwamphamvu kuposa nthawi ya msambo.



Mu 90% ya milandu, kuchotsedwa kwa mimba kumachitika mkati mwa maola 6 oyambirira mutatha kugwiritsa ntchito misoprostol.



Mayiyo akakhala ndi pakati nthawi yayitali, m'pamenenso kutuluka magari ndi kukokana kumachulu-kirachulukira.



Mankhwalu opweteka amatha kutengedwa nthawi imodzi ndi mlingo woyamba wa misoprostol. Ibuprofen ndiyothandiza kwambiri. Paracetamol/acetaminophen itha kugwiritsidwanso ntchito



### KODI ZIZINDIKIRO ZOCHENJEZA (ZOVUTA) NDI CHIYANI?



Kutaya magari kwambiri (mapadi awiri kapena atatu odzazidwa pa ola kwa maola awiri kapena atatu motsatana)



Kutentha kwakukulu kopitilira 39 Celsius kapena 38 Celsius kwa nthawi yopitilira 24h



Kupweteka kwamphamvu komwe sikumatsitsimutsidwa ndi mankhwalu oletsa kupweteka patatha masiku angapo mutamwa mankhwalu



Kutuluka konunkha, kumaliseche kwachilendo

### ZOYENERA KUCHITA MWAUVUTA



**Pitani mwamsanga kuchipatala.**

Pakakhala ngozi yadzididzi, ogwira ntchito zachipatala ali ndi udindo wosamalira munthuyo munthawi yake. Chithandizo cha zovuta ndi chimodzimodzi ndi zovuta pambuyo popita padera. **Sizingatheke kuwona kusiyana pakati pa kupita padera ndi kuchotsa mimba kochititsidwa ndi Mifepristone ndi Misoprostol.** Mayi amene akufunika chithandizo chamankhwalu anganene kuti wapita padera.

