



## OMUBAZI OGU NIGUKORA GUTA



Okwihamu enda orikukozesa Misoprostol tikiyi kabi kona kandi nikyesigiba omunsi yona obuchweka 9-10.



Garukamu endagyriryo yokukoresa obujuma eri ahaiguru narishi tayayira omushaho atendekyirwe abasa kukwihamu enda arikukoresa omuringo ogundi.

Hariho akabi kakye munonga washaramu okuzaara obwe obeire wakoriise obujuma bwa Misprostol kwihamu enda.



## ORGANIZATIONAL INFORMATION

Women HelpWomen

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

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

TWITTER: [@WOMENHELPORG](https://WOMENHELPORG)

FACEBOOK: WOMENHELPWOMENINTERNATIONAL

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

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



## ENDA ERUGYIREMU KURUNG?

Omukazi nobwakuba nayehurira nka'taine nda, nikyikuru munonga okuhamya ku enda erugyiremu. Omukazi abaasa kuza owomushaho bakamuteka omu "scan" bwanyima yenaku ikumi aheriize kukoresa obujuma oburi kwihamu enda narishi kukyebeza enda arikukoresa situripi zikukyebera' nda bwanyima yesande ishatu ayihiremu enda.



**NIKYIKURU MUNONGA:** Omukazi yaba atajweire, ningashi akajwa kakye kusinga okwarikujwa yaba ari omukwezi narishi akasigara aine obumanyiso bwo'mukazi ayiine enda namaziima kwo nabasa kuba akyiine enda. Nahaburwa kuza owomushaho omukugu akyebeze busya yaba akyiine enda.



## BWANYIMA YOKWIHAMU ENDA



Bwanyima yokwihamu enda, noija kujwa ekyitarengaine okumara wikyi emwe narishi eishatu. Oijuke ngu buri mukazi ayiine enkora ye.



Toyiine kuteka ekintu kyona omubukazi, ningashi okwegeita nomushaija mpaka okujwa ahikurarekyere'ho bwanyima yokwihamu enda.



**Omukazi nabasa kutunga enda endijo ahonaho bwanyima yokwihamu enda!** Waba otakenzire kutwara enda bwanyima yokwihamu enda, nohanangyirizibwa okozesa omuringo gwa family planning okwentantara enda eyo tetebekanisize.



## OKWIHAMU ENDA ORIKUKOZESA MISOPROSTOL



## MISOPROSTOL NEKOZESIBWA ETA?

Nobujuma oburukozesebea omunsi yonna kwihamu enda kandi hamwe nokutambira okuribwa omunda ahabwa ulcers. Niguguzibwa omumaduka gemibazi narishi gyete pharmacy ahansi yamaziina; cytotec, isovent, Misoclear, MisoFem, Cyrux or Tomispral. Omumahanga amaingyi omu Africa, nigukukoresibwa omumarwariro okutambira okujwa munonga omukazi yaheza kuzaara.





## MISOPROSTOL,

### NOBASA KUGYIKOZESA KI?

- Okwihamu enda
- Okwiihira mu kyimwe enda erikuba etarugyiremu kurungi (enda eyaba erugyiremu kubi)
- Okwehara okujwa waheeza kuzaara
- Okutamba ulcers ningashi okuribwa omunda.

### NEKORA ETA?

Misoprostol neyiigura nyinenda, eyoroba obukazi enda etyo erigamu.

### NOGYZIKOZESA RYARI KWIHAMU ENDA?



Nekozesibwa enda yaba etakahikyize ningashi kurenzya wikkii ikumi naibiri. obwo' orikubara kuruga ahi eizooba ryokubanza obwoherera omukwezi/ omushonga.



## NOGYIKOZESA OTA?



Omukazi nayetenga obujuma ikumi nabubiri kwihamu enda obwo orikuzesa obujuma buna omushaha ishatu.



Teka obujuma buna bwa misoprostol ahansi yorurimi kumara edakika makumi ashatu.



Otabumiira nibwija kuhwerera.



Bwanyima yeshaha ishatu shuba otekye obundi bujuma buna bwa misoprostol ahansi yorurimi kumara edakika makumi ashatu.



Otabumiira nibwija kuhwerera.



Bwanyima yeshaha ishatu shuba otekye obundi bujuma buna bwa misoprostol ahansi yorurimi kumara edakika makumi ashatu.



Do not swallow, let it dissolve.

Hahwaho eshaha ishatu ezindi enda etakarugyiremu, shuba otekye obundi bujuma buna bwa misoprostol ahansi yorurimi kumara edakika makumi ashatu.



## EKYIRIKUBAHO WAHEZA KUMIIRA OBUJUMA OBU?



Okuribwa omunda hamwe nokujwa okurikusinga waba ori omushoonga.



Om u bichweka 80%, enda nerugamu omushaha abiiri naina eziri kubanza waheza kumiira obujuma.



Okurugyirira aha bukuru bwe'nda, nikwo' nebisha birakurume ninga okworajwe



Obujuma oburikutangyira obusasi nibumumirwa hamwe na dozi yokubanza eya Misoprostol. Obujuma bwa' Ibuprofen nibwe burikusingayo kukora gye. Paracetamol/Acetaminophen nebaasa kwongyerwaho



## AKABI AKAKUBASA KUBAHO?

Omushaha abiri naina eziri kubanza, obubonero obu nibubasa kubaho; Esheshemi, Okutanaaka, Okwirukana, Ekitengo kyembeho nyamwingyi, omutwe okukutera ningashi orunzegyerera. Obubonero obu tibwiine kabi kahango ahamagara gomukazi kandi niburugaho omushaha nkye.



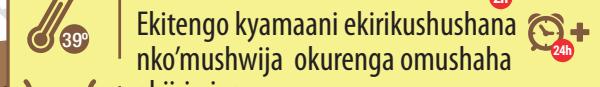
## NOMANYA OTA NGU HABARUKAHO AKABI?



Okujwa okurengyeerize (okwijuza padi eibiru ninga eishatu buri shaha aha kafuririzo kamani omushaha eibiru)



Ekitengo kyamaani ekirikushushana nko'mushwija okurenga omushaha abiiri nina.



Obusasi/ obuhuruzi bwingyi munonga obutarikugyenda



Ekyinuko kyamaani kuruga omubukazi



## HABAHO AKABI



**Gyenderaho owomushaho omukugu.**

Kuhakubaho akabi kona waba noyihamu enda oketagyisa kuza owomushaho nikikuru kumanya ebi. Obuhwezi obukuhebwa omukazi arugyiremu enda nibwo bumwe nobwo mukazi ayaihemu enda ahabwe. Tokabasa kubitaniisa. Mbwenu kuwakuba noyetenga obuyambi ahamushaho obaasa kumugyira oti narugwamu enda.