



BUKOLA BUA BUANGA



Misoprostol udi wenza mu mubidi bua kuimanyika difu ku bakaji 9 pa 10.

TSHIA KUENZA NTSHINYI PADI DIFU KADUYI DITUKA TO?



Mukaji udi bua kunua kabidi buanga anyi kuenzela lushingi lwa kukoka nadi tshidi munda. Kudi njiu mikesa ya dikonyangala dia mukujii padi difu kaduyi dituka to panyima pa mumana kunua buanga



Women HelpWomen
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MAMA Network: Mobilizing Activists around Medical Abortion (MAMA).
WEB: WWW.MAMANETWORK.ORG



DITULA DIANYI DIA DIFU NDIPITA BIMPE ANYI?

Nansha mukaji yeya udiumvua ne katshienka kabidi ne difu to, mbia mushinga bua kujadika se ditula difu ndipita bimpe. Mbimpe kutangididisha difu ku biamu peshi échographie panyima pa mumana kutudisha difu ne manga, anyi kutetesha difu né didiku panyima mbingu 3 too ne ku 4.



Pikala muakji kayi upatula mashi munda to, muikala ne upatula mashi makesa (mashidila ku mashi a ku ngondou ne kaayi ne mabulu to peshi caillots) ne/ anyi utunguluka kuleja bimanyinu bia muntu ne difu panyima pa mumana kunua manga bua kutula, bida bileja se difu ditshidi anu koku. Udi ne tshia bua kutangididisha ku biamu koku mushindu bua kuepuka ne difu kadikolu anyi to, padiku kakuyi mushindu to udi bua kunua tshia kabidi buanga.



PTYIMA PA DITULA DIFU



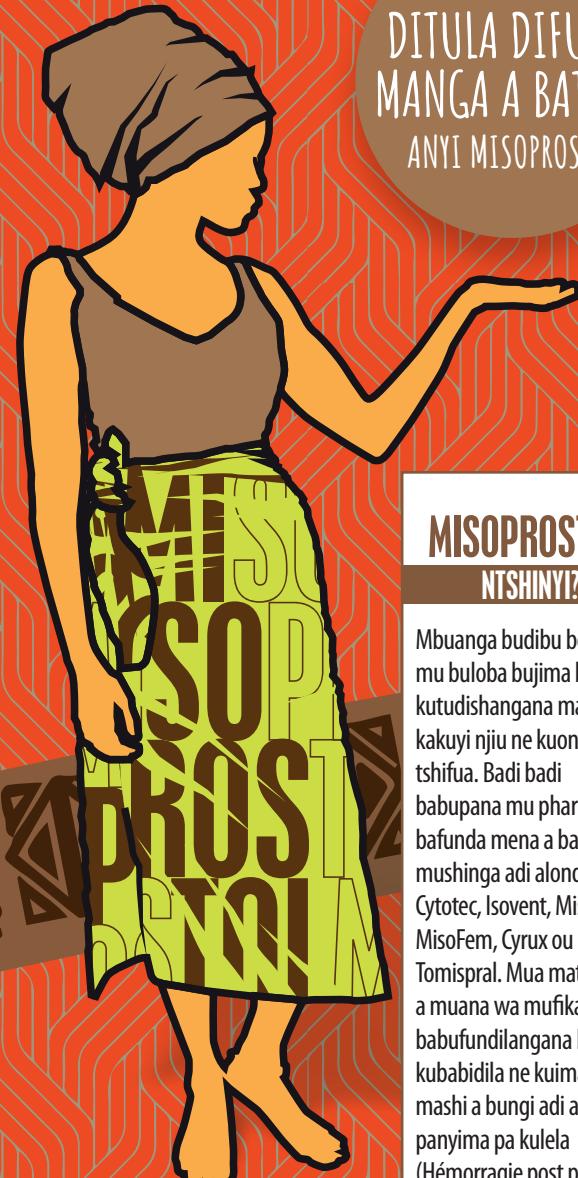
Panyima pa ditula difu, mukaji udi utunguluka ne kumona mashi makese munda mua lubingu 1 too ne ku mbingu 3, kadi mukaji yonsu udi ne muenda mudiyi. Mbimpe kujadika se ditula difu ndipita bimpe.



Kuedi tshintu munda mua njila wetu wa bakaji anyi vagin to (tampons), nansha kuowa mayi anyi kusangisha mubidi ne muntu too ne padi mashi a bungi akepela, pamua ne matuku 2 panyima pa ditula difu ne manga.



Mukaji udi bua kupeta difu diakamua panyima pa ditula difu!
Bua kuepuka bua kupeta kuimita difu diakamua, padiyi kayi musua to, mbimpe kuenzela mushindu muimpe wa kuikishisha lulelu anyi contraception



DITULA DIFU NE MANGA A BATOKA ANYI MISOPROSTOL

MISOPROSTOL, NTSHINYI?

Mbuanga budibu benzela mu buloba bujima bua kutudishangana mafu kakuyi njiu ne kuondopa tshifua. Badi badi babupana mu pharmacie bafunda mena a ba ngenda mushinga adi alonda aa: Cytotec, Isovent, Misoclear, Misofem, Cyrux ou Tomispral. Mua matunga a muana wa mufika, badi babufundilangana bua kubabidila ne kuimanyika mashi a bungi adi apatuka panyima pa kulela (Hémorragie post partum)



MISOPROSTOL,

MBUA TUBINGILA KAYI?

Ditula difu mu bukubi. Londapu panyima pa ditula difu anyi difu diditukila (bua kusukula bidi bishala um nzubu wa muana) Kubabidila ne kuondapa mashi adi apatuka munda panyima pa lulelu (HPP) – mashi a bungi panyima pa dilela. Kuondapa tshifua

MUSHINDU KAYI UDIBI BIENDA?

Misoprostol udi uvuandulula mua lulelu, utekesha ne ukangula njila wa lulelu, ki bidi bienza bu difu diditukila anyi fausse couche.

NTSHIKONDU KAYI TSHIDIBU BAMUENZELA BUA DITULA DIFU MU BUKUBI?



Mu mbingu 12 ya kumpala ya difu kutuadijila ku dituku dia kumpala dia tshijila tshia ndekelu



MUSHINDU KAYI WA KUENZELA MANGA BU DITULA DIFU MU BUKUBI?



Mukaji udi dijinga ne tumuma 12, tua kuangata misangsu 3 mumua ne tumuma 4 um tshipolu tshia meba asatu asatu



Kuteka tumuma 4 tua misoprostol muinshi mua ludimi munda mua mimuta 30



! kubenga kumina, kulekela tuvingutuka



Panyima pa meba 3, kuteka tumuma 4 muinshi mua ludimi munda mua minuta 30



! kubenga kumina, kulekela tuvingutuka



Panyima pa meba 3, kuteka tukuabu tumuma 4 muinshi mua ludimi munda mua minuta 30



! kubenga kumina, kulekela tuvingutuka



Padi meba 3 apita difu kadiy i dituka to, mukaji udi bua kusakidila mukuabu dose mu meba asatu too ne padi mukuij upatuka



TSHIENZEKA NTSHINYI PANYIMA PA DIENZELA MISOPROSTOL?



Buteketa bua manungu ne dipatula mashi a bungi mapita ni a tshijila tshia ku ngondu



Pa bungi bua 80%, dipatula dia mukuij munda ditu dienzeka um mbingu 24 ya kumpala



Padi difu diodi ne matuku a bungi, ki padi mukaji upatula mashi a bungi



Manga a kutuyisha nau kusama badi ba anua diakamua ne dose wa kumpala wa misoprostol. Ibuprofène ki utu mukola bikola. Paracetamol/ acétaminophène badi bua kumuenzela bu nsakidilu.



BIMANYINU BIA PANYIMA PA DINUA MANGA



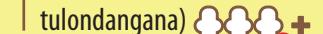
Mu meba 24 panyima pa diangata manga, bimanyinu bidi bilonda ebi bidi bua kumueneka : kumoyi luenda, diluka, diupa munda, mubidi kapia wa 38°, mutu usama ne/anyi kudiumvua bibi. Bimanyinu ebi kabitu anu bia njiu to ne bijimina panyima pa mëba makesa.



NTATU KAY IDI MUA KUMUEKA?



Dipatuka mashi dipita pa mukenji (tulamba tua kukuata natu mashi anyi serviette 2 to ne ku 3 munda mua mëba 2 to ne ku 3 tulondangana)



Mubidi kapia mukola (kupita pa 39°), anyi 38° pa mëba kupita pa 24



kusami kukola mu matuku a bungi panyima pa diangata manga ne kakuyi kujika to nansha bafila manga a kutuyisha kusama



Mayi a mu njila wa bakaji mabi ne apatula mupuya

TSHIA KUENZA NTSHINYI PADIKU KUMUEKA NTATU?



Ndaku diakamua ku nzubu wa luondapu

Padi mukaji miikala ne dijinga ne luondapu, **bena mudimu ba luondapu badi ne tshia bua kumukuatshisha pa diba**. Luondapu lua ntatu ya ditula difu ne manga a batoka ludi anu mushindu umua ne padi difu diditukila. **Mbikola bua kuleja dishilanga pankatshia pa difu diditukila ne ditula difu ne manga a batoka mifepristone ne misoprostol**. Mukaji udi dijinga ne luondapu **udi bua kuamba ne difu ndiditukila nkayadi**.