



## MUGALA GA MITI

Kubika hamwe muti mifepristone/ misoprostol ni bushoga na magala 95 ao 98% kuheka muyinga 12 za zimi kuhingira

## BIZANGA MUTI KUSA KOLA



Mukazi angashubilila kunywa miti mifepristone na misoprostol angagendera kumima, kuyoneka kwa kyamuda kuli kunini, bizanga zimi lisashaga mu kunywa miti



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

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



## KAZIMI LYANI LYA SHAGA?

Kiri mukazi atenyuva asihete kandi zimi, buli bushoga kumanya kama kyaba muda kya shanga, agagila échographie, akimala kunywa miti? Kipimo kye zimi yinga 3 ao 4 kuhemba kushaga kwa zimi.



**BIKWANINE:** Yahika mukazi asashaga muko ao washaga muko munini kuhembela kunywa muti, ingahikila zimi kusashaga, bigahuna ayengine échographie lumbu lwa kumanyikiza kama zimi lwi munda anganywa kandi muti.



## KUHEMBERE ZIMI KUSHAGA



Zimi kushaga, mukazi angangendeleda na kushaga muko mu inga 1 ao 3, bakazi bashi bahimirane bushoga umanye kama zimilya shaga



Ufundi kindu mu kishudi, kete kulumana kete kubika ao kulenza mazi, kuhemba mukonguwe mutujuba 2 twa zimi kufuma



**Mukazi angaheka zimi rindi hao hao lya mbele kujuma ao kushaga.** PKuhimangisa kusaheka zimi kolesa indi njera hao hao ya kusaheka zimi

# KUSAZA ZIMI NA MITI

## MIFEPROSTONE NA MISOPROSTOL (BYOSHI HAMWA)





### BYETEYE VINI

Kusaza zimi na miti kuringe kushaga kwa bunda mubaya, kusa buta kushoga



Mifepristone yete ngira zimi lileke kugendelela na kugira mwengo ngu hembere muti Misoprostol



Misoprostol yete reta kusiganjira bwashi ya bunda kugira zimi rishage, nakuretesa muko

### INGAKOLA BIZANGA MBIGA LUMBU LWA KUSAGA ZIMI MUKALEMBE?



0 >>> 12

Vinivyungakolesa muti juu aolumbanga lwa kusaza bunda (zimi) mukalemebe



### VINI UNGA KOLESA MUTI LUMBU LA KUSAZA ZIMI?



Mukazi angashoma kinini 1 kya mifepristone 200 mcg na binini 4bya misoprostol bya 200mcg kila kinini



**Mifepristone** guri muti giwa kunya na kikombe kye mazi

Kuhembra saa 24 bika binini 4 bya misoprostol



Kubika binini 4 mukanywa na kuhebelwa dakika 30 bijunguluke. Mukazi angava midaga byoshi byasizala mukunywa



Mu saa 24kisha kunywa miti bigahikila, selambu, kushala, kuhala, homa ya 380 mutwe kulyana na mwego kujunguluka. Byoshi bisiga tinda ku mala



### BIKIBINGATUKA KISHA KUNYWAMUTI MISOPROSTOL?



Kigazi kingi na kushaga muko mwingi kuhina



90% gazimi lyete fuma mu saa 6 za kubaluka



Kugendelela kwa zimi kuyagila muko ngushange mwingi



Kunywamuti gwa kumala kungana koshi bizanga biwanywa misoprostol. Ibuprofène guli muti mushoga, hamwe na paracetamol



### KUGILA BIKI BIZANGA BYAYABIRANA?



Kushaga muko mwingi musiku nyingi (kuizaza milembe 2 ao 3 ya muko mu saa 2 ao 3)



Foma ngayu, kulenga 39%, 38% mu bizanga bya saa 24



Kulyana mwingi musiku nyingi kare wanywa miti, kiri unywa miti, usiga nyunva kalembe kete



Kuzimiza bushoga na bunono bwa kishundi

### QUE FAIRE EN CAS DE COMPLICATIONS?



**Busila kuhembela kulikuya ku lubuko**

Kama mukazi atesima kubukwa, kusa zimiza bizanga, bubaki bamubuke. Lubuko lwa kusaza zimi na muti lulinge kusabuta bushoga. Biri bikayu kumanya kusabuta kushoga na kusaza zimi na muti mifepristone na misoprostol. Mukazi asimile kubukwa angasete zimi lyashaga lyongwa.

