



BUKOLA BUA MANGA

Manga masambakaja mifepristone/Misoprostol nga bukubi ne makola ku 95 to ne ku 98% ku mafu adi ne mbingu 12.



DITULA DIANYI DIA DIFU NDIPITA BIMPE ANYI?

Nansha mukaji yeya udiumvua ne katshiena 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 kuteteshia 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 ngondu ne kaayi ne mabulu to peshi caillots) ne/anyi utunguluka kuleja bimanyinu bia muntu ne difu panyima pa mumana kunua manga bua kutula, bidi bileja se difu ditshidi anu koku. Udi ne tshia bua kutangidisha ku biamu koku mushindu bua kuepuka ne difu kadikolu anyi to, padiku kakuyi mushindu to udi bua kunua tshia kabidi buanga.

PIKALA MANGA KAAYI MENZA MUDIMU WAWU TO



Mukaji udi bua kunua kabidi manga mifepristone ne misoprostol anyi ku dikoka ne lushingi lua lunena anyi aspiration. Kudi njiu mikesa ya dikonyangala dia mukuji padi difu kadiyi ditula panyima pa dinua manga.



PANYIMA 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 KUPITSHILA KU MANGA A BATOKA ANYI MIFEPRISTONE NE MISOPROSTOL

(MISHINDU YA MANGA MASAMBAKAJA PESHI METHODE COMBINE)



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)





MUSHINDU KAYI UDIBI BIENDA

Ditula difu ne Manga a batoka bidi muomumue ne difu diditukila anyi fausse couche



Mifepristone udi wimanyika progesterone mu mubidi wa ba mamu, hormone udi ne mudimu wa kukolesha difu, ne wambuluisha nzubu wa muana bua kuakidila Misoprostol anyi buanga buibidi



Misoprostol udi ubundula kusama kua munda, bidi bipatula mukuji, mabulu ne mashi.

NTSHIKONDU KAYI TSHIDIBU BUA KUMUENZELA BUA DITULA DIFU MU BUKUBI?



0 >>> 12
ya kumpala

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 dia kamuma kamua (1) ka mifepristone 200 mcg ne tumuma tunayi (4) tua misoprostol ka 200 mcg pa kamua



Mifepristone badi ne tshia bua kuyinua mu verre umua wa mayi

panyima pa meba 24, **kuteka tumuma 4 tua Misoprostol** muinshi mua ludimi



Pankatshi pa tshinyanganyanga ne ditama tumuma tubidi nseka yonsu ibidi

Tumuma 4 tudi ne tshia kulamibua mukana munda mua minuta 30 too ne paditu tuingutuka. **Panyima pa diba, mukaji udi bua kunua bidi bishala**



BIMANYINU BIA PANYIMA PA DINUA MANYA



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



TSHIDI BUA KUENZELA NTSHINYI PANYIMA PA MUMANA KUNUA MISOPROSTOL ?

Diteketa dia mu manungu ne dipatula dia mashi a bungu mapita ne a tshijila tshia ku ngondu



Mu 90% ya bilejilu, ditula difu didi dienzeka mu meba 6



Difu diodi dikala dikola, mashi pau adi apatuka a bungu.



Manga a kukanda nau kusama badi bua ku anua diakamua ne dose wa kumpala wa misoprostol. **Ibuprofene** ki utu mukola. **Paracetamol/acetaminophene** badi bua ku enzela bu manga a nsakidilu



MBIMANYINU KAYI BIA NTATU?



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



Mubidi kopia mukola (kupita pa 39°, anyi 38° pa meba kupita pa 24)



kusami kukola mu matuku a bungu 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 muikala ne dijinga ne luondapu, **benamudimu 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.**

