



MOYYERE SAFAARE

NDEEN



Safaare miisorostooli ndeen na waawi samnude deedi rewbe jeenay (9) dow sappo (10) fu.

DUME HAANI WA'DEED

SO TAWI REEDU NDUUN

SAAMAY?



Debbo oon na waawi hokkeede kile kewde safaare ndeen maadu omo waawi foofude e mayre faa nde naata e makko. Fay nde safaare ndeen ronki saaminde reedu nduun fu, nde waawata fiawnude binndoore ndeen.



JEKULUW KUNNAFANI

Women HelpWomen

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

WEB: WWW.MAMANETWORK.ORG



SAMNUGOL REEDU AM NDUUN TABITOKÉ NA ?

Fay so debbo oon dimmi ke o wana o reedujo katin fu, omo jeyi e hiisoyde o ndaare yalle saamugol reedu nduun tabitoke na. Omo haani ndelle e wadude ekogarfi caggal samnugol reedu nduun fa o andita ko woni, ammaa doon e jeddiije tati (3) ma nay (4) fuu, o hiiso o ndaara yalle reedu nduun na doon naa ndu wala doon.



So debbo oon **tuyyay**, ma so o **tuyyi seedakel fu** (ko fotay lonngo mo walda e gulce) **dey omo wondi e alhaali reedujo** caggal adugol makko bode samnooje reedu deen, na moyya tawe o reedu faa hannden. Omo **jeyi e wadude ekogarfi** o ndaara yalle reedu nduun saami naa ndu saamay. So ndu saamay fu, omo waawi hokkeede safaare ndeen katin.



CAGGAL SAAMUGOL REEDU



Caggal saamugol reedu fu, debbo na waawi tuyyude ko fotata jeddiire ma jeddiije tati. Ammaa rewbe na ceedi.



Huunde fuu haanaka wateede ley kottu (dagu ko wi'ete "tampon"), wana haala lootaade ma hatude faa do tuyyam joomum keewdam dam buyto sanne. Huunde ko wadta dagu balde didi caggal samningol reedu habbodiido e cafaaje dokoroobe.



Debbo na waawi adilawde reedu caggal saamugol reedu mum! Sooni joomum muuyay adilawde reedu fu, omo jey e adineede cafaaje kadooje rewbe adilawde reedu.

CAAMAL-REEDU HAB'BODIIDO E CAFAAJE

HAB'BODIIDO E SAFAARE
WI?ETEENDE
MIISOPOROSTOOLYE



KO WONI

MIISOPOROSTOOL?

Safaare miisorostool ndeen wonayna safaare nde dokoroobe adunaaru fu hokkata debbo so tawi haaju samningol reedu na woni. Ndeen safaare dun na hokke yimbe gonnube fiaw buuye deedi. Safaare ndeen na sonnde nader farmisiji e inde kewde dagu: Sitotek, Isovent, Misoklear, Misofem, Siruks, ma Tomispral. Ko buri hewed e leyde baleebe fuu, safaare ndeen adataakena fa reena ma fa sawra rewbe e ko habbodi e tuyyam caggal ndimu (tuyyam caggal ndimu).





MIISOPOROSTOOL,

DUME DUM NAFATA?

Samninngol reedu nder dokotoroore. sawrugol caggal reedu saamundu (fa sawra reedu samndaandu ndu samday). Sakkagol e sawrugol tuy'yaam kewdam caggal ndimu. Sawrugol buure-reedu.

NOY NDE (SAFAARE MIISOPOROSTOOL) GOLLIRTA LEY BANNDU ?

Safaare miisorostool na hamna rimrudu, na waggindina de na yaajina hunnduko laawol rimrudu, duum waddanta alhaali saamugol-reedu.

NDEY DUM WAAWI NAWTOREEDE LEY SAMNINNGOL REEDU NDEENINGU ?



Ley jeddiije 12 artotoode, gilla ma ñalaande nde debbo wayrata yihude lonngo mum.



NOY SAFAARE MIISOPOROSTOOL NDEEN NAWTORTE DEY SAABANO NE'DDO SAAMUGOL REEDU LEY NDEENAAGU ?



Debbo fuu na jey e yarude bode miisorostool sappo e didi (12), ley eerji tati fu o yara boode nay (4).



O muddo, ley demngal makko, **bode nay (4) safaare miisorostool** dey o acca faa wada mintaaaji ceppande tati (30).



Tinta o moda. O acca faa de yoosa.



So wadi eerji tati (3) fu, o muddo katin bode nay (4) godde ley demngal makko faa wada mintaaaji ceppande tati (30).



Tinta o moda. O acca faa de yoosa.



So eerji tati (3) welloke katin fu, o yecco o watta katin **bode nay (4) godde** ley demngal makko dey o acca faa wada mintaaaji ceppande tati (30).



Tinta o moda. O acca faa de yoosa.



So eerji tati welloke dey reedu nduun saamay fu, debbo oon na waawi hokkeede bode godde katin ley eerji tatu fu faa do reedu nduun saamude.



KO BODE MIISOPOROSTOOLI WADDANTA NE'DDO?



Koyde naawooje e tuy'yaam kewdam burdam lonngo heewude.



Na moy'ya doo e yaade eerji norgay e nay, dow deedi hemre fu, ceppande jeetaati dii ka fuu saaman.



Nde tawi reedu nduun neebi seeda fu, duum na waddana debbo reeduujoo oon tuy'yude sanne.



Cafaaje bubnooje naawu e safaare miisorostool ndeen na waawi adideede wakkati gooto. Wi'eteende ibuporofen ndeen buri nafude. Wi'eteende parastamol ma asetaminofeen ndeen dun na waawi hokkeede joomum caggal mum.



KO SAFAARE (MIISOPOROSTOOLI) NDEEN WAAWI

WADDANDE NE'DDO?



Nde safaare ndeen ada ka fu, doon e jaangoorem, joomum ñiddete, o tuutan, reedumum doggan, bandumum wulan, hooremum naawan, terdemum fuu naawan. Ka naawuujoo diin wana di neebooji. Di timman doon e seeda.



KO WONI MAANAAJI TI'DORMAAJI KAB'BODI'DI E SAFAARE NDEEN ?



tuy'yaam kewdam (alhaali ko waani sownude dagu gude tati dow eeji didi ma tati fu).



Jontere mawnde ko waawi wadude faa eerji norgay e nay.

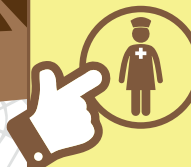


Naawu sattungu wadoowu balde caggal reedu saamnaandu. Boddere fu waawana bubnugol naawu nguun.



Lonngooji debbo di feenaaki e tawti luubudi dun.

DUME HAANI WA'DEED E NDE TI'DORMA WARI ?



Yawna yahude suudu dokotoroore

So debbo muuyi sawreede dokotoroore fu, **yo tilay ko dokotoroobe sawra mo.** Cafaaje de jombe deedi samnaadi kokkete e cafaaje de rewbe deedi saamudi kokkete fuu ko gootum. **Ceertugol fuu waawa wadeede hakkunde reedu samnaandu e reedu saamanndu hoorem.** Ndelle Debbo fuu gondudo oon haaju dey na muuyi sawreede dokotoroore, **na waawi wi'ide ke yon reedu makko saami.**

