



A MAALA MABUSHAKE



A misoprosol inakola kwa retengya bukule mwa bakatsi mwenda ku kumi

MWA KASHANGI ABUKULE BUTATENGIRA NI TWA IRA BATE



Mukatsi ungatsimba a bushake ngendo nyingi haté kiro kibi kye kingakuhikira na mwa kashangi ipendire ungaheka bundi bukule



Women HelpWomen

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

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



MWA KASHANGI A BUKULE BWA METENGA

Mwa kiro a mukatsi auhya tikuno atahete bukule, ipashishe niwaata uhakika kwa bukule bwakindihre tenga. ipafyushe niwa enda kyutsa bipimo bya échographie wa métengya a bukule na mashake , ao bipimo bya bukule wa mepitisha maboso ma shatu ao mane.



A mukatsi ata kiri atengya shiama tikuno ya biro biwe bya muetsi alakini akinashunga tikuno a bukule bukineho amekinda abushake . ingaba na bukule butasha bwatenga ipashishe naya kola bipimo bya échographie kusudi apate abuhakika bwa bukule buhwe. tikuno abule butatengire na atsirira a bushake.



KASHANGI A BUKULE BWA METENGA



Mwa kashangi a bukule bwa metenga a shiama ingatenga iboso liuma ao maboso mashatu , lakini kintsi mukatsi na mubiri uhwe



Ini utirhire kindu kyoshoshi mwa bwalo bwahwe ao ni utibuanae na mulume bumukole kitendo kya ndoa mupaka ashiana ikauke kushe, mubihro bi biri



Amukatsi anagaheka bundi bukule ametengya bwa kwanwa Mwa saa utapendire heka bundi bukule ipashwishe niwehre tsimaba ama contraception

ITENGYA BUKULE NA BUSHAKE NA BUSHAKE BWA MISOPROSTOL



A MISOPROSTOL KYE KIKI?

Bushake bwe butatumiwa mwa kihuo kyoshi kwe isakya ku tengya makule kupipira arechira ra mashake, buna asikya kulamia asi stoma na bihulu binene binene. Ubushake obuu unga ulabo mwa pharmacie bunalukwa kandi: Cytotec, Isovent, Misoclear, Miso Fem, Cyrux ou Tomispral mu bihoo bingi mwa africa. Inaasikya na shiama ni isitenge nyingi mwa kashangi mukatsi ao bitasha bamekinda buta. (ashiama ye inatenga mwa kashangi amukatsi amebuta)





MISOPROSTOL, BUSHAKE BYAKI

Aretengya abukule kwa chira ikwirire, mwa kashangi abukule bwa metenga, ao mwa kashangi abukule shabutenga byena byene. Mwa kashangi ashiana ingatenga nyingi ungamumiya abushake bwa misoprosostol.

NIBIKABA BATE?

A bushake bwa misoprosol bunaleta a bitsi uterine niya ihira hauma niya enda shnja a col de l'uterus, ni ya leta sasa abukule ni bwa chqngana mwa uterius

BUNGASIMBWA MWA KASHANGI KAHEE KUBUSHI ABUKULE BUTENGE KUSHEE?



Mwa maboso kumi na mabili ya bukule itangira a kiro kya kya rechunga a mwesi mamukatsi



TWANGAIRA BATHE KWA RETSIMBA A MISOPROSTOL KUBUSHI A BUKULE BUTENGE KUSHEE?



Mukatsi nanywa binini kumi na bibiri bya misoprostol; bine bine kwa bishangi bya saa shatu.



Ao niwa hira binini 4 hashi ya lulimi mwa tushnangi twa ndakika makumi shatu



Ni utishome a binini ni wa hira byo mwa mesthi



Kisha kashangi ka masaa mane niwa hira bi nini bine hatako wa lulimi minute makumi shantu



Ni utishome a binini ni wa hira byo mwa mesthi



Mwa tushangi twa saa ene ni wahira bindi binini bine mwa shishi wa lulimi



Ni utishome a binini ni wa hira byo mwa mesthi



Mu saa shatu abukule mametsuka na bukule butatengire ni wa tsimba bundi bushake mu masaa mshatu kandi mupanka butenge



BIKI BYE BINAHIKA ABUKULE BWA METENGA



Wa metsimba abushake bwa misoprostol niwalola ashiana nyingi niyashesheka tikuno mwa biro bya mwetsi byq bqkqtsi



Mwa ka 80 % a bukule bungatengera mu masaa makumi biri nene



A bukule bukata mietsi mingi na shiana niyaba nyingi kutsibu



Ungatsimba bushake bwemala amaumivu mwa saa hameshimba a misoprosol. Ngakuno a paracétamol



UNGAPATA BINDI BINDU MWA MUBIRIAHWE WA METSIMBA ABUSHAKE



Kadiri ya masaa makumi biri na mane wa metsimba abushake , wa ngashala ao ni wahara, ao kambi niwapata homa nyingi , amuthe angaluma kutsibu , lakini abyoshi byo binahwa chuba kutsibu



A BISHUSHANI BINABA BATE BYA COMPLICATION



A shiama kwe tenga nyingi unge mala a serviette biri ao shatu mu saa biri ao massa mashatu



Ungapata homa nyingi mu masaa makumi biri na mane



Lakini niwa ata maumivu mangi biro bingi abukule bwa metenga;



Niwa atabindu ni byatenga bwa bwalo niabibeha kutsibu

UNGAIRA BATE MWA KASHANGI ABINTU BYA MEENDA KUBI?



Ni waenda tchuba mwa centre de santé

Mwa saa amukatsi apate bushake, abanganga bapashwishe nibamutsimba kushe nibamuha bushake, abushake mwa complication bwe buuma na bushake mwa bukule bwe bwa meitera. Ritsibu imenya abukule bwe shabutenga mwenabwene na bukule byeshabutenga na bushake misoprostol. A mukatsi ya pendire bushake ananeena mbawa bukule buwe shabutenga

