



MISI GU MUTI



Misoprostol yakikola ku twisa izimi kubakazi mwenda (9) kwi kumi(10).

WANGAKOLA BIKI IRI LITALIOKA?



Mukazi angagaluka kwanga guria muti ao kuliosibwa ni bigera Madati manini mwana kubutwa burigo irizimi lyanga genderera amari marira muti.



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)



IZIMI LYANI LYA LIOKA UKURI?

Iri mukazi uva atari izimi, biri bija uvirize irizimi lya lioka, agande ku echographie kisha kunwa umuti ao ugiri test yi zimi kisha <inga zi shatu(3) ao zine(4) kisha kuliosa izimi.



Iri mukazi atete agaliosa umuko,aga liosa umuko munini(muko munini wakati atagenda ku regles ao muko ugu gandamire) ao atagenderera nguri izimi ; biringa arizimi ; agagenda ku echographie kugenda ilola izimi la iriringedere ao rimanga,iri bitahashire anagatumika muti kandi.



KISHA KULIOSA IZIMI



Kisha kuliosa izimi,mukazi agagenderera kuliosa muko mu higuma(1) ao yinga zishatu(3). Bakazi boshi bari tofauti.



Utabike kyoshi ku mukazi(tampons) atishuke, atashanganane nu mushosi mpaka muko gupunguke, ku siku zibiri(2) kisha kuliosa izimi.



Mukazi anganga izimi kisha kulioka izimi kutaheka lindi izimi,iri atasimire ,ugatumikisha umuti gukulahira izimi.

KULIOSA IZIMI
NA MUTI
NU MISOPROSTOL



MISOPROSTOL? NE BIKI ?

Guli muti gwakitumika mulimwenguni goshi gukoliosa izimi kuinga nu kubuka estomac; gwakiguzibwa mu ma pharmacie mu mazina bakaziguza mu: cytotec, isovent, misoclear, misofem, cyruux ou tomispral. Mubihugo bingi bya afrika biigibwe kubaangaisho nu kubuka kutavuya muko amaributa (Muko mukovuya amaributa).





MISOPROSTOL, BAKAZIKUGITUMIKISHA

KUTEE ?

Kuliosa izimi iririmwinjira nyija; kubukwa wamaliliosa izimi

Kubuka izimi litijilioka lioshi

Kuangelisho nu kubuka kutavuya amaributa

Muti gukubuka kihando kye estomac

KYA KISHOMOLA KUTE ?

Misoprostol kutondera kuliana kulubutiro, kuregeza ikol kulubutiru, yakituma kutondera kindu ikishushene izimi kulioka

WAKATI NYIKI YUKUTUMIKISHA KULIOSA IZIMI MU NJIRA NIJA ?



Mu ndondero yi hinga hikumi nazibiri liwimi kutondera kugaza lusuku lwa kwanza regles yumwisho



KUTE WANGATUMIKISHA MISOPROSTOL KULIOSA IZIMI MU NJIRA NIJA ?



Mukazi amenene kutumikisha bidonge ikumi na bibiri(12) nu misoprostol. Aganwa ubugenda mara kane(4) kisha masaa gashatu.



Kubika comprime **misoprostol zine(4)** ifo yu lulimi mu dakika makumi gashatu(30).



Utamire, ureke bivungunyikire



Mpaka kandi zindi saa zishatu, kubika comprime **misoprostol zine(4)** ifo yu lulimi mu dakika makumi gashatu(30).



Utamire, ureke bivungunyikire



Mpaka zindi saa zishatu, kubika comprime **misoprostol zine(4)** ifo yu lulimi mu dakika makumi gashatu(30).



Utamire, ureke bivungunyikire



Iri saa zishatu(3) zarenga nizimi litana lioka, mukazi angatumikisha gundi muti kila saa zishatu(3) mpaka zimi lilioke.



WAMALINWA MISOPROSTOL BIKI IBIGABA ?



Kigazigazi na kulioka umuko mwingi guhimire gwi regles



Asilimia makumi gari munane(80%), izimi lyakilioka mu masaa makumi gabiri gudondero(24 heures avant)



Iri izimi mira lyakula mukazi agaliosa muko mwingi



Umuti ugu galiosa maumivu umenene unwe muti gundondero nu misoprostol; ibipufen guri muti uguli misi; le paracétamol/acétaminophène guri muti guku gwatiriza



KINYUME KUSHUBA KUTUMIKA UMUTI




Namalinwa umuti mu masaa makumi gabiri na bune(24 heure), dalili izangija : kichefuchefu, kushala, kuharisha, magala ku duta 38°, iitwe kuliana /kuvwa uzaifu lbyo byoshi bigasira mu masaa manini bitari magala.




ALAMA NYIKI ZI SHIDA ?



Kuliosa muko (mu bisheba bibiri(2) ao (3) mu saa nguma ama masaa zibiri  ao zishatu.



Magala ku duta 39°, ao 38° muda uguhimire saa makumi gabiri na zine (24heures). 



Maumivu mingi siku nyingi wakati yukuliosa izimi kunde unwe muti kupunguza maumivu.



Kuliosa buchafu(vagin) na bitagabaya.

NANGA TUMIKA BIKI IRIHIJA ISHIDA,



GENDA DUBA KULUBUKO

Ri mukazi asimire lubuko, muganga amenene amubuke.

Muti lukubuka izimi lishida na yugo muti ugagabuka wakati izimi iliakoneka. Biri bikayu kutufautisha izimi irialiosewa na izimi iliakoneka iri mukazi asimire lubuko agadeta izimi lya lioka

