



KUDALILIKA KWA MAKHWALAWA

Kuchotsa mimba pophatikiza mankhwala a Mifepristone komanso Misoprostol pamodzi ndi njira yodalilika kwambiri maka pochotsa mimba yomwe sinadutse masabata khumi ndi awiri.

NGATI MAKHWALA SANAGWIRE NTCHITO TITANI



Ngati tamwa Misoprostol ndipo mimba yakanika kuchoka, tiyenera kupita kwa dotolo kuti akachotse mimbayo. Chifukwa ngati titayisiya mimbayo pamakhala mwayi ochepa kwambiri kuti mwanayo mkudzabadwa ndi moyo.



TINGATSIMIKIZE BWANJI KUTI MIMBA YACHOKA

Ngakhale Mayi ali ndi chitsimikizo chonse kuti mimba yachoka komabe ayenera kukayezetsa kuti atsimikize kuti mimba inachokadi ayenera kukayezetsa patatha masabata atatu kapene anayi.



Ngati mayi wamwa mankhwala ochotsera mimba ndipo wataya magari ochepa kwambiri komanso akumva zizindikiro zakuti mimbayo ikadalipobe, ayenera kuyezetsa kuti adziwe kuti mimbayo ikadalipo kapena yachoka. Ngati wapeza kuti mimbayo sinachoke, ayenera kumwanso mankhwala ochotsela mimbayo potsata ndondomeko zonse monga anachitila poyamba paja.



MIMBA IKACHOKA



Mayi akamaliza kuchotsa mimba magari amakhala akutuluka kumaliseche kuyambira sabata imodzi mpaka masabata atatu. Koma zimasiyana amayi ena amapanga sabata imodzi ena mpaka masabata atatu.



Amayi akulangizidwa kuti pamene amaliza kuchotsa mimba sakuyenera kulowetsa kanthu kena kalikonse kulaliseche, kusamba komanso kugonana ndi mwamuna mpaka patatha masiku awiri chichotseleni mimba.



Kodi mayi akhoza kutenga mimba ina atangomaliza kuchotsa mimba! Mayi akhonza kutenga mimba atamaliza kuchotsa mimba ina ngati agonana ndi mwamuna asanatenge mankhwala olera.

CONTACTS

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)

Trust for Indigenous Culture and Health (TICAH)

WEB: [WWW.TICAHHEALTH.ORG](http://www.ticahhealth.org) EMAIL: [LISTENING@TICAHHEALTH.ORG](mailto:listening@ticahhealth.org)

TWITTER: [@YOURAUNTYJANE](https://twitter.com/yourauntyjane) FACEBOOK: [AUNTY JANE HOTLINE](https://www.facebook.com/auntyjanehotline)



CENTRE FOR SOCIAL CONCERN AND DEVELOPMENT (CESOCODE)

ADRESI: P.O BOX 218, LUNZU, MALAWI

TELEFONI: +265 999458907

EMAIL: CESOCODE@YAHOO.COM

KUCHOTSA MIMBA POGWILITSA MAKHWALA

A MIFEPRISTONE NDI MISOPROSTOL PAMODZI





MMENE MAKHWALAWA AMAGWILIRA NTCHITO.

Mukachotsa mimba pogwilitsa tchito makhwala zimakhala chimodzimodzi ngati kuti mwapititsa pachabe.



Mifepristone amapangitsa kuti zithu zomwe zimachochoka nthupi la Mayi kupita kwa mwana ali mmimba monga mpweya komanso chakudya zisadutse komanso amapangitsa kuti makhwala a Misoprosto agwire bwino ntchito chibelekero.



Misoprostol amapangitsa kuti chibelekero chinyale, zomwe zimapangitsa kuti mimba ichoke munjira a magazi osalimba. owundana komanso

KODI MAKHWALAWA ANGAGWILITSIDWA NTCHITO POFUNA KUCHOTSA MIMBA YA MASABATA ANAGATI?



0 >>> 12 weeks

Mankhwala akhonzika kuchotsa mimba yosaposeka masabata khumi ndi awiri kuwerengera kuchokera tsiku lomwe munasiya kusamba.



NDONDOMEKO YA MMENE TINGATSATE PCHOTSA MIMBA POGWILITSA NTCHITO MAKHWALAWA



Mayi ayenera kukhala ndi tabuleti imodzi ya Mifepristone komanso matabuleti anayi a Misoprostol.



Tabuleti Mifepristone ayenera kumwer tambula imodzi ya madzi.

Pakatha ma ola okwana 24, Mayi ayenera kumwa matabuleti anayi a Misoprostol nthawi imodzi.



Matabuletiwa ayikidwe motere awiri kundi kwa lilime mbari yakumamzere enanso awiri kundi kwa lilime mbari yakumanja'

Matabuleti anayi onse ayenera kukhala mkamwa kwa phindi zokwana mak umi atatu mpaka onse atasungunuka. Mankhwala akuyenera kumzedwa onse potsata ndondomeko yoyenera



ZOMWE MUNGAMVE MUKAMWA MANKHWALAWA



Pakatha ma ola 24 mutamwa makhwala mutha kumwa zizindikiro monga izi: nseru, kusanza, kutsekula mmimba, chilungulira, litsipa ndi chizungulire. Zizindikirozi ndizosaopya pa moyo wanu zimatha pakapita nthawi yochepa.



ZOTSATILA ZAKE MUKAMWA MAKHWALAWA



Kumaliseche kwanu kumayamba kutuluka magazi owundana komanso ofewa osiyana ndi magazi omwe amatuluka mukamapanga mwezi.



Magawo makumi anayi a mimba zomwe zachotsedwa ndi makhwala zimachoka mu maola osapayolera asanu ndi imodzi oyambirira.



Mimba ikakhala ya masabata ochuluka magazi ake amakhala oilmbans kwambiri.



Makhwala ochepetsa ululu ayenera kumwedwa kumayambiriro pamene tikumwa gawo loyamba la Misoprostol. **Ibuprofen** ndi makhwala a mphamvu pofuna kuchepetsa ululu. Komanso tikhonza kumwa paracetamol pofunanso kuchepetsanso ululuwo.



ZIZINDIKIRO ZAZIKULU ZIKULU



Kutulutsa magazi ochuluka kwa maola opitilira awiri kapena atatu.



Kutetha kwa thupi koposa mulingo wa 38 kapena 39 kopitilira ma ola 24.



Ululu omwe sunasiye ngakhale mutamwa makhwala othetsa ululu patatha masiku ochepa mutamwa makhwala ochotsa mimba.



Fungo komanso kutukuka kwa magazi kumaliseche

ZOMWE NDIINGACHITE ULULU UKAMAPITILIRA



Kupita mwansanga kuchipa-tala kukakumana ndi dotokala

Pamene mwapita ku chipatala kafotokozeni kuti mwapita pachabe ndipo dotolo akakupatsani chithangato choyenera. Pamene mwachotsa mimba ndi makhwala a mifepristone ndi misoprostol sipakhala kusiyanyitsa ndikupita pachabe.

