



## 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 SINAGWIRE 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.



Women HelpWomen

WEB: [HTTPS://WOMENHELP.ORG/](https://womenhelp.org/)

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TWITTER: [@WOMENHELPORG](https://twitter.com/womenhelporg)

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

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



## 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 ochotsera 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

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 chibekeko.



Misoprostol amapangitsa kuti chibekeko 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 akhonza kuchotsa mimba yosaposela masabata khumi ndi awiri kuwengerera kuchokera tsiku lomwe munasiya kusamba.



## NDONDOMEKO YA MMENE TINGATSATE PCHOTSA MIMBA POGWILITSA NTCHITO MAKHWALAWA



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



**Tabuleti Mifepristone** ayenera kumwer tambula imodzi ya madzi.

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



Matabuletiwa ayikidwe motere awiri kungsi kwa lilime mbari yakumanzere enanso awiri kungsi kwa lilime mbari yakumanja'

Matabuleti anyi 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 makhalawa mutha kumva 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 magari owundana komanso ofewa osiyana ndi magari omwe amatuluka mukamapanga mwezi.



Magawo makumi anayi a mimba zomwe zachotsedwa ndi makhwalawa zimachoka mu maola osapyolera asanu ndi imodzi oyambirira.



Mimba ikakhala ya masabata ochulukira magari 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 magari ochulukira kwa maola opitilira awiri kapena atatu. <sup>2h</sup>



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



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



Fungo komanso kutukuka kwa magari 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.

