



MOYYERE SAFAARE NDEEN

Hawroinde wadugol safaare mifepiriston e miisorostool na teññori e saamngol reedu nduun dow teemdere fuu, nde ceppande jeenay e joy (95) ma ceppande jeenay e jeetati, so tawi reedu nduun buray jeddiije sappo e didi.

DUME HAANI WADEEDE 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 binndore ndeen.



KIBAARU HAB'BODIIDO E WALDEEJI

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)



SAMNUGOL REEDU AM NDUUN TABITOKKE NA ?

Fay so debbo oon dimmi ke o wana o reeduujoo 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 reeduujoo** caggal adugol makko bode samnooje reedu deen, na moy'ya 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 jeddiije 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 samngol 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

Mifepiriston e miisorostool

HADDU AADONDIRAADO





NOY NDE (SAFAARE MIISOPOROSTOOL) GOLLIRTA LEY 'BANNDU

Saamningol reedu e cafaaje na waddana debbo alhaali ndimu bonngu.



Safaare mifepiriston ndeen na hada huunde hoynooe adugol reedu gollude, huunde teddunde habbodiinde e reedu reeniindu, e hoynooe rimrudu e newna gollal safaare miisoporostool.



Saafare miisoporostool ndeen na saabano ñoofugol rimrudu rewbe, yo huunde lootoowo tuuni reedu saabundu dagu gulce e tuyfe.

NDEY 'DUM WAAWI NAWTOREEDE LEY SAMNINGOL REEDU NDEENINGU ?



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



NOY SAFAARE LED'DE NDEEN NAWTORTE DEY SAABANO NED'DO SAAMUGOL REEDU LEY NDEENAAGU ?



Debbo fuu adatana boddere safaare mifepiriston 200 mcg e bode nay (4) safaare miisoporostool mondo fuu.



Safaare mifepiriston Modidataakena e ndiyam hunnduko weereeru

Eerji norgay e nay (24) caggal mum, joomum muddo **bode miisoporostool nay** (ley demngal mum).



Ley demngal **bode d'idi ñaamo bode d'idi nano**

bode nay deen na jey e muddeede ley hunnduko faa wada mintaaaji ceppande tati doon e faa bode deen yoosa. Caggal duum, debbo oon na waawi modude kedde deen.



KO SAFAARE (MIISOPOROSTOOL) NDEEN WAAWI WADDANDE NED'DO?



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



KO 'BODE MIISOPOROSTOOL WADDANTA NED'DO?



Koyde naawooje e tuy'f'am kewdam burdam lonngo heewude.



Dow deedi teemdere (100) fuu, hollaama ke ceppande jeenay (90) dii ka fuu na saama eerji jeegom dewudi adugol safaare ndeen.



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



Cafaaje buɓnooje naawu e safaare miisoporostool 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 WONI MAANAAJI TIIDORMAAJI KAB'BODIIDI E SAFAARE NDEEN ?



tuy'f'am kewdam (alhaali ko waani sownude dagu gude tati dow eeji d'idi ma tati fu).



Jontere mawnde ko waawi wadude faa eerji norgay e nay.



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



Lonngooji debbo di feenaaki e tawti luubudi dun.

DUME HAANI WA'DEED E NDE TIIDORMA WARI ?



Yawna yahude suudu dokoroore

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

