



MUKOLWA NE MISI YE MUTI

Mukolwa gwe kusangisa mifeprystone/ misoprostol guziba ne magala menene 95% - 98% mumisibo 12 ye malanga ge zimi.

NANGAGILA VINI ILI ZINI LISAFUMA?



Mubuguma wangaya kubusame ashome miti indi ye mifeprystone ne misoprostol ao asangane ne muganga mukulu bahuluse kyana kumisi. Ilibyangandelela zimi linakeme kufuma wangagandelela kushoma miti.



Women HelpWomen

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

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

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



KUFUMYA ZIMI KWANI KWAYA BUSHOGA?

Kilimubuguma wanganyuwva ili asihete zimi kandi, bihunile alenge kubusame amanye menemene ili zimi lyafuma; Wangagila test grossess analolekeze nyuma lye misibo ishatu ao inne nyuma lye kushoma miti ye kufumya zimi.



NB. Ilimubuguma ahete hulusa muko munini ao wangaba ne kunyuvva ili akihete zimi nyuma lye kuyanga miti, byangaboneka iri ahete zimi, angaya kubusame analenge ku ecographie kipimo kye bibeya, ao wangayanga kandi



NYUMA LYE KUFUMYA ZIMI



Nyuma lye kuhulusa zimi, mubuguma angasaza muko mu bizanga bisibinini nge musibo gumwe ao ishatu, babuguma basiboshi kimwe, hali bandi.



Ukolwa kubika kindu mukishundi, ukolwa kushuka ao kugila buheza, uhembele muko gukame buholobuholo mu tunjuba tubili nyuma lye.



Mubuguma wangayanga zimi vuba, nyuma lye kuhulusa zimi. Kugila utalonge zimi nyuma ye fumya zimi, Ili mubuguma asisimile kuheka zimi, wangayanga kandi muti

KUFUMYA ZIMI
KU MITI YE

MIFEPRISTONE
NE MISOPROSTOL
(MUSANGANO GWE MITI IBILI)





MUKOLWA GUHETE HYATA VINI

Kufumya zimi mukukolesa miti izigila nzila nge kufuma kwezimi ya sholola.



Mifepristone izi zibila progestone, hormone ngulu ku mundu gila zimi lifwene mbere kandi aheze uterus misi ye kuyanganana.



Misoprostol izigila mubuguma kunyuyvya kulyana ngemukubuta inatume bili muUterus bigahuluka ne muko.

BIZANGA BIKI ZANGAKOLESA YUGO MUTI



Mu misibo 12 yemalanga ge zimi kuingila, mbalulo iziwanzibwa lusiku lwe malanga gwe muko.



VINI KUKOLESA MISOPROSTOL MUKUHULUSA ZIMI LYE



Mukazi agahebwa kinini kimwe kye 200mg na binini (4) bine misoprostone 200mg kinini kimwe



Mifepristone gugashomwa ne verre imwe ye mazi

Bizanga 24 nyuma, ugabika binini 4 bye ugabika binini 4 bye misoprostol



hakati lye menyo ne matama, binini bibili bibili kila.

Binini bine bigabikwa mukanwa nusu ye kizanga kimwe kuhikila ho kigabomba. Nyuma niho mubuguma wangashoma maazi anamile nakihande kyasigala.



BIHINDUKILO BYEMUTI



Ukamala kushoma muti bizanga bye 24, twangabona bindu ngebino bigalombosa iri muti gwakola, shalambu, kushala, kuhara, kahya ke 38°C, mutwe kulyana ne mwego kutenga. Ibyobindu bikatuka utanyuvwe boba lumu bigahita nyuma lye bizanga binini.



NYUMA LYEKUSHOMA MISOPROSTOL HANGAWWA BIKI



Ganze mbamu ne Muko mubombo kufuma kuhita muko gwe babuguma



Mu 90% ye bandu, kufuma kwezimi kuhete boneka mubizanga byembere 6



Ku'zimi lihete kula, nikumukazana agahulusa muko



Miti ye kuhinza mwego kunyega twanga gishoma mukizanga kimwe ne misoprostol: **L'ibuprofène, paracétamol/ acétaminophène** gwanga leta Kalembe, mumiti yoshi yaho.



TUVULENGO TUKI NANGASANGA?



Muko mubombo kufuma zibili ao zishatu kotex yebabuguma yangayijula mukizanga kimwe, bizanga bibili ao bizanga bishatu.



Dutu lye homa lye 39° ao 38° mubizanga 24.



Kulyana kwamwego tunjuba mubombo nyuma lye kufuma kwazimi, kusihete muti gwekuhinza kunyega kwamwego.



Kuzimiza bibi ne siko ribi mukishundi kye mubuguma.

TUGILE VINI ILI BYALETA KAVULENGO



Uye kubusame vuba

Ili mukazana wahuna baganga bamugwase ne miti, baganga bagabetula mulwazi banamutwale kubusame abukwe, miti ye kufuma kwazimi gwekuhulusa kumisi ye miti, yuko kuhuluka kwezimi kulinga kufuma kwezimi lye mubuguma. Bilibikayu kutafautisha kufuma kwazimi lye muti ne kufuma kwa.

