



AMFANIN MAGANIN

Zubar da ciki wajen anfani da Mifepristone da Misoprostol bashida matsala kuma yana aiki sosai kamar kashi 98 cikin 100 a lokacin da aka sha kimanin sati 12 na farko daukan ciki

IDAN LALLAI MAGANIN BAI YI AIKI BA



Maimaita zubar da cikin ta hanyar maimaita zubar da cikin na Likita ko ta hanyar samun budafden bukatum Manual (MVA). Akwai Kananan hadarin lahani na haihuwa idan ciki ya ci gaba bayan shan misoprostol.



SHIN ZUBAR DA CIKIN YA YI NASARA?

Ko da matar ta ji cewa ba ta da ciki kuma, yana da mahimmanci a tabbatar an zubar da cikin. Mata yakamata suyi duban dan tayi bayan kwanaki 10 bayan zubar da ciki na likita ko suyi gwajin ciki makonni 3-4 bayan zubar da cikin.



Idan mace ba ta zubar da jini ba, tana da jini kadan (kasa da jinin haila kuma ba tare da jini ba) ko kuma ta ci gaba da samun alamun ciki bayan ta yi amfani da kwayoyin cutar, mai yiwuwa har yanzu tana da ciki. Ya kamata ta yi na'urar duban dan tayi da wuri don duba ko cikin ya ci gaba ko a'a, idan hakan ba zai yiwu ba za ta iya sake amfani da kwayoyin.



BAYAN ZUBAR DA CIKIN



Bayan zubar da ciki, ya kamata mace ta yi tsammanin Zub da jini na tsawon makonni 1-3, amma kowace mace ta bambata. Bayan haka, yakamata mace ta tabbatar cewa anyi nasara zubar da ciki.



An shawarci mata da kar su saka komai cikin farjin (tampons), suyi wanka ko yin jima'i har sai zubar jinni ta tsaya, kusan tsawon kwanaki 2, bayan zubar da ciki na magani.



Mace na iya yin ciki nan da nan bayan zubar da ciki!
Idan ba ta son yin ciki nan da nan za ta iya yin rigakafin hana juna haihuwa don hana sabon shiga da ba a so.

CONTACTS

Women HelpWomen
WEB: [HTTPS://WOMENHELP.ORG/](https://WOMENHELP.ORG/)
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FACEBOOK: WOMENHELPWOMENINTERNATIONAL

MAMA Network: Mobilizing Activists around Medical Abortion (MAMA).
WEB: WWW.MAMANETWORK.ORG

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MIFE-MISOPROSTOL 30/05/2020
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ZUBAR DA CIKI TARE DA MIFEPRISTONE DA MISOPROSTOL (AMPANI DA SU BIYU)



YAYA YAKE AIKI

Zubar da ciki na likita yana haifar da tsari kamar barin ciki.

Mifepristone 200 mg Misoprostol 200 mcg each

Mifepristone yana toshe progesterone, wani hormone ne wanda zai iya kula da juna biyu kuma hakan yasa ya zauna cikin mahaifa ya zama mai karba ga Misoprostol.

Misoprostol yana haifar da rikicewar mahaifa, wanda ke haifar da korar kwayar ciki, kwankwasa da jini.

KAMAR YAUSHE NE Z'A IYA AMFANI DASHI WAJEN ZUBAR DACIKI CIKIN SAUK?

0 ➞ 12 weeks

Z'a iya amfani dashi har zuwa mako 12, daga farkon ranar ganin Jinin Al'ada

YAYA ZA A YI AMFANI DA SHI DOMIN A IYA SAMUN ZUBAR DA CIKIN A SAUKIN HANKALI?

Mace zata bukaci 1 Mifepristone kwamfutar hannu (200 mg) da kari 4 Misoprostol Allunan (200 mcg kowace).

MIFEPRISTONE 200 mg MISOPROSTOL 200 mcg each

Shi Mifepristone yakamat a hadiye shi da gilashin ruwa.

Awanni 24 bayan haka matar zata iya amfani da kwayoyi **4 na Misoprostol a hankali**

tsakanin cingam da kunci, biyu a gefen hagu da **biyu a dama na dama**.

Duk magungunan guda hudu ya kamata a bar su a bakin na kusan mintuna 30 don narkewa. Sauran za'iya Hadiya daga bisani



WHAT CAN BE EXPECTED AFTER USING THE MEDICATION?

Ciwon mara da zubar jini na farji da karfi fiye da abin da ke faruwa yayin jinin al'ada.

Kashi 90 cikin Barin Ciki na faruwa ne acikin awanni 6 nafarko samunsa

Tsawon lokacin da mace take da juna biyu, da karfin jinin da ciwon na iya zama da karfi.

Maganin ciwon jiki ana iya shansu daidai da lokacin shan Misoprostol. Ibuprofen yafi aiki ajiki. Paracetamol/acetaminophen za'a iya shansu akai.

MENENE ALAMOMIN GARGADI MAGANIN (RIKITARWA)?

Zub da jini mai yawa (kusoshi 2 ko 3 da aka cika awa daya sama da awanni 2 ko 3 a jere).

Babban Zazzabi (fiye da 39 Celsius), ko 38 Celsius fiye da 24h.

Mai radadai mai karfi wanda ba ya barin masu aikin jinya kwanaki kad'an bayan daukar magunguna.

Wari da fitowar farji mara kyau.

MENE NE ZA KA YI A CIKIN RIKITARWA?

Ku tafi kai tsaye zuwa cibiyar lafiya.

Idan cikin gaggawa na rashin lafiya, ma'aikatan lafiya suna da alhakin halartar mutum a kan kari. Maganin rikitarwa daidai yake da na rikitarwa bayan zubar ciki. Ba shi yiwuwa a ga bambanci tsakanin barin ciki da zubar da ciki tare da mifepristone da misoprostol. Mace mai bukatar kulawar likita zata iya cewa tayi zubewar ciki.