



AMFANIN MAGANIN

Zubar da ciki ta amfani da Mifepristone da Misoprostol yana da aminci sosai kuma yana da inganci kashi 95-98% na lokacin, don kawo karshen ciki ba tare da bukatar karin ilimin likita ba a farkon makonni 10 na ciki.

IDAN LALLAI MAGANIN BAI YI AIKI BA



Maimaita zub da ciki ta hanyar maimaita amfani da mifepristone da misoprostol ko kuma samun Manhawar Vacuum Aspiration (MVA).

Akwai haɗarin kananan 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.



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 bambanta. Bayan haka, yakamata mace ta tabbatar cewa anyi nasarar 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 Help Women

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MAMA Network: Mobilizing Activists around Medical Abortion (MAMA).
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SOS SFD – MIFE+MISOPROSTOL 30/05/2020

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ZUBAR DA CIKI TARE DA MIFEPRISTONE DA MISOPROSTOL

(AMPANI DA SU BIYU)



WHW
women help women





YAYA YAKE AIKI

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



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.

YAUSHE ZA AYI AMPANI DA SHI DON ZUBAR DA CIKI NA SAUKI?



0 >>> 10 Weeks

Daidai ne a cikin farkon makonni 10 na haihuwar kirji daga ranar farko ta haihuwar karshe.



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).



Shi Mifepristone yakamata 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 huɗu ya kamata a bar su a bakin na kusan mintuna 30 don narkewa.



ILLOLIN DA AKA IYA SAMUWA



A cikin sa'o'i 24 na farko waɗannan alamun na iya faruwa: tashin zuciya, amai, zawo, zazzabi tare da ko ba tare da jin sanyi, ciwon kai da / ko tsananin ciki. Wadannan kayan aikin gefe basu da hadari kuma zasu bace a cikin 'yan awanni.



MENE NE ZA'A YI TSAMMANI BAYAN YA YI AMFANI DA MAGANI?



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



A cikin kashi 90% na al'amuran, fitarwar ciki yana faruwa ne a cikin awanni 24 na farko.



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



Tana iya amfani da Ibuprofen ko Panadol don rage zafin.



MENENE ALAMOMIN GARGADI MAGANIN (RIKITARWA)?



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



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



Mai raɗaɗi mai karfi wanda ba ya barin masu aikin jinya kwanaki kaɗan 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.

