



## NGOLO YA MANGANGA

Nsalulu ya mifepristone kubwela misoprostol kele ya kivumu mpe ngolo na bakento 95 to 98 na katy ya bakento 100 na basabala 10 ya ntete ya kivumu kukondwa kusosa kubwela kunwa manganga ya nkaka na zulu.

## YINKI YA KUSALA KANA KIVUMU ME KATUKA VE?



Kento lenda kubandila na kunwa mifepristone na misoprostol to kukwenda na lupitalu samu babenda kivumu na kisengo ya mupepe. yawu kele mpasi mingi na kutala ti mwana na katy ya kivumu kuma na kifu kana kivumu kele na landila ya yawu kukula na manima ya kunwa mifepristone na misoprostol.



## KUKATULA KIVUMU YANGO YA MUNU ME SIMBA KWANDI?

Ata kento tala ti yandi ke dyaka ve na kivumu, ya kele nsasa na kuzaba mbote-mbote ti kukatula kivumu me simba. Ecographie fwana kusalamna na manima ya kukatula kivumu na manganga, to kusadila kitalulu kivumu na manima ya basabala 3 to 4 na manima ya kukatula kivumu.



## NA MANIMA YA KUKATULA KIVUMU



Na manima ya kukatula kivumu, mwa menga lenda kulandila kubasika na nzutu ya bakento na katy ya sabala 1 to 3, kasi nkoso kento kele ya kuswasanu. Yawu fwana kuzabana mbote-mbote ti kukatula kivumu me simba.



Kukotisa kima mosi ve na katy ya nzutu ya bakento (tampons), kukotisa kima ve, misapi ve samu na kusukula to kusala makwela na bakala ve tii ntangu menga ke luta dyaka mingi ve bilumbu 2 na kutala na manima ya kukatula kivumu na manganga.



**Kivumu ya nkaka lenda kukota dyaka na bilumbu ke landila kilumbu ya kukatula kivumu.**

Na kukima kuzwa kivumu ya nkaka bangu-bangu, kento fwana kusadila bima mutindu (capoti...) to kusadila mayela yina ke salaka ti kento kangama ve.



## CONTACTS

### Women Help Women

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**FACEBOOK:** WOMENHELPWOMENINTERNATIONAL

**MAMA Network: Mobilizing Activists around Medical Abortion (MAMA).**  
**WEB:** [WWW.MAMANETWORK.ORG](http://WWW.MAMANETWORK.ORG)

SOS SECOURS A LA FEMME EN DETRESSE, SOS SFD asbl  
 SOS SFD – MIFE+MISOPROSTOL 30/05/2020

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# KUKATULA KIVUMU NA MANGANGA NA MIFERISTONE KUBWELA MISOPROSTOL

(NYONSO ZOLE MBALA MOSI)



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