



## OBUKAKAFU KU DDAGALA LINO

Okujamu Olubuto ngokozesa amakerenda ga Mifepistone wamu ne Misoprostol kyesigika atenga tekyikosa bulamu bwomukyala singa aba azikozeseza mu wiki kuminabiri ezisoka nga afunye olubuto.

## SINGA EDDAGALA LINO LIBA TELIKUYAMBYE



Osobola okudamu nokozesa omutendera guno okujamu olubuto oba nogenda eri' omusawo omukugu alujemu. Tewari mutawano/ oba ngwandiba mutuno nyo eri esonga zokuzala olubuto bweruba nga lusigademu oluvanyuma lwo'kukozesa amakarenda nga Misoprostol.



Women HelpWomen

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

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## EKIGENDERERWA KYANGE (EKYOKUJJAMU OLUBUTO) KYATUUKIZIZZIDWA?

Wadde nga omukyala awulira nga takyalina lubuto, kyabuvunanyi-zibwa okukakasiza ddala nti olubuto luviliddemu dala. Omukyala ateedwa okugenda mu ka tivi okeberebwa oba akyalina olubuto oluvanyuma lwa wiiki 3-4 okujamu olubuto



Omukyala bwaba tavuddemu musayi, oba nebweguba mutono (mutono kw'ogwo ogumuvamu nga ali musonga ate nga tegwetuzze) nga kyalaga obubonero obw'oyo ali olubuto oluvanyuma rwo'kukozesa amakerenda kisoboka okuba nga akyalina olubuto. Akubirizibwa okugenda mu ka Tiivi mubwangu ddara, akakase olubuto obaa mwemuluri oba telulimu. Kiino bwekigaana asobola okudamu nakolessa amakerenda.



## OLUVANYUMA LWOKUJJAMU OLUBUTO



Oluvanyuma lwokujamu olubuto, omukyala asubira okuvamu olusaayisaayi okumala wiki 1-3, naye nga abakyaala bwebali abenjawulo, olina okukakasiza ddala nti olubuto lwavudemu.



Omukyala talina kuyisa kintu kyonna mubukyala bwe oba okwegatta namusajja, okwesonsekayo tampons okutuusa nga omusaayi gukendedde, waakiri okumala ennaku nga 2.



**Omukyala asobola okufuna olubuto mubwangu ddala nga yakajamu olubuto** omukyala nga tayagala kufuna mangu lubuto, asobola okukozesa enkola eyomulembe eyekizaala ggumba okewala okufuna olubuto lwatetegekede.

## CONTACTS

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OKUJJAMU OLUBUTO  
NGA OKOZESSA AMAKELENDWA  
NGA GAGATIDWA  
MIFEPRISTONE  
WAMU NE MISOPROSTOL





### LIKOLA LITYA?

Okujjama olubuto nga okozesa amakerenda kireta ebeera eyefanyiriza nga omukyala aba avuddemu obuvi olubuto



Amakerenda gebayita Mifepristone gaziya obusiimu bwebayita progesterone obulabirira olubuto lwomwana ela buletera nabaana okukiriganya ne ndagala Misoprostol.



Amakerenda gebayita Misoprostol galeetera omukyala ebisa ekiviirako nabaana okwenyiga ekivirako olubuto okuvamu ngo obutole bwomusayi.

ESOBOLA KUKOLA BANGAKI OKUSOBOZESA OKUJAMU OLUBUTO MUMITENDERA EMITUFU.



0 >>> 12 weeks

Esobola kukora mu naku kuminabiiri, okuva kulunaku olusoka lwewasembayo mu songa zabakyala.



### LIKIZESEBWA LITYA OKUJAMU OLUBUTO?



Omukyala yetaaga empeke 1 eya Mifepristone(200mg) nempeke 4 eza Misoprostol(200mcg buli emu).



Empeke ya Mifepristone elina kumiribwa na gilaasi yamazzi.

Oluvanyuma lwe ssaawa 24, omukyala alina okabatika **empeke 4 eza Misoprostol wansi wolulimi.**



Ateeka empeke bbiri bbiri buli ludda wakati wekibuno nolubba

Empeke zonna nnya azibatikiwada oyiina okuzileka mumatama okumala eddakiika 30 zisobole okumuluguka. Elisigadewo lisobola okumilibwa oluvanyuma.



### EMBEERA GYOYINZA OKUFUNA NGA SIYA BULIJO



Mu ssaawa 24 ezisooka, oyinza okulaba obubonero bunno wammanga: Okusindukirirwa emmeeme, okusesema, okuddukana, omusujja gwakitengo oba ogutali gwakitengo, okulumwa omutwe nekamunguluze. Naye obubonero bunno tebweralikiza era sibwabalabe era nga bugwaawo mu ssaawa ntono.



### BIKI BYOSUBILA OKUYITAMU OLUVANYUMA LWOKOZESA EDDAGALA LINO?



Ebitore bwomusayi nokuvaamu omusaayi mu bukyala okusinga ku gwomukyala agenze munsonga ze'ekikyala.



Kubitundu Kyenda, olubuto lutandika kuvamu oluvanyuma rwesawa mukaga.



Ebbanga omukyala lyamala n'olubuto n'obungi bwobutore bwomusayi, era n'obungi bwomusaayi ogumuvamu.



Amakerenda ga Ibuprofen agakendeza kubulumi gamilibwa wamu ne dozi esoka eya Misoprostol. amakerenda ga Paracetamol/acetaminophen gasobola okwongerwako.



### OBUBONERO OBULAGA SINGA WALIWO OBULABE?



Okuvaamu omusaayi omungi mu bukyala nga okyuusa ebiwero emirundi 2-3 ebijude buli saawa okusukka essaawa 2 oba 3 ezomudilinganwa.



Omusujja oguliwangulu wa digulu 39 Celsius oba 38 Celsius okusuka essaawa 24



Obulumi obutakendeera mu nnaku ntono oluvanyuma lwokuzesa eddagala elikakanya obulumi oluvanyu-ma naku nga okozeseza edagala.



Okuva amazzi mubukyala agatali ga buliijo ate nga gawunya bubi

### OLINA KOLA OTYA SINGA OFUNA EMBEERA NGA SIYA BULIJO?



**Dduka mangu mu ddwaliro**

Singa wabaawo obuzibu bwonna, omusawo mu ddwaliro alina obuvunanyizibwa okukuwa obujajabi mu bwangu ddala nga bwekisoboka. Obujajabi obulina okukuwebwa bufananira ddala obwo obuwebwa omukyala avudeemu olubuto. Kizibu okwawula olubuto lwogyemu ne Misoprostol oba Mifepros-tone noluvuddemu lwokka. Omukyala eyetaga obujajabi asobola ogamba nti olubutolufu-demu lwoka.

