



## MISI YE MITI

Injira zo kushamba mifepristone ne misoprostol iririyukuri ne njira kwe percentage 98% kusiku 21 za mbere ryinyinga lyo kuheka ibunda



## IZIMI LYANI LYA YEMERA KUSHAGA?

Kiri umukazi angavuvya ko atahiti ibunda(zimi) biriri bwija kumenya kwo ukuli kwo lya shaga. Akwanini bibanini ukupimwa ku échographie hanyuma lyo kushaza(lulyosa)ibunda no miti kupima izimi(ibunda) hanyuma lya mayinga 3 kandi ili mayinga 4 hanyuma lyo kushaza izimi(ibunda)



Ilimukazi atangatonya, kutonya buninini hidako lyo kutonya kwe siku zo mwezi kandi angenderiri kubonesa ibishushini izimi(ibunda) abanini kupimwa duba ku échographie kulola ibunda(zimi)ligenderera. **Ilibitarikwoko anganwa kandi umuti**

## IKYANYA UMUTI GUTAKOLA



Mukazi abanini ukugarukira ukunwa umuti mifepristone ne misoprostol kandi ili kugenda ku Aspiration nga ibunda litashaga umwana atanga sherera hanyuma lyo mukazi kunwa umuti



## HANYUMA LYO KUSHAZA IBUNDA(ZIMI)



Hanyuma lyo kushaza izimi(ibunda) mukazi amu genderera kutonya bununu bununu kumuyinga 3 haliko ngisi mukazi alila ukwage. Bikwanini amenye kwo kuli kwo ibunda lya shaza



Ata yingize kindu kyoshi mu njira yo bukazi(kishundi), atayishuke mohe kandi kugira ubushule. Bikumene kurindira umuko gupunguke kusiku 2 hanyuma lye zimikushaga no muti



**Mukazi angaheka ibunda hanyuma lyo kushaza ibunda!** Kuhikinga kwo mukazi kuheka ibunda kandi vuba iri atabisimiri bikwanini kukoresa injira nyija kwiyeke ukuheka ibunda.

## ORGANIZATIONAL INFORMATION

Women HelpWomen

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

EMAIL: [INFO@WOMENHELP.ORG](mailto:info@womenhelp.org)

TWITTER: [@WOMENHELPORG](https://twitter.com/womenhelporg)

FACEBOOK: [WOMENHELPWOMENINTERNATIONAL](https://www.facebook.com/womenhelpwomeninternational)

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

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

# IBUNDA(ZIMI)

KUSHAGA NE MIFEPRISTONE  
HAGUMA NE MISOPROSTOL  
(KWENJIRA YO KUZISHABYA)





### BIGENDERIRI KITU?

Kushaza kwibunda kwo kukolesa umuti, bimuba biguma nokubuta kubi



Mifepristone imushweka progesterone, iriri hormone njiya mukuba amabunda kakiziba yakulikiliri na kandi imugira uterus kuyakira bwenene Misoprostol.



Misoprostol imuleta kwe uterus, yoituma yi bunda kushaza no kusinaba

### BISHAZI BIHI BYANGA KORESIBWA KWO KUSHAZA IBUNDA BWIJA



Kumayinga 12 gambere gokuheka ibunda kumuharuro gwo lusiku luguma zo mwezi



### BULYO BUKI KUKOLESA UMUTI KUSHAZA IBUNDA MUBIRI UKULI?



Mukazi abanani kunwa kinini 1 kye mifepristone kye 200mcg ne binini 4 bye misoprostol ye mcg 200 kiguma kiguma



Misoprostol imuminwa ne verre ya maji

Hanyuma iye byanya 24 bika ibinini **4 bye misoprostol** mu matama mbande zibiri (2)



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**Yibyho binini 4 bimubikwa mukanwa I munite 30 kuhika kwo biganda.**

Hanyuma lya yibyho byanya, mukazi anamire ibigasigala



### IBIKAYU BIHAMU



Kubyanya 24 hanyuma lyo kukolesa umuti, utumenyeso utukulikilini kubanekana: Kugotwa, kushala, kuhara, ihomailishonili bwenene kuhisa degree 30° itwe kulyana, no kwiyuyya ubyolo yago makayu gatariri mabi, kandi gamu mala mubyanya biguma



### BIKI BIMUBA HANYUMA LYO KUNWA MISOPROSTOL



Kutama bwenene no kutonya kuhima isiku zamukazi zo mwezi



Ku pourcent 90 zokushaza izimi, imukolezana kubyanya birindatu(6) bya mbere



Kwo izimi(ibunda) limugenderera, kwonakwo ukutonya kumuhuluka bwenene



Anganwa ibyo kuholeza ukubaba mukyanya kiguma ne dose ya mbere ye misoprostol. **Libuprofène** yo njiya. **Paracetamol**/Acetaninophène, zo zimu koreshibwa kukutabala



### BIBONESO BYA MAKAYU BYO ZIHI



Kutonya bwenene byalwa byeru 2 kandi 3 bimuyiyula mubyanya 2 nokugenderera



Homa ngayu ye degree 39° kandi ili 38° ku byanya 24



Kulyanirwa kwa bwenene siki nyingi hanyuma lyo kushaza ku ibunda kwo kunwa umuti. Kundukwokwo kukolesa umuti gwo lyanirwa gokola kukutonya kwo mwezi kutakwini no kushaza



Kutonya kwo mwezi kutakwini no kubaya

### BIKI BIKOLEKANE MU BYANYA BYA MAKAYU GO MUTI?



### Genda duba ku lubuko

Ikyanya umukazi amuloza ulubuku, baganya ba kwa nini kumukolera. **Lubuko lyo kulugiza mu kushaza ibunda no muti, biriri biguma bitashobokini imbushana hegulu lyo kushaza ibunda no kubuta buligo(kubi) kandi ili kushaza ibunda ne Misoprostol.** Umukazi umuhoza ulubuko anga deta kwo abuta buligo(kubi)

