



**UKWELAMISA NGOKUMUNYISA -  
LACTATIONAL AMENORRHEA METHOD (LAM)**

**INDLELA ETHATHA ISKHATHI ESIDE NJALO EGUQUELEKAYO  
(LONG ACTING REVERSIBLE CONTRACEPTIVES)**

**IMPLANTS: (AMAIMPLANTS)**

**UKUQUNYWA KWEMTHAMBO YABELISILSA - MALE SURGICAL  
CONTRACEPTION / VASECTOMY.**

**INTRA UTERINE CONTRACEPTIVE DEVICE  
(ILUPHU)**

**UMVIMBANGOZI - EMERGENCY CONTRACEPTION (EC)**

— Leyi yindlela yokwelamisa ngokwemvelo. Owesifazane kumele amunyise okwenyanga iziyisthupha (6Months) ngemva kokubeletha. Indlela le ilamandla nxa kulemeko ezilandelayo:

- (a) Umntwana angatholi okunye ukudla kumbe okunathwayo ngaphandle kochago lukamama njalo amunye kanengi emini lebusuku (kungedlula okulitshumi-10 times).
- (b) Nxa uvesifazane angakangeni emfunleni.
- (c) Umntwana elenyanga eziphanzi kweziyisithupha zokuzalwa.

Owesifazane kumele ahlele ukusebenzia enye indlela ngemva kwaleyi.

**Nanzeela: Indela leyi ayilakho ukuvikeleka emkhuhlaneni yemacansini**

**A** Jadelle (Illezinto ezimbili lomuthi owodwa okuthiwa yiProgestogen. Ivikela okweminyaka emihlanu (5 years)..

**B** Implanon (Iloluthi olulodwa lomuthi okuthiwa yiProgestogen. Ivikela okweminyaka emthathu (3 years)

**INDLELA EZINGAGUQUELEKIYO  
(PERMANENT METHODS)**

**Lokhu kungenziwa akuguquleki-yimfalayo. Kulungele owesifazane ongasoze aphinde afune ukuba labantwana njalo,**

**I Copper T-380A, Iuluthi oluncane oluhlonywa esibelethweni iuvikele ukuzithwala.**

**ILUPHU ingahlonywa esibelethweni ngemva kwemzuzu elitshumi kusiya kunsuku ezimbili owesifazane eqeda kubeltha. Lokhu kubizwa ngokuthi (Post partum Intra Uterine Contraceptive Device (PPIUCD)**

**Izkhathi ezinengi kwenziwa nje umuntu ekhangele njalo ngemva kokubotshwa uyakhitshwa esbhedlela eyengekhaya.**

**Isebenza njani**

**Nanzeela: Lokhu kuyimfalayo njalo akuvikeli kumkhuhlane yemacansini**

**Okuzincingwana kweCopper okuggaqqele uluthi lolu kwenza inhlanyelo kababa iswele amandla esqubu sayo, yehluleke ukufinyelela inhlanyelo kamama.**

**Nanzeela: ILuphu ayivikeli imkhuhlane yemacansini**

**Yindlela esebeenza phakathi kwamahola ayi 120 (Insuku ezinhlanu) ngemva kwecansi elingavikelekanga ekuzithwaleni. Lokhu kwehlisa inani lengozi yokuzithwala.**

**Nanzeela: Indela le Yimfalayo njalo kayivikeli umntu kumkhuhlane yemacansini**

— Umvimbangozi usebenza kule imeko:

- Nxa owesifazane enze icansi engela kuvikeleka-engeka kwenye indlela njalo.
- Nxa ekhohliwe ukusebenzia indlea yokwelamisela khatshana ngokwemfanelo.
- Imthambo yowesifazane (amatshubu) ayabotshwa aqunye ukuze inhlanyelo yakhe leyowesiliza kungahlangani.
- Nxa ebensenzisa ikondomu laselidubuka.
- Nxa owesifazane edlwanguliwe njalo engekho kwenye yezindlela zokwelamisela khatshana.

**Nxa ufuna ulwazi olujulileyo ngamalImplants, vakatshela isbhedlela kumbe iclinic yakho. Ungayabona udukotela, umongikazi kumbe izisebenzi zempilakahle ezabelweni (CBD's).**

**Nanzeela: Lokhu kuyimfalayo njalo akuvikeli kumkhuhlane yemacansini**

**Thintana lathi lapha:**

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**Ubuncitshi losekelo lwezimali luvelekwabe UNFPA. evame ngokuthiwa yi—"morning after pill"**