

POSTPARTUM INTRAUTERINE CONTRACEPTIVE DEVICE (PPIUCD)



Okumele kwaziwe yizisebenzi zempilikahle emakhaya

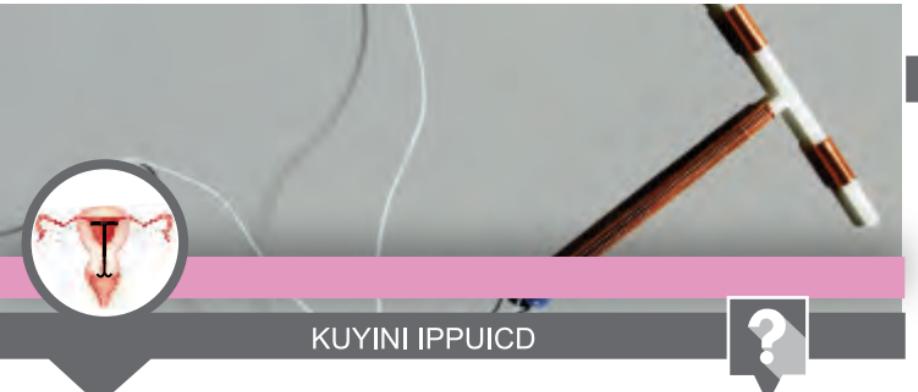


ISANDULELO

Impumela yemhloliso lokuxwayisiswa ngokuzthwala lokubeletha iveza ukuthi ukuzthwala okwehlukaniswa zinyanga ezipansi kwamatshumi amabili lane kuvame ukuba lengozi lenhlupho ezinengi ezigoqela: ukuswela, ukubeletha insuku zingakeneli, ukopha kakhulu, ukubeletha kwabanthwana abalesisindo esiphansi kulesilinganiso esikhangelelweyo, ukufa kosane kumbe obelethayo. Ukuswela (abortions) kuyimbangela enkulu yokufa kwabazithweleyo kumbe abadlezane.

Ngemva kokubeletha, kuqakathekile ukuthi owesifazane athole usizo lonke ngokugcwala kwalo kanye lezixhwayiso kwabezemilikahle ngoba kuyiso iskhathi imkhuhlane, ukugogeka lokufa kuhlasela lula. Kuvamile njalo ukuthi owesifazane azithwale njalonje masinya engakulungiselelanga lokhu.

Ngalesosizatho, iskhathi sobudlezane silungele imfundiso kibo bonke ababelethileyo ngendlela zokwelamisela khatshana ezifana le PPIUCD. Leyi yindlela elohlonzi, esezenza iskhathi eside njalo ekhipheka lula ngasiphi iskhathi nxa oyisebenzisayo engasayifuni. Phakathi kwendlela zonke zokwelamisela khatshana, iPPUICD neyinye yendlela esetshenziswa ngabesifazane abanengi.



KUYINI IPPUICD

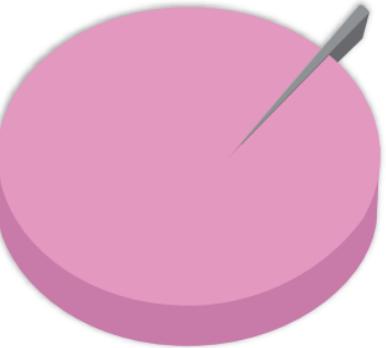
I IUCD yindlela enhle, elamandla njalo esezenza kuhle kakhulu okweskathathi eside. Isebenza ngokufakwa phakathi kwesbeletho imzuzu elitshumi (10 minutes) kusiyakumahola angamatshumi amane lastshiyagalombili (48 hours) ngemva kokubeletha. EZimbabwe kulomhlobo we IUUCD munye ohloliweyo, njalo ovunyelweyo: yiCopper T-380A. Eminye imihlobo izakubakhona ngeskhathi esizayo.

UKUSEBENZA KWAYO

- Iyehlisa amandla okuhamba kwenhlayelo kababa ngokuntshintsha umumo wesbeletho kwenze kuge nzima ukuthi inhlanyelo kababa intsheze kuhle.

ILAMANDLA ANGANANI

- Ilamandla alenani elingange 99.2-99.4%.
- Isebenza khonapho nje ngemva kokufakwa.
- Ingakhitshwa, owesifazane uyazithwala yiloba ngasiphi iskhathi esefuna.
- Isebenza okweminyaka engu 12, kodwa ingakhitshwa yiloba ngasiphi iskhathi imnyaka le, ingakeneli.





UBUHLE BAYO

- Itholakala lula kwababelethele ezbhedlela.
- Ayiphazamisi ukwehla kochago komunyisayo.
- Ingakhitshwa yiloba nini umuntu azithwale kuhle njalo.
- Kayidingi kulandeletwa nsuku zonke ukuthi isebezenze.
- Akudingi kuphenduka njalo esbhedlela ngoba konke kwensiwa kanye ngemva kokubeletha.
- Abacubungula ngalindlela bathi abesifazane abanengi bayayithakazelela kakhulu.
- Ngobude beskhathi esebezenza ngayo, itshiphile indlela le.
- Ayisebenzi ngemithi (hormones).
- Ilungele abesifazane bonke ngitsho labalomkhuhlane weHIV.

OKUNGAKUHLE NGAYO

- Kayivikeli emkhuhlaneni yemacansini kanye leHIV.
- Ukufakwa lokukhitshwa kwensiwa ngumongikazi/ udukotela.

OKUNGENZAKALA

- Abasebenzisa indlela le bengehlelwa yikopha ikakhulu ngenyanga ezimbalwa zakuqala kodwa lokhu akuvamanga njalo akunganani kubadlezane.

ISETSHENZISWA NGABANJANI IPPICUD



Umdleze:

- Ofuna indlela esebezenza okweskathi eside kodwa iguquleka
- Ofuna indlela engasebenzi ngemithi (hormones)
- Ilungele labagula umkhuhlane weHIV yiloba benatha amaphilisi.

NGUBANI ONGEKE WASEBENZISA IPPICUD

Owesifazane:

- Olengulamakhwa (STI's)
- Ohlasehlwa yikopha kakhulu ngemva kokubeletha

IZIKHATHI ZOKUFAKWA KWEPPICUD

I PPIUCD itsho kuphela amalUCD afakwa ngeskathi esiphakathi kwemzuzu elitshumi (10 minutes) kusiya kumahola angamatshumi amane lasthiyagalombili (48 hours) ngemva kokubeletha.

OKUQAKATHEKILEYO

- Kuqakathekile ukuthola ulwazi lezixhwayiso masinya, ikakhulu ngeskathi uzithwele.
- Owesifazane olomkhuhlane weHIV, njalo onatha amaARV's ulakho ukusebenzisa I PPUICD
- Indlela le isebezenza masinyanje khonapho, ngakhoke oyikhethileyo ukhululekile ukwenza icansi ngasiphinje iskhathi eqeda kufakwa nxa kumkhulula.
- Ayivikeli kumkhuhlane yama STI's le HIV.

Vakatshela abezempilakahle nxa ufuna ulwazi olujulileyo ngalokhu konke.



Ulwazi lolu lilulungiselwe ngabe

Zimbabwe National Family Planning Council (ZNFPC) kanye lobungcitsihi losekelo Iwezimali okuvela ku United Nations Population Fund (UNFPA).

Ungasithinta lapha:

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