

POSTPARTUM INTRAUTERINE CONTRACEPTIVE DEVICE (PPIUCD)



Gwaro revashandi vezvehutano
munharaunda



TSANANGUDZO

Tsvakiridzo yakaitwa inotaridza kuti pamuviri panoitwa mukati memakore maviri kubva pane pamwe pamuviri pane njodzi dzakawanda dzinosanganisira:

- kubva pamuviri
- kurasikirwa neropa
- kusununguka mwana asingaremi zvinotarisirwa
- kufa kwemwana kana mai

Nguva pfupi-pfupi kubva mukusununguka ndiyo nguva yakakosha kumadzimai navana panyaya dzeutano. Iyi ndiyo nguva inodikanwa kuchengetedzwa, kurapwa nekuongororwa kwemuchecche naamai sezvo iriiyo nguva inogona kuwanikwa kufa kana kuremara. Zvakare inguva apo madzimai anogonazve kubata pamuviri pasina kurongwa.

Nokudaro, munhukadzi anofanira kudzidzisa nekuwanisa zivo yemhando dzekuronga mhuri dzakaita sePost Partum Intrauterine Contraceptive Device IUCD / 'loop' achine pamuviri. Postpartum IUCD imwe yenzira dzekuronga mhuri yakanakira munhukadzi achangobva mukusununguka.



PPIUCD inzira yekuronga mhuri inoshanda nemazvo inopfekerwa muchibereko mushure memaminetsi gumi kusika kumazuva maviri mushure mekusununguka. Mhando yeloop inoshandiswa ionanzi Copper T-380A.

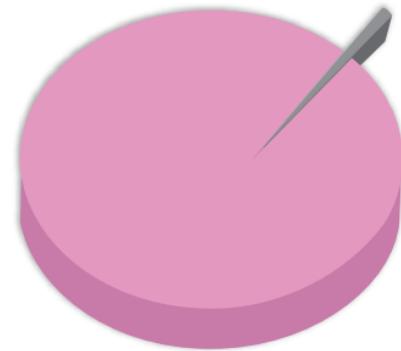
PPIUCD inoshanda nemazvo kuvanhukadzi vakawanda uye inoshanda kwenguva refu.

MASHANDIRO

- Mhangura iri paLoop inoderedza kufamba kwembeu yomunhurume (sperm) zvichiita kuti isagone kundosangana nezai romunhukadzi zvichizoita kuti pamuviri pasabate.

KUSHANDA ZVINESIMBA KWEPIUCD

- PPIUCD inodzivirira pamuviri zvikamu makumi mapfumbamwe nepfumbamwe kubva muzana (99%).



- Inotanga kushanda ipapo ipapo ichangobva mukupfekerwa.





ZVAKANAKIRA PPIUCD

- Inogona kuwanikwa ipapo ipapo kana munhukadzi asunungukira kuchipatara.
- Inoshanda kwemakore anosvika gumi nemaviri asi inogona kubviswa chero ipi zvayo nguva uye amai vanobva vakwanisa kubata pamuviri ipapo ipapo.
- Loop inongoshanda yega iri muchibereko, hapana chaunoita zuva nezvuka kubatsira kuti ishande.
- Copper T380A, haina mishonga yemahormones sezvo ichishandisa mhangura mukudzivirira kubata pamuviri.
- Haikanganisi kunaka kana huwandu hwemukaka waamai.
- Inotanga kushanda ichangobva kupfekerwa.
- Inowanikwa munzvimbo zhinji.
- Haidhuri nekufamba kwenguva, inongoda kushanyira chipatara apo neapo kunoongororwa utano hwako.
- Tsvakurudzo inotaridza kuti madzimai akawanda akasiyana siyana anofara nekugutsikana nenzira iyi.

ZVINGAITA KUTI PPIUCD / LOOP ISAFADZA VAMWE

- Haadzivirire kuzvirwere zvepabonde kusanganisira hutachiwana hweHIV.

VAMWE VANOSANGANA NEZVINETSO (SIDE EFFECTS) ZVINOSANGANISA;

- Kurasa ropa rakati wandei pakutevera.
- Kurwadziwa nguva yekutevera kwemwedzi mishoma yekutanga, asi izvi hazvinyanyi kuwanikwa kune munhukadzi anopfekerwa IUCD achangobva mukusununguka.

NDIYANI ANGASHANDISE PPIUCD



Munhukadzi achangobva mukusununguka uye achiri mumaternity ward uye:

- Anoda nzira yekuronga mhuri isingamunetsi mazuva ose. Zvinosanganisira vanhukadzi vasingakwanisi kushandisa dzimwe nzira dzekuronga mhuri dzine mahormones.
- Anoda nzira yekuronga mhuri nekudzivirira pamuviri inoshanda nemazvo, kwenguva refu uye ichikwanisa kubviswa paadira.
- Arikurarama nehutachiona hweHIV, aripamishonga yemaARVs uye aine utano hwakanaka

NDIANI ASINGAKWANISI KUSHANDISA PPIUCD?

Munhukadzi:

- Ane (STI) zvirwere zvepabonde
- Arikuramba achibuda ropa mushure mekusununguka

NGUVA INGAPFEKERWA PPIUCD

PPIUCD zvinorewa malIUCDs anoiswa panguva yekusununguka kana kuti nguva pfupi pfupi mushure mekusununguka (maminetsi gumi kusvika mazuva maviri kubva mukusununguka)

ZVINGADA KUZIKANWA

- Tangai nhaurirano nezvemhando dzekuronga mhuri nekudzivirira pamuviri nanamukoti panguva yamunonyoresa pamuviri.
- Vanhukadzi vane utachiwana hweHIV vaine utano hwakanaka kunyangwe vari pamushonga wemaARVs vanokwanisa kushandisa PPIUCD.
- PPIUCD inotanga kushanda ichangobva kupfekerwa, naizvozvo munhukadzi anogona kutanga zvepabonde paanonzwia kuti avekuda mushure mekupfekerwa PPIUCD.

Kuti munzwe zvakawanda shanyirai chipatara chiri pedyo nemi



Developed and Produced By
ZIMBABWE NATIONAL FAMILY PLANNING COUNCIL
Headquarters and Spilhaus Centre
No. 1 Swiss Way
Harare Hospital Grounds
P.O Box ST 220 Southerton
Harare, Zimbabwe
Tel: (0292) 69410 / (0242) 661584
Email: pr@znfpcc.org.zw
www.znfpcc.org.zw

Technical and financial support from United Nations
Population Fund (UNFPA)