

Fact Sheet - Swahili

HALI ZA KAWAIDA ZA SEHEMU ZA UKENI

Common Vaginal & Vulval Conditions



Je Kutokwa na Uchafu Wa Ukeni Wa Kawaida ni nini?

Wanawake wote hutokwa na uchafu ukeni, ingawa kiwango hutofautiana. Wakati mwingine ni nzito, au nyepesi, au hata haionekani. Wanawake waliokomaa hupata uchafu huu kwa kiwango kidogo sana. Hutegemea ikiwa mwanamke anapata hedhi au kama anatomia vidonge vya kuzuia mimba. Uchafu huu huweka uke wa mwanamke kuwa na afya nzuri ingawa wakati mwingine huweza kuleta shida.

Nitajua Vipi Ikiwa Niko Na Maambukizi Katika Uke Wangu?

Unaweza kutambua ikiwa uko na dalili hizi.

- Kujikunakuna, kuchomwa au hata uvimbe kwenye uke.
- Uchafu huwa unatoka kwa wingi na kisha unasababisha harufu mbaya.
- Wakati wa kukojoa unahisi uchungu.
- Uchungu wakati wa ngono

Iwapo utakuwa na dalili hizi basi muone muuguzi au mhudumu wa upangaji uzazi.

Naweza Kufanya Aje Ili Kuweka Uke Wangu Kwa Hali Safi Na ya Afya?

Kuna mambo mbalimbali unayopaswa kutekeleza.

- Tumia chupi iliyotengenezwa kwa pamba au chupi ambayo haitakuchoma na kubadilisha chupi kila siku. Pia usivae soksi au suruali ndefu ya kubana kwa mda mrefu.
- Osha chupi kwa maji moto na sabuni kisha ukamue chupi hizo kwa maji masafi kabla ya kuanikwa.
- Badilisha nguo zenye unyevunyevu baada ya kuogelea au nguo za spoti baada ya mchezo bila kukawia.
- Tumia visodo badala ya taulo. Badilisha taulo mara kwa mara. na usitumie zile za marashi.
- Usivalie nguo za kukubana kwa sababu zinafanya mwili kuwa na unyevu na kisha husababisha vidudu kusambaa kwa haraka.
- Epuka kuosha uke kwa kutumia sabuni zenye manukato au mbinu yoyote ile kwa sababu huongeza kujikuna. Uke wenye afya hauhitaji marashi au manukato.
- Jiepushe na matumizi ya sabuni, chumvi za kuoga na manukato katika maeneo haya.

- Tumia sabuni ya kawaida na maji katika maeneo haya.
- Panguza kutoka mbele hadi nyuma baada ya kujisaidia kuepusha uchafu kugusa maeneo haya. Usitumie shashi zenye manukato.

Wakati mwingine dalili hizi zaweza sababishwa na mambo mengine makubwa, kwa hivyo hakikisha umemwona dakitari.

Kwa Maelezo Zaidi

- Wasiliana na upangaji uzazi NSW Simu 1300 658 886 au www.fpnsw.org.au/talkline
- NRS (viziwi) 133 677
- Au tembelea kituo kituo cha upangaji uzazi kilicho karibu nawe.

www.fpnsw.org.au | [talkline 1300 658 886](tel:1300658886) | [duka la vitabu](#)

huduma za kliniki na habari | elimu na mafunzo | utafiti | maendelo ya kimataifa

Huduma wa upangaji wa uzazi NSW ni shirikia isiyo ya faida inayofadhiliwa na wizara ya afya NSW

Maelezo haya yote imetolewa kwa madhumuni ya elimu tu-FNPNSW imehakikisha kwamba maelezo yote ni sahihi hadi tarehe ya kuchapishwa. Watu wenye wana wasiwasi kuhusu suala la afya yao ya uzazi au ngono wana hamasishwa ama kutiwa moyo kutafuta ushauri na usaidizi kutoka kwa huduma ya afya au kutembelea kliniki ya upangaji uzazi
Marejeleo: Mei 2013/ FPNSW 05/13

Fact Sheet - English

COMMON VAGINAL AND VULVAL CONDITIONS



What Is A Normal Vaginal Discharge?

All women have a vaginal discharge. The amount varies from woman to woman. It is sometimes heavier, sometimes lighter, and sometimes you won't notice it at all.

Menopausal women often notice that they have less vaginal discharge. It also depends on where a woman is in her menstrual cycle and whether she is using hormonal contraception. The discharge keeps the vagina healthy, but sometimes it changes in a way that causes problems.

How Would I Know If I Had A Vaginal Infection?

You might notice:

- itching, burning or soreness around the vaginal area
- an increase in the amount of vaginal discharge or an unusual or unpleasant smell
- pain on passing urine
- painful intercourse

If you have any of these symptoms you should see your doctor or Family Planning clinic.

What Can I Do To Keep My Vagina And Vulva Healthy?

There are a number of simple things you can do:

- Wear cotton or silk underwear rather than synthetics and change daily. Wear tights or stockings for as short a time as possible
- Wash underwear in hot water and pure soap and double rinse to make sure any irritants are removed before you wear them
- Change out of damp swimming costumes or sports clothes as soon as possible after swimming or exercise
- Use tampons instead of sanitary pads or panty liners. If using pads, change them regularly and avoid perfumed or deodorised pads and tampons

- Avoid tight fitting clothes such as jeans as this creates a moist, warm environment that encourages the overgrowth of bacteria and yeasts
- Never douche - except if it is specifically prescribed by a doctor to treat an infection. Douching increases your risk of vaginal irritation. A healthy vagina does not need a vaginal deodorant
- Avoid using soaps, bubble baths, bath salts, perfumes and perfumed talcs around the vaginal area. And never ever use anything harsh such as disinfectants - even diluted, near your vagina
- A gentle moisturiser like aqueous cream may be advised. Use water or soap substitutes to wash the area
- Always wipe from the front to the back after going to the toilet since this stops bowel organisms being swept into the vagina. Don't use perfumed toilet paper because it can cause irritation.

Sometimes vaginal and vulval symptoms can be due to other more serious causes so if your symptoms do not get better make sure you see your doctor for a check up.

For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

Reviewed: May 2013 | FPNWSW 05/13

The information in this Factsheet has been provided for educational purposes only. Family Planning NSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit an Family Planning NSW clinic.

www.fpnsw.org.au | [talkline 1300 658 886](tel:1300658886) | [bookshop](#)

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Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health

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Reviewed May 2014/FPNSW 05/14