

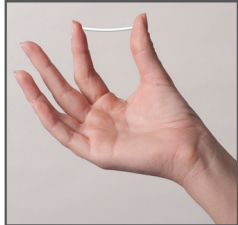
# Fact Sheet - Lao

## ການຄຸມກຳເນີດແບບຝັງຫຼອດໃສ່ຜິວໜັງ The Contraceptive Implant



### ການຄຸມກຳເນີດແບບຝັງຫຼອດໃສ່ຜິວໜັງແມ່ນຫຍັງ?

ການຄຸມກຳເນີດແບບຝັງຫຼອດໃສ່ຜິວໜັງຊະນິດດຽວທີ່ມີຢູ່ໃນອອສເຕຣເລຍເອີ້ນວ່າ Implanon NXT®. ມັນແມ່ນຫຼອດປລາສຕິກນ້ອຍໆທີ່ບັນຈຸຮີໂມນ, ເອີ້ນວ່າ ໂປຣແຈສໂຕເຈິນ, ເຊິ່ງຈະຖືກຄອຍໆປ່ອຍອອກມາເພື່ອປ້ອງກັນບໍ່ໃຫ້ທ່ານຕັ້ງທ້ອງ. ຫຼອດນີ້ຈະຖືກສອດເຂົ້າໃສ່ຜິວໜັງຊັ້ນຕົ້ນໆດ້ານໃນຂອງກົກແຂນ. ມັນຈະຖືກປະໄວ້ 3 ປີ ແຕ່ສາມາດຖອດອອກໄດ້ໄວກ່ອນນັ້ນຖ້າທ່ານຕ້ອງການ.



### ມັນເຮັດວຽກໄດ້ຜິວດີປານໃດ?

ນີ້ເປັນວິທີທີ່ໄດ້ຜົນສູງໃນການປ້ອງກັນບໍ່ໃຫ້ຕັ້ງທ້ອງ (ໄດ້ຜົນສູງກວ່າ 99.9%). ຢາບາງຊະນິດອາດເຮັດໃຫ້ຫຼອດທີ່ສອດໃສ່ມີເຮັດວຽກໄດ້ຜິວນ້ອຍລົງ; ສະນັ້ນ ຈຶ່ງເປັນສິ່ງສຳຄັນທີ່ຕ້ອງບອກໃຫ້ທ່ານໝໍຫຼືພະຍາບານ ຂອງທ່ານຮູ້ຖ້າທ່ານກິນຢາຊະນິດອື່ນຢູ່.

### ໃຜສາມາດໃຊ້ວິທີຝັງຫຼອດໃສ່ຜິວໜັງໄດ້?

ແມ່ຍິງສ່ວນຫຼາຍສາມາດໃຊ້ຫຼອດຝັງໃສ່ຜິວໜັງໄດ້. ມັນເປັນວິທີທີ່ດີສຳລັບແມ່ຍິງທີ່ບໍ່ຈື່ກິນຢາໄດ້ທຸກໆມື້. ແມ່ຍິງທີ່ຕ້ອງການຄຸມກຳເນີດລະຍະຍາວທີ່ໄດ້ຜິວດີ, ແຕ່ວາສາມາດປິ່ນກັບໄດ້ໃນເວລາອັນໄວແບບນີ້ຖືວ່າເໝາະສົມກັບເຂົາເຈົ້າ. ມັນສາມາດຖືກນຳມາສອດໃສ່ໄດ້ທັນທີຫຼັງຈາກຄອດລູກ, ຮວມທັງແມ່ຍິງທີ່ໃຫ້ລູກກິນນົມແມ່.

### ໃຜບໍ່ສາມາດໃຊ້ວິທີຝັງຫຼອດໃສ່ຜິວໜັງ?

ທ່ານບໍ່ຄວນໃຊ້ຫຼອດຝັງໃສ່ຜິວໜັງຖ້າທ່ານເປັນມະເຮັງເຕົ້ານົມຫຼືມີບັນຫາກ່ຽວກັບຕັບ. ຫຼອດຝັງໃສ່ຜິວໜັງອາດບໍ່ເໝາະສົມກັບທ່ານຖ້າຜິວທ່ານມັກເປັນແປວ ຫນາ (ເປັນກະຕູດ), ຖ້າທ່ານບໍ່ຢາກໃຫ້ມີຫຍິບຢູ່ໃຕ້ຜິວໜັງ, ຫຼືຖ້າທ່ານກັງວົນວ່າຈະມີປະຈຳເດືອນບໍ່ປົກກະຕິ.

### ມີຜົນຂ້າງຄຽງຫຍັງບໍ່?

ແມ່ຍິງບາງຄົນມີປະຈຳເດືອນບໍ່ປົກກະຕິຫຼືເປັນເລືອດລະຍະຍາວ. ປະຈຳເດືອນອາດຢຸດບໍ່ມາເລີຍ. ຜົນຂ້າງຄຽງຢ່າງອື່ນແມ່ນບໍ່ຄອຍມີ, ແຕ່ວ່າ ແມ່ຍິງບາງຄົນກໍອາດເຈັບຫົວ, ອາລົມປ່ຽນແປງ, ຫຼື ເຈັບນົມ.

### ຝັງຫຼອດໃສ່ຜິວໜັງແມ່ນເຮັດແບບໃດ?

ທ່ານໝໍຈະຂີດໝາຍເປັນຮອຍນ້ອຍໆຢູ່ດ້ານໃນຂອງກົກແຂນທ່ານ. ເພິ່ນຈະທຳຄວາມສະອາດຜິວໜັງດ້ວຍນຳຢາຂາເຊື້ອ, ແລະສັກຢາມິນໃສ່ເລັກນ້ອຍ, ເຊິ່ງອາດຈະຂາດນ້ອຍໜຶ່ງ, ເພື່ອບໍ່ໃຫ້ເຈັບເມື່ອສອດໃສ່. ຫຼັງຈາກນັ້ນ ຫຼອດກໍຈະຖືກສອດຝັງໃສ່ໃຕ້ຜິວໜັງຊັ້ນຕົ້ນໆ, ແລະ ເອົາຜ້າພັນແຜພັນອ້ອມແຂນໄວ້. ຕ້ອງໄດ້ປະຜາພັນແຜໄວ້ 24 ຊົ່ວໂມງ. ອາດຈະມີຮອຍຊຳແລະເຈັບແດນນ້ອຍໜຶ່ງຕາມບ່ອນທີ່ສອດໃສ່ ເຊິ່ງອາດຈະເຈັບຢູ່ຮອດໜຶ່ງອາທິດ.

### ຈະເອົາຫຼອດອອກຢ່າງໃດ?

ທ່ານໝໍຈະສັກຢາມິນໃສ່ນ້ອຍໜຶ່ງຢູ່ທາງປາຍຂອງ ຫຼອດທີ່ສອດໄວ້, ແລະຜາຜິວໜັງເປັນຮອຍນ້ອຍໆ. ປາຍຂອງຫຼອດຈະຖືກຍູ້ໃຫ້ອອກຜ່ານຮອຍຜ່ານນັ້ນ, ຫຼືດຶງອອກໂດຍໃຊ້ເຄື່ອງໜີບນ້ອຍໆ. ຜົນຈາກຢາຄຸມຈະໝົດຢ່າງໄວຫຼັງຈາກຫຼອດໄດ້ຖືກດຶງອອກແລ້ວ. ແມ່ຍິງສ່ວນຫຼາຍຈະມີປະຈຳເດືອນຕາມປົກກະຕິພາຍໃນໜຶ່ງເດືອນ. ຕ້ອງໄດ້ເອົາຫຼອດສອດນີ້ອອກຫຼັງຈາກສາມປີຜ່ານໄປ. ຫຼອດສອດອັນໃໝ່ສາມາດຖືກໃສ່ເຂົ້າໄປທັນທີທີ່ອັນເກົ່າຖືກເອົາອອກ.

### ຂ້ອຍຈະໄປເຮັດຄຸມກຳເນີດແບບຝັງຫຼອດໃສ່ຜິວໜັງໄດ້ຢູ່ໃສ?

ທ່ານສາມາດໄປຫາທ່ານໝໍເພື່ອຂໍເອົາໃບສັ່ງແພດໃນການເຮັດຝັງຫຼອດ. ທ່ານໝໍສ່ວນໃຫຍ່ຈະອະທິບາຍໃຫ້ທ່ານຮູ້ກ່ຽວກັບເລື່ອງນີ້ໃນຄັ້ງທຳອິດແລະບອກໃຫ້ທ່ານກັບມາຄັ້ງໃໝ່ເພື່ອມາເຮັດ. ທ່ານສາມາດເຮັດຝັງຫຼອດໄດ້ທີ່ຄລິນິກວາງແຜນຄອບຄົວຫຼືໃຫ້ທ່ານໝໍຫຼືພະຍາບານໃນເຂດທ້ອງຖິ່ນທີ່ໄດ້ຝຶກໃນການຝັງຫຼອດນີ້ເຮັດໃຫ້.

### ຖ້າຕ້ອງການຂໍ້ມູນເພີ່ມເຕີມ

- ໃຫ້ຕິດຕໍ່ສາຍສົນທະນາຂອງພະແນກວາງແຜນຄອບຄົວແຫ່ງລັດ NSW ທີ່ເລກໂທ 1300 658 886 ຫຼືເຂົ້າໄປເບິ່ງ [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)
- NRS (ສຳລັບຄົນພິການຫຼື) 133 677
- ຫຼືໄປທີ່ຄລິນິກວາງແຜນຄອບຄົວໃກ້ບ້ານທ່ານ

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ພະແນກວາງແຜນຄອບຄົວ ຮັດ NSW ແມ່ນອົງການທີ່ບໍ່ຫວັງຜົນກຳໄລ ໄດ້ຮັບການອຸປະຖຳໂດຍກະຊວງສາທາຣະນະສຸກ ຮັດ NSW.

ຂໍ້ມູນຢູ່ໃນເຈ້ຍຂໍ້ມູນນີ້ແມ່ນສະໜອງເພື່ອຈຸດປະສົງດ້ານການສຶກສາເທົ່ານັ້ນ. FPNSW ໄດ້ພະຍາຍາມສຸດຄວາມສາມາດເພື່ອຮັບປະກັນວ່າຂໍ້ມູນນີ້ຖືກຕ້ອງແລະ ທັນກັບເຫດການ ໃນເວລາພິມ. ທ່ານໃດທີ່ມີຄວາມກັງວົນກ່ຽວກັບການລະບົບສືບພັນ ສ່ວນຕົວຫຼືມີບັນຫາສຸຂະພາບທາງເພດ ເຮົາຂໍແນະນຳໃຫ້ໄປຂໍຄຳປຶກສາແລະ ຂໍຄວາມຊ່ວຍເຫຼືອຈາກແພດຮັກສາສຸຂະພາບຂອງຕົນຫຼືໄປທີ່ຄລິນິກວາງແຜນຄອບຄົວ.

ທົບທວນ: ມິຖຸນາ 2014 | FPNSW 06/14



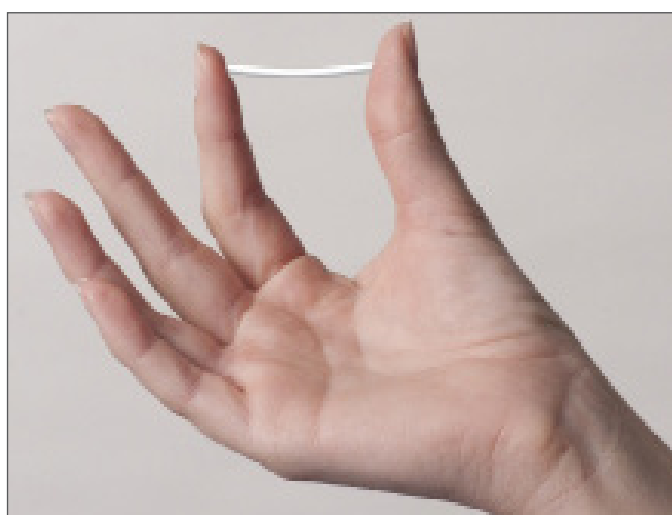
## Fact Sheet - English

# THE CONTRACEPTIVE IMPLANT



### What Is The Contraceptive Implant?

The only contraceptive implant available in Australia is called Implanon NXT®. It is a small plastic rod that contains a hormone, called a progestogen, which is slowly released to prevent you from getting pregnant. The implant is inserted just under the skin on the inside of your upper arm. It is left in place for 3 years but can be removed earlier if you choose.



### How Well Does It Work?

It is a very effective method of preventing a pregnancy (more than 99.9% effective). Some medications can make the implant less effective; so it is important to tell your doctor or nurse if you are taking other medications.

### Who Can Use An Implant?

Most women can use an implant. It is good for women who find it hard to remember to take a pill every day. Women who want long-term birth control that works well, but can be reversed quickly can find it suits them. It can be inserted immediately after giving birth, including in women who are breastfeeding.

### Who Should Not Use An Implant?

You should not use an implant if you have had breast cancer or have certain liver problems. The implant may not suit you if you are prone to thickened (keloid) scarring, if you don't want to have something under your skin, or if you are worried about having irregular periods.

### Are There Any Side Effects?

Some women get irregular or prolonged bleeding. Their periods may stop completely. Other side effects are rare, but some women may get headaches, mood changes, or have sore breasts.

### How Is An Implant Inserted?

The doctor puts a small mark on the skin on the inside of your upper arm. They clean the skin with antiseptic, and inject a little anaesthetic, which might sting slightly, so that the insertion will not hurt. Then the implant is inserted just under the skin, and a small bandage is put on the arm. The bandage should stay in place for 24 hours. There may be some bruising and soreness around the implant that can last for up to a week.

### How Is An Implant Removed?

The doctor injects a little anaesthetic just under the end of the implant, and makes a small cut in the skin.

The end of the implant is either pushed through the tiny cut, or pulled out using a small instrument.

The contraceptive effect wears off quickly when the implant is removed. Most women have a normal period within a month. The implant must be removed after three years. A new implant can be inserted as soon as one has been removed.

### Where Can I Get A Contraceptive Implant?

You need to see a doctor to get a script for an implant. Most doctors will talk about it on your first visit and ask you to return for another visit to have it inserted. You can have an implant inserted at a Family Planning clinic or by a local doctor or nurse who has been trained to insert it.

### For Further Information

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

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

The information in this Fact Sheet has been provided for educational purposes only. FPNPNSW 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 a Family Planning Clinic. Reviewed May 2014/FPNSW 05/14

Reviewed: June 2014 | FPNSW 06/14

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Family Planning QLD 07 3250 0240 | Family Planning TAS 03 6273 9117 | Family Planning VIC 03 9257 0121

Family Planning WA 08 9227 6177 | Family Planning Welfare Association of NT 08 8948 0144

Sexual Health and Family Planning ACT 02 6247 3077 | SHine SA 08 8300 5300

