

Fact Sheet - Dinka

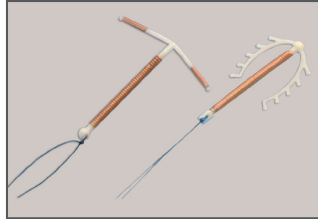
IUD KOPAR

The Copper IUD



Yeḡo ɔl IUD Kopar?

IUD Kopar ee wai thiin alóót cī luḡ kopar der yekóu. Yeen a ye tāāu adhiēēt yic bē liēc gēl. Yeen a leḡ awin nylon thiin cē ruók ye thok. Na cē IUD Kopar tāāu adhiēēt yic, ka awin nylon ee thok bēn bei adhiēēt-thok bē rēēr weeth. Tē cīt kuat de, IUD Kopar a lēu bē rēēr adhiēēt yic run ka dhiēc yet ruōōn 10.



IUD Kopar ye luui kadā?

Luḡ koppar thēēl bei wai IUD kōu ee mīth wēl moc ku tuoḡ tiḡ muōōḡ bīk cī rām ku cē meth rot yōk ku wai IUD ee kuēeth adhiēēt rac bē cī la bath tēn manh yōk rot.

Ye ḡiēc lui kadā?

Lon IUD Kopar ee rot tieeḡ apath. Akuēn diāār ye pēn liēc a wan 99 buɔotic.

Yeḡa Lēu Bī IUD Kopar Tāāu Ye Yic?

Diāār juāac aa lēu bīk IUD Kopar tāāu ke yiic, gut tiḡ kēc meth kaḡ yōk, ku apath ba wēt jāām yic kek akiēm du rin tekdā ka leḡ dēd bī gēl ba IUD Kopar cī tēēu adhiēn du yic.

Yeḡa Lēu Bē Pēn IUD Kopar?

Na dieeu ciēt yī cē meth yōk ka yī duk IUD Kopar tēēu adhiēn du yic. Na ye nyantik kuēr apēy tē thēēk yen ka path bē ya IUD porojethojin yen tēēu adhiēn de yic. Tekdā ka leḡ kā kōk pial guōp lēu bīk yī pēn IUD Kopar. Apath ba jam kek akiēm du bī rin ba ḡic lōn peth IUD Kopar ke yiin.

Leḡ Kē Lēu Bē Wāac?

Tekdā ka yīn a bē ya kuēr apēy, kaam bāric ku rem yīn tē thēēk yīn ke IUD Kopar.

Tekdā ka yīn a lēu ba juny wuɔok kaam tēēu IUD Kopar adhiēēt yic. Akīm wālā akuɔnyakīm a bī lēk kōk lēu bīk wāac tē tēēu IUD Kopar adhiēn du yic.

Ba IUD Kopar Yōk Tēno?

Yīn a cē lēk ba dhiel la tēn akīm wālā Panakīm ē Guiēr Macthok. Diāār wīc IUD aa ye lēk bīk la kēn yic rou. Akīm a bī thiēc alōḡ pial guāp du ku lēk yīn alōḡ IUD rōm tueḡ yic. Wanh du ku juōny du aa bē caath ku ceeth lāāk tōu wanh du yic lōn leḡ yen tuany tōu thiin. Na ben la bēn nēm rou ka IUD a bē jal bēn tāāu adhiēn du yic. Tēēu de ee yuul 10 nyaai. Diāār kōk aa tēēu de yōk ka leḡ tē thiin rac ku tēēu de ee tōok tēn diāār kōk. Diāār kōk aa thōok tē tēēu ye thiin wālā tē cī tēēu thōk ku tekdā bē yī lēk ba kaḡ lōḡ panakīm amāāth ku jal jāl.

Miēth a ce kaḡ theek tē tēēu yeen yī yic, ku yeen guōp apath alandeen ba dhiel cam ku jal la bē la tāāu yī yic. Na leḡ tē dēd leer yīn, ka path ba rot gām kaam dōt thāā tōk panakīm.

Ye IUD Kopar bēy Bei Kadā?

Yīn a cē lēk ba dhiel la tēn akīm wālā Panakīm ē Guiēr Macthok bī yeen la bēy bei thiin. A leḡ makēc pēeth ye akīm IUD miēēt bei adhiēēt yic. Kēn ee yuul ka rou nyaai. A leḡ tē thiin ye diāār kōk maan miēēt de bei yic ku diāār kōk aa cik ye cak yōk ciēt leḡ kē mīt bei ke yiic.

Kā Ba Dhiel Muk Yī Nhom

Pēy thok ebēn, ye yī cin gac wanh du yic ba awin nylon ruany tē cī kuēr ē thēk du thōk, loi keya rin ba ḡic lōn ḡuot rēēr IUD nyien de. Na cē thēk du gāau kaam wan wīek tōk, tēdā ka kuēr duun yīn kuēr a cē yic waar tēdā ka yīn a diu ciēt yī cē liēc, ka yī la tēn akiēm wālā lōor panakīm bē yī bēn la caath lōn cīn meth yōk.

Na leḡ lāāk lēēk bei wanh du ku a ce lāāk thōḡ ke lāāk duun theer dhie wālā na ye yī reem yic lōḡ bī yī juny, ka loc la tēn akīm ka cīn agāau.

Na wīc ba lēk kōk yōk

- Jaam kek aguir ē Guiēr ē Macthok NSW telepun ē jam 1300 658 886 wālā nem lōkayukar: www.fpnsw.org.au/talkline
- NRS (raan cīn ye yic) 133 677
- Wālā lōoc Panakīm ē Guiēr ē Macthok tōu akeunhom

www.fpnsw.org.au | telepun ē jam 1300 658 886 | dukān athōr

loilooi ē kīim & lēk | piōoc & nyuuth | jāc | guiēr ē pinynhom

Aguir ē Guiēr ē Macthok NSW a ce wēēu luōoi bīk dhiēt ku wēēu keen yen luui aa bēn tēn Amathōm ē Pialguōp NSW

Lēk tōu athōr kēn yic a cē gāt ka ye kē lēk koc path ku cīn dēd lēu bī raan looi yeen. Aguir ē FPNPNSW a cē kē riēec ebēn guir rin bē lēk kēn ya lēk la cōk ku tēu nyien kōol wāār gēt yeen. Na leḡ raan dieer alōḡ tē deen bī yen dhiēt thiin wālā alōḡ tē deen bī yen pial thiin tē tēēc yen ke moc/ tīk, ka yeen apath bē la tēn akiēm de bē yeen la wēēt ku kony yeen; tēdā ka lēu bē la Panakīm ē Guiēr Macthok.

Beric: Pendhētem 2014/FPNSW 06/14

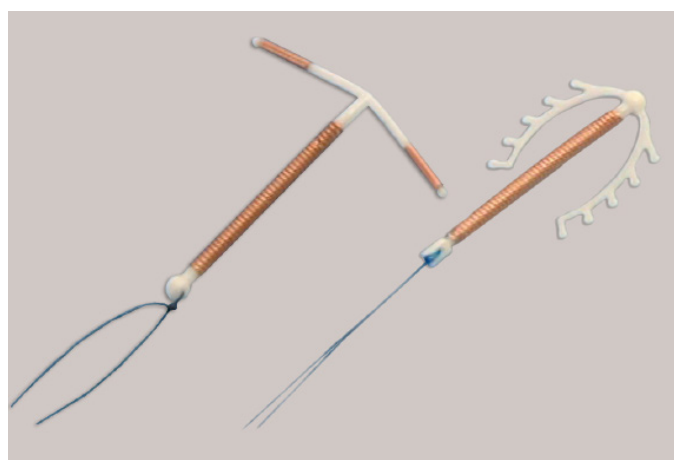
Fact Sheet - English

THE COPPER IUD



What Is A Copper IUD?

A Copper IUD is a small plastic device with copper wire wrapped around its stem. It is placed inside the uterus (womb) to prevent pregnancy. It has a fine nylon string attached to it. When the Copper IUD is in place, the string comes out through the cervix (the end of the uterus) into the vagina. The IUD can stay in place for five to ten years depending on the type.



How Does The Copper IUD Work?

The copper released from the IUD affects both the sperm and the eggs making it unlikely they will meet and the IUD causes changes in the lining of the womb making it less suitable for a pregnancy.

How Well Does It Work?

The Copper IUD works very well. It is more than 99% effective.

Who Can Use A Copper IUD?

Most women are able to use a copper IUD, including women who haven't had a baby before, but talk to your doctor, as there are some reasons why it may not be right for you.

Who Should Not Use An IUD?

You should not use an IUD if you could be pregnant.

It may be better for women who have heavy periods to use a progestogen IUD. There are some medical

conditions that you may have which could prevent you from using the Copper IUD. It is very important to talk with your doctor to be sure it is safe for you to use it.

Are There Any Side Effects?

Your periods may be heavier, longer and sometimes more painful with a copper IUD.

There is a small chance of getting a pelvic infection at the time of the copper IUD insertion.

The doctor or nurse will tell you about other risks of having the copper IUD inserted.

How Do You Get The Copper IUD?

You need to go to a doctor or Family Planning Clinic. Usually you are asked to make two visits. On the first visit the doctor asks questions about your health and tells you about the IUD. You will have a vaginal/pelvic examination and possibly a test for vaginal infection. On the second visit the IUD is inserted. The procedure takes about 10 minutes. Some women may find the experience a bit uncomfortable while others may find it somewhat painful. Some women can feel faint during or after the insertion and you will probably need to rest for a while before you leave the clinic.

You do not have to fast before the procedure, in fact it is a good idea to eat beforehand. You should allow at least an hour to be at the clinic.

How Is The Copper IUD Taken Out?

You need to go to a doctor or Family Planning Clinic to have it taken out. The doctor uses a special instrument to remove the IUD by gently pulling on the string. This only takes a couple of minutes. Some women find it a little uncomfortable but most women don't feel much at all.

Things To Remember

Feel inside your vagina with your finger to check the string each month after your period, to be sure the IUD is in place.

If your period is more than a week overdue, you have a change in your usual bleeding pattern or you are

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

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concerned that you could be pregnant, go to see your doctor or clinic for a pregnancy test.

If you have any unusual discharge from your vagina or pain low in your abdomen, see your doctor straight away.

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

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