

Fact Sheet - Swahili

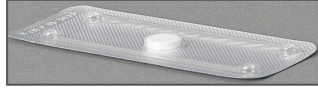
TEMBE ZA UZAZI ZA DHARURA

The Emergency Contraceptive Pill (ECP)



Tembe za Uzazi za Dharura ni Nini?

Tembe za uzazi za dharura (wakati mwingine hujulikana kama tembe za uzazi za asubuhi



baada ya ngono) ni dosi moja ya homoni iitwayo levonorgestrel (pia hutumiwa kwa tembe kadhaa za uzazi). Humezwa kwa kuzuia uwezekano wa kupata mimba baada ya kufanya ngono bila kinga. Kwa mfano kutotumia njia zozote za kupanga uzazi au kupasuka kwa mpira wa kondomu wakati wa mapenzi.

Hufanya Kazi Vipi?

Tembe za uzazi za dharura huzuia yai kutoka kwenye mfuko wa mayai wa mwanamke. Ukitumia tembe za uzazi za dharura lazima uendelee kutumia mbinu zingine za kupanga uzazi kama vile tembe au kondomu ama utapata uja uzito. Tembe hizi hazizuii mimba iliyoanza au kuumiza mtoto aliyeanza hapo awali.

Je Kuna Madhara Yoyote?

Unaweza kutoa damu kwenye uke baada ya kutumia tembe hizi. Tembe hizi hazina madhara ya muda mrefu. Wanawake kadhaa hupata hedhi zisizo za kawaida baada ya kutumia tembe hizi na wengine huhisi kichefuchefu au matiti kuwa laini. Ikiwa utatapika kabla ya masaa mawili kuisha baada ya kumeza tembe hizi, meza dosi nyingine.

Hizi Tembe ni Nzuri Vipi?

Vidonge vya dharura viko salama ikiwa vitatumiwa kwa saa 24 baada ya kufanya ngono isiyo salama. Iwapo utavimeza baada ya ngono utazuia mimba kwa asilimia 85. Unapaswa kupimwa kujua hali ya uja uzito na pia kuwa na uhakika majuma machache baada ya kumeza vidonge.

Dawa Hizi Humezwa Vipi?

Dawa za dharura ni hakika ikiwa ziatumiwa kwa wakati ufao. Vidonge hivi vinafaa kukmezwa kwa masaa 24 iwapo utafanya ngono isiyo salama. Pia vidonge hivi vinaweza kumezwa hadi baada ya masaa 120. Tumia vidonge hivi kwa zaidi ya mara moja.

Utapata Lini Hedhi Zako?

Wanawake wengi huwa na hedhi kwa wakati wanaotarajia.

Na Ikiwa Hedhi Zinachelewa?

Ikiwa hedhi zako zinachelewa kwa zaidi ya wiki basi unapaswa kumuona mhuduma upimwe kutambua kama ni uja uzito.

Naweza Kupata Wapi dawa Za Dharura za Uzazi.

Unaweza pata dawa za dharura kutoka kwa maduka ya kuuza dawa bila ushauri wa daktari. Bei yake ni \$20 au \$30 lakini sio Zaidi. Muuzaji wa dawa hukuulia maswali kadhaa ili kuwa na ukhakika na usalama unapotumia dawa hizi.

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-FPNPNSW imehakikisha kwamba maelezo yote ni sahihi hadi tarehe ya kuchapiswa. 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 Ilikaguliwa upya Juni 2014/ FPNPNSW 06/14

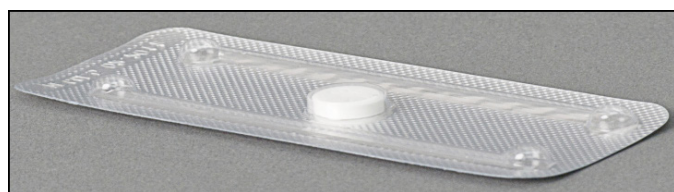
Fact Sheet - English

THE EMERGENCY CONTRACEPTIVE PILL (ECP)



What Is The Emergency Contraceptive Pill?

The emergency contraceptive pill or ECP (sometimes wrongly called the 'morning after pill') is a single dose of a hormone called levonorgestrel (also used in some contraceptive pills). You can take it to reduce the chance of getting pregnant after having unprotected sex, for example, if you did not use any contraception, if you missed your usual contraceptive pill, or you used a condom that broke during sex.



How Does It Work?

The emergency pill can prevent or delay the release of an egg from a woman's ovaries. If you use the emergency pill, you should keep on using other contraception, e.g. the Pill or condoms or you could still become pregnant. The emergency pill does not interrupt an established pregnancy, or harm a developing embryo or fetus if it is accidentally taken early in pregnancy.

Are There Any Side Effects?

You might have some vaginal bleeding a few days after using the emergency pill.

The emergency pill is very safe to use with no serious or long-lasting side-effects. Some women have experienced an irregular period after taking the emergency pill and a few may have nausea or breast tenderness. If you have vomiting less than two hours after you take a dose of emergency contraception you should take another dose.

How Effective Is it?

The emergency pill is most effective when taken in the first 24 hours after unprotected sex. If taken within three days of unprotected intercourse the emergency pill will prevent approximately 85% of expected pregnancies. You may need to have a follow-up pregnancy test to make sure you are not pregnant, in a few weeks.

How Do You Take It?

Emergency contraception is more effective the sooner you take it after unprotected sex. It is most effective if taken within 24 hours of unprotected sex. However it can still be used up to 120 hours (five days). It is safe to use the emergency pill more than once in a cycle.

When Should You Get Your Next Period?

Most women have a period at about the expected time.

What If Your Period Is Late?

If your period is more than a week late, you should do a pregnancy test and contact your doctor or Talkline for advice.

Where Can I Get The Emergency Pill?

You can get the emergency contraceptive pill from pharmacies without a doctor's prescription. It costs about \$20-\$30. The pharmacist may ask you a few questions to be sure that it is safe for you to take this medication. It is also available from Family Planning NSW clinics.

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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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](#)

clinical services & information | education & training | research | international development

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