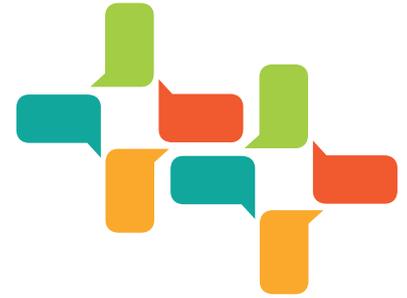


Fact Sheet - Swahili

TEMBE ILIYOJUMUISHWA

The Combined Pill

**Tembe Ni Nini?**

Tembe iliyojumuishwa huwa na homoni mbili, osterogeni na progestogeni. Kwa kawaidahuitwa tu 'Tembe'. Kuna aina nyingi ya tembe zilizojumuishwa lakini zote hufanya kazi sawa kuzuia ujauzito.

**Tembe Hii Hufanya Kazi Vipi?**

Tembe huzuia kifuko cha mwanamke kutoa yai linalosababisha uwezekano wa utungaji mimba.

Jinsi Mwafaka Inavyofanya Kazi?

Ni salama zaidi kutumia kwa asilimia 99 iwapo utazingatia maagizo. Kwa maisha ya kawaida ni asilimia tisaini na moja tu ambao hukosea na kupata ujauzito.

Nani Anapaswa Kutumia Vidonge Hivi?

Wanawake wengi wanaweza kutumia tembe hizi. Ikitumiwa vyema ni hakikisho kwa kuzuia mimba. Inaweza kusimamishwa wakati wowote.

Nani hapaswi kutumia tembe?

Wanawake hawapaswi kutumia vidonge ikiwa wanahisi kuna kuganda kwa damu miguuni, shida za figo, mashambulizi ya roho, msukumo wa damu,, kuumwa na kichwa au saratani ya matiti. Usitumie vidonge ikiwa uko na mtoto ambaye yuko chini ya miezi sita na unanyonyesha. Kabla ya kutumia vidonge unapaswa kumjulisha daktari akupe ushauri na maswala mengine muhimu kabla ya kukata kauli ya kutumia. Dawa zingine huenda zikazuia tembe ifanye kazi vyema na muuguzi atakupa maelezo Zaidi upaswayo kufahamu kabla ya kutumia tembe.

Je Kuna Madhara Yoyote?

Wanawake wengi hawana tatizo lolote ingawa kuna wale ambao hutatizika kama vile kupata hedhi za kila mara kabla mwezi haujakamilika, kuwa na kichefuchefu, ingawa baada ya muda matatizo haya hupungua na iwapo utahisi matatizo haya yanaendelea muone muuguzi kwa ushauri.

Je Temebe inatumika kwa njia gani?

Tembe hapakiwa kwenye kipimo cha siku 28 kutegemea aina ya tembe. Ina aina ya tembe 7 zisizokuwa na homoni (tembe zenye sukari). Unapotumia tembe zenye sukari utaona ulowevu mwekundu.

Tembe nyingine hupatikana kwenye PBS lakini nyingine hazipatikani. Muulize daktari wako kuhusu bei ya tembe tofauti.

Ni Jambo Lipi Linaweza Kutendeka Ikiwa Utakosa Kutumia Tembe?

Ukichelewa kumeza tembe kwa muda unaopungua masaa 24, imeze pindi tu unapokumbuka kisha umeze nyingine kwa wakati wa kawaida. Utakuwa umekingwa dhidi ya ujauzito. Ikiwa umechelewa zaidi ya masaa 24, tumia mpira au usihusike kwenye ngono hadi siku saba za tembe za homoni. Waweza hitaji tembe za dharura. Ni jambo la busara kushauriana na tabibu wako kuhusu cha kufanya ukichelewa zaidi ya masaa 24 au unaweza wasiliana na muuguzi kwenye nambari (1300658 886)

Je Unaweza Pata Wapi Vidonge?

Muone muuguzi wa upangaji uzazi, atakushauri kwa kukuuliza maswali kulingana na hali ya afya yako. Unaweza kununua vidonge hivi kwa duka la dawa au hosipitalini. Ni lazima ukaguliwe kila baada ya miezi 12.

Njia Mbalimbali Za Kupanga Uzazi.

Kuna njia nyingi za kupanga uzazi. Waone wauguzi wa upangaji uzazi.

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 cha upangaji uzazi kilicho karibu nawe.

www.fpnsw.org.au | **talkline 1300 658 886** | **duka la vitabu**

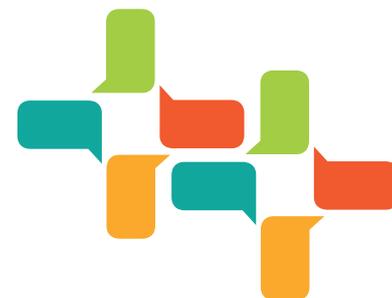
huduma za kliniki na habari | elimu na mafunzo | utafiti | maendelo ya kimataifa

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 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 : Juni 2014 / FPNSW 06/14

Fact Sheet - English

THE COMBINED PILL



What Is The Pill?

The combined Pill contains two hormones, oestrogen and progesterone. It is usually just called 'The Pill'. There are many types of combined Pills but they all work the same way to prevent pregnancy.



How Does The Pill Work?

The Pill stops a woman's ovaries from releasing an egg each month, so a pregnancy cannot begin.

Who Can Use The Pill?

Most women can use the Pill. It is effective at preventing pregnancy if taken correctly, but can also be easily stopped if you wish to become pregnant.

Who Should Not Use The Pill?

Women should not use the Pill if they have had a blood clot in their leg, a stroke or heart attack, liver problems, high blood pressure, certain types of migraine, or breast cancer. You may not be able to use the Pill if you are breastfeeding and your baby is less than six months old. It is very important to talk with your doctor to make sure it is safe for you to use the Pill. Some other medications can stop the Pill from working properly and the doctor will tell you about these and other things you need to know before you decide to use it.

Are There Any Side Effects?

Most women feel well while using the Pill, but it is common to have some side effects at first. You may have irregular bleeding in between periods, sore breasts and nausea (feeling sick). This usually settles down after a couple of months but sometimes your doctor may change the type of pill you are using. Serious health problems caused by the Pill are rare, but ask your doctor to tell you about them.

How Do You Take The Pill?

The Pill comes in a 28 day pack and depending on the type of pill, it will have between two and seven pills that have no hormones (sugar pills). You will usually have vaginal bleeding during the days when you take the sugar pills.

Some types of pill are available on the PBS while others are not. Talk to your doctor about the cost of different pill types if this is an issue for you.

What If You Miss A Pill?

If you are less than 24 hours late taking a pill, take it as soon as you remember, and then take the next pill at the usual time. You will still be protected against pregnancy. If you are more than 24 hours late taking a pill you should use condoms or not have sex until you have had seven days of hormone pills. You may need the emergency contraceptive pill. It is a good idea to talk with your doctor or pharmacist about what to do if you are more than 24 hours late or you can ring to speak with a nurse on our Talkline (1300 658 886).

How Can You Get The Pill?

You need to go to a doctor or Family Planning Clinic to get a script for the Pill. The doctor will ask you questions about your health and will tell you how to take the Pill. You can then buy your pills from a pharmacy or a Family Planning Clinic. You should have a check-up every 12 months.

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

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

Other Methods of Contraception

There are many other methods of contraception available. See FPNSW factsheets.

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: June 2014 | FPNSW 06/14

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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