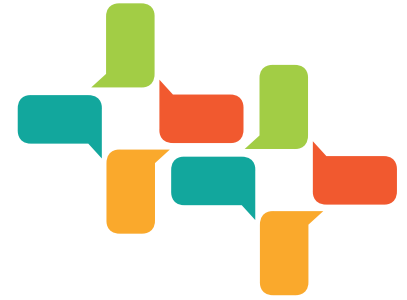


## Fact Sheet - Swahili

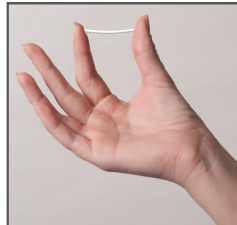
# BANDIKO LA UPANGAJI UZAZI

## The Contraceptive Implant



### Je Bandiko La Uzazi Ni Nini?

Bandiko la pekee linalopatikana Australia linaitwa implanon NXT®. Hiki ni kijiti kijidogo cha sandarusi kilicho na homoni iitwayo progestogeni ambayo huachiliwa polepole ili kuzuia uja uzito. Kibandiko hiki huingizwa chini ya ngozi upande wa juu wa mkono. Huacha kwa muda wa miaka mitatu lakini chaweza kuondolewa mapema ikiwa utachagua.



### Hufanya Kazi Vipi?

Hii ni mbinu bora ya kuzuia ujauzito ( zaidi ya asilimia 99.9 kwa ubora. ). Matibabu mengine yanaweza kubeza ubora wa kibandiko. Hivyo ni muhimu kumweleza daktari au muuguzi iwapo unatumia matibabu yoyote.

### Ni Nani Anaweza Tumia Kibandiko Cha Uzazi?

Wanawake wengi wanaweza tumia kibandiko. Ni nzuri kwa wanawake wanaosahau kumeza vidonge kila siku, wanawake wanaohitaji uzazi wa kuthibitiwa vyema, lakini yaweza geuzwa haraka kuwanufaisha. Inaweza ingizwa wakati huo baada tu ya kujifungua hata kwa wanawake wanaonyonyesha.

### Nani Hafai Kutumia Bandiko La Upangaji Uzazi?

Hafai kutumia bandiko la upangaji uzazi ikiwa umeshawahi kuwa na saratani ya matiti au manganjwa kwa maini. Bandiko la upangaji uzazi haliwezi kukufaa ikiwa una tatizo la kovu ngozini, ikiwa una hofu ya kuwa una kitu chochote chini ya ngozi yako au una hofu ya kupata hedhi zisizotabirika.

### Je Kuna Madhara Yoyote?

Wanawake wengine hupata hedhi zisizotabirika au kutokwa damu kwa muda mrefu. Hedhi zao zaweza kusimama kwa ghafla. Wengine wataumwa na kichwa au kupata uchungu kwenye matiti.

### Bandiko La Upangaji Uzazi Huingizwa Aje?

Daktari anaweza alama kwenye sehemu ya juu ya mkono. Ngozi husafishwa kutumia na sabuni yenye dawa, kisha anadunga sindano yenye dawa ya kupunguza uchungu inayoweza kuwasha kidogo, ili uingizaji usiwe chungu. Kisha bandiko la uzazi huingizwa chini ya ngozi, na bendeji ndogo hufungwa mkononi. Bendeji ndogo hufungwa mkononi kwa saa 24. Sehemu hii inaweza kuwa na uchungu kwa muda wa hadi wiki moja.

### Bandiko La Upangaji Uzazi Hutolewa Vipi?

Daktari hudunga sindano yenye dawa ya kupunguza uchungu chini ya sehemu ya mwisho wa bandiko na huunda alama ndogo ngozini.

Sehemu ya mwisho wa bandiko aidha husongezwa hadi kwenye alama au huvurutwa nje kutumia kifaa kidogo.

Madhara ya ubandikaji huisha haraka pindi tu ubandikaji unapotolewa. Wanawake wengi hupata hedhi za kawaida baada ya mwezi mmoja. Bandiko la uzazi sharti litolewe baada ya miaka mitatu. Bandiko mpya inaweza kuwekwa baada ya ile ya kwanza kutolewa.

### Naweza Kupata Wapi Kibandiko Cha Kupanga Uzazi?

Wahitajika kutembelea muuguzi kupata nakala ya bandiko la kupanga uzazi. Wauguzi wengi watakuelezea siku ya kwanza kisha kukuelekeza kurejea siku nyingine kwa ubandikaji. Bandiko la upangaji uzazi hufanywa kwenye zahanati au kwa muuguzi aliyehitimu.

### Kwa Maelezo Zaidi

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

[www.fpnsw.org.au](http://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 au uzazi au ngono wana hamasishwa ama kutiwa moyo kutafuta ushauri na usaidizi kutoka kwa huduma ya afya au kutembelea kliniki ya upangaji uzazi  
Imerejelewa: Juni 2014 / FPNSW 06/14

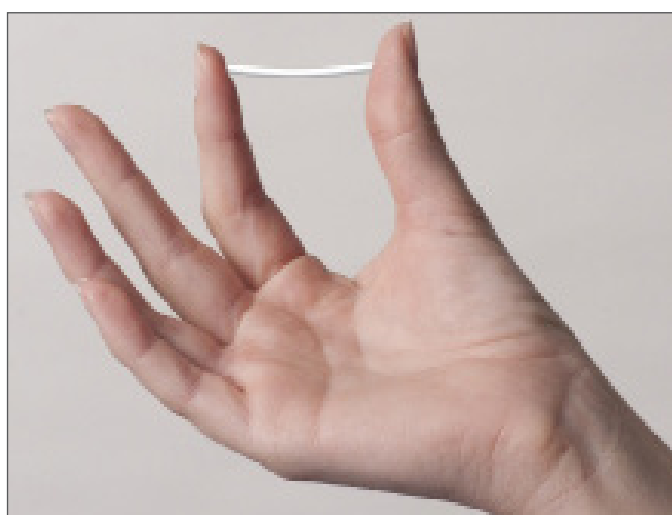
## Fact Sheet - English

# 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

[www.fpnsw.org.au](http://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

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

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