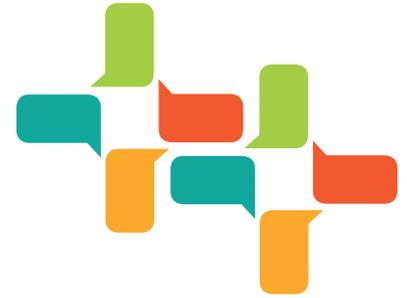


Fact Sheet - Swahili

SINDANO YA KUPANGA UZAZI - DMPA

The Contraceptive Injection (DMPA)



Je Sindano ya Kupanga Uzazi ni Nini (DMPA)?

DMPA maana yake ni Depot Medroxyprogesterone Acetate. Hi ni sindano ya kupanga uzazi. Sindani inayopatikana Australia ni Depo-Provera® au Depo-Ralovera®. Hi ni kemikali sawa na homoni inayojulikana kama progesterone, ambayo hutoka kwenye mayai ya mwanamke. Kila sindano ya DMPA inazuia mwanamke kupata ujauzito kwa muda wa wiki 12.



Je Sindano ya Kupanga Uzazi Hufanya Kazi Vipi?

Sindano ya kupanga uzazi inazuia yai kiutoka kwenye mfuko wa mayai ya mwanamke. Ikiwapo yai halikutoka hutapata ujauzito.

Je Ina Uzuri Gani?

Ina ufanisishaji kati ya asilimia 99% na 94%. Maana yake ni kwamba kati ya mwanawake mmoja au sita kwa mia wanaotumia sindano watapata ujauzito kwa mwaka mmoja.

Ni Nani Anaweza Kutumia Sindano ya Kupanga Uzazi?

Wanawake wengi wanaweza kutumia sindano ya kupanga uzazi. Ni bora kwa wanawake wenye hawa hitaji kupata ujauzito kwa muda mrefu. Pia kwa wale wenye hawakumbuki kumeza tembe. Sindano ya kupanga uzazi ina usalama ukiwa unanyonyesha hata kwa mtoto asiyezidi umri wa wiki sita.

Nani Hapaswi Kutumia Sindano Ya Kupanga Uzazi?

Wanawake wasitumie waki hisi wana ujauzito. Usitumie ikiwa una magonjwa mengine kama seratani ya matiti. Njia hii haipendekezwi sana ukiwa chini ya miaka 18 au umepita miaka 45 kwa sababu utapata shida kwa wiani wa mifupa. Ni muhimu kumushauri daktari wako ujue kama ni salama kwako kuitumia.

Kuna Madhara Yoyote?

Unaweza kupata hedhi zisizo za kawaida ukitumia sindano ya kupanga uzazi. Pia hedhi zitendelea kwa muda au zikatike kabisa. Ukizidi kuitumia sindano hedhi zitaweza kukatika kabisa. Jambo hili ni la kawaida. Wanawake wengine huongeza uzito, humwa na kichwa, hukosa furaha na kutokwa na upele wakitumia sindano ya kupanga uzazi. Ukiitumia kwa muda mrefu utapungukiwa na

wiani wa mifupa ambapo wakiacha kuitumia wanapona. Mshauri daktari wako ukipata matatizo yoyote wa kutumia sindano.

Je Sindano ya Kupanga Uzazi Inatumika Vipi?

Daktari wako atakudunga sindano ya kupanga uzazi kwa tako, au kwa mkono. Kwaida utadungwa sindano siku tano za mwanzo wa hedhi (siku ya kwanza ya hedhi ni mwanzo). Ukidungwa sindano wakati huu, hutapata ujauzito. Ukidungwa baada ya hizi siku ukiwa huna ujauzito, lakini haina ufanisishaji mpaka baada ya siku saba. Inabidi utumia mbinu zingine za kuzuia ujauzito kama mipira. Ni muhimu upate sindano kila wiki 12 kuhakikisha umezuia ujauzito.

Naweza Kupata aje Sindano ya Kupanga Uzazi?

Unaweza kumuona daktari wako au wasiliana na wauguzi wa upangaji uzazi upate barua ya sindano ya kupanga uzazi. Baada ya hapo, daktari atakudunga sindano.

Kuna Mengine Napaswa Kujua?

Wanawake wakiacha kutumia sindano ya kupanga uzazi, hedhi zina chukua muda wa miezi minane kurudii kama kawaida. Kwa hivyo unaweza kuchukua muda kupata ujauzito baada ya kuitumia sindano ya DMPA.

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

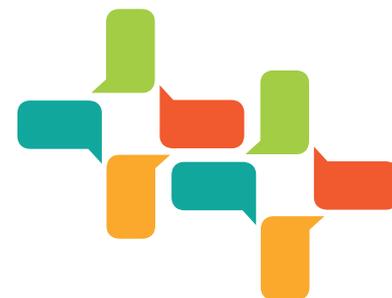
huduma za kliniki na habari | elimu na mafunzo | utafiti | maendelo ya kimataifa

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/ FPNPNSW 06/14

Fact Sheet - English

THE CONTRACEPTIVE INJECTION - DMPA



What Is The Contraceptive Injection (DMPA)?

DMPA stands for Depot Medroxyprogesterone Acetate. This is the contraceptive injection. The contraceptive injection available in Australia is called Depo-Provera® or Depo-Ralovera®. It is a chemical that is similar to a hormone called progesterone, which is produced by the ovaries. Each injection of DMPA protects a woman from getting pregnant for 12 weeks.



How Does The Contraceptive Injection Work?

The contraceptive injection stops your ovaries from releasing an egg. If no egg is released, you cannot become pregnant.

How Well Does It Work?

It is between 99% and 94% effective which means that between one and six women in every hundred who are using the contraceptive injection will become pregnant in a year.

Who Can Use The Contraceptive Injection?

Many women can use the contraceptive injection. It can be good for women who do not want to be pregnant for quite a long time. It can be good for women who find it hard to remember to take the Pill. The contraceptive injection is safe to use if you are breastfeeding, including if your baby is less than 6 weeks old.

Who Should Not Use The Contraceptive Injection?

Women should not use it if they could be pregnant. They should not use it if they have had some medical conditions such as breast cancer. It is also not usually recommended as a first choice for women under 18 years of age or women over 45 years because of its effect on bone density. It is important to talk to your doctor to be sure it is safe for you to use.

Are There Any Side Effects?

Periods are often irregular with the contraceptive injection. You could have light bleeding for some weeks or your periods may stop altogether. The longer you use the injection the more likely it is that you will stop having any bleeding. This is normal. Some women may gain weight, get headaches, experience mood swings or acne while they are using the contraceptive injection. Long term users of the contraceptive injection may have a small reduction in their bone density, which appears to be reversible when the contraceptive injection is stopped. Talk to your doctor if you get any symptoms that you think might be caused by the contraceptive injection.

How Do You Use The Contraceptive Injection?

The doctor will give you a small injection of the contraceptive injection in your buttock, or your upper arm. You usually have the injection during the first five days of your menstrual cycle (the first day of a period is day one). When you have it at this time, it prevents you from getting pregnant straight away. You can have the contraceptive injection later if there is no chance that you could be pregnant, but it will take another seven days before it is effective. You need to use another method of contraception such as condoms for those days.

It is important that you keep on having injections every 12 weeks to make sure you do not get pregnant.

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

How Can You Get The Contraceptive Injection?

You need to go to a doctor or Family Planning Clinic to get a script for the contraceptive injection. The doctor will then give you the injection.

Is There Anything Else I Need To Know?

When women stop using the contraceptive injection, their periods often take eight months or more to return to their regular cycle. Because of this, it can also take quite a while to become pregnant after a DMPA injection.

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

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