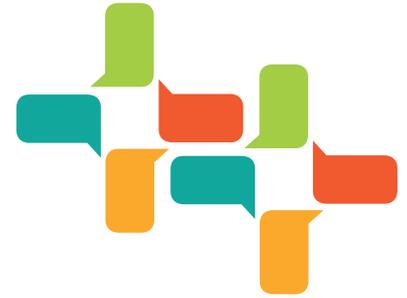


## Fact Sheet - Swahili

**CHOMBO CHA SHABA**

The Copper IUD

**Je Chombo Cha Shaba ni Nini?**

Hiki ni chombo cha shaba ambacho kina waya ya shaba imefungwa kwenya shina. Hiki chombo huwa kinatumiwa na Daktari kuweka ndani ya mji wa uzazi kuzuia utungaji wa mimba kwa wanawake. Chombo hiki kina kamba ya nylon. Hii kamba huonekana kwenye uke. kinaweza kudumu kwa takriban miaka mitano au kumi. Hutegemea aina ya chombo.

**Je Chombo Hiki Hufanya Kazi Vipi?**

Chombo hiki cha shaba huzuia mbegu za mme kukutana na yai la mwanamke na kusababisha utungaji wa mimba.

**Je Ina Ubora Upi?**

Njia hii ya shaba hufanya kazi vyema. Ina hadi asilimia tisini na tisa nukta tisa kwa ubora.

**Nani Anaweza Kutumia Njia Hii?**

Wanawake wengi wanaweza kutumia njia hii, hata wale ambao hawajapata mtoto, ingawa ni bora wamuone muuguzi kwa kupata ushauri kabla ya kutumia.

**Nani Hapaswi Kutumia Njia Hii?**

Iwapo unashuku wewe ni mjamzito  
Wanawake wenye hedhi nzito watumie chombo cha progestogeni  
Iwapo afya yako si shwari ni vyema kummwona daktari kabla haujatumia njia hii ili uwe na hakika.

**Kuna Madhara Yoyote?**

Hedhi za wanawake wengine huwa nzito na hudumu kwa muda mrefu hata wakati mwingine huwa ni chungu.  
Asilimia ndogo imeonyesha maambukizi kwenye nyumba ya uzazi.  
Muone daktari iwapo utakuwa na dosari.

**Unaweza Pata Vipi Huduma Hizi Za chombo cha shaba?**

Nenda kwa muuguzi wa upangaji uzazi ambaye atakushauri. Daktari atakuuliza maswali kuhusu afya yako na akupe maelezo zaidi. Atakagua njia yako ya uzazi kisha atakueleza kama una maambuki zi au la. Atakuahidi tarehe ambayo atakuhudumia. Huduma hii huchukuwa dakika kumi. Wanawake wengine huhisi matatizo madogo na kwa kawaida wanahitaji kupumzika kabla kuondoka kwenye kliniki.

Haufai kufunga kabla haujahudumiwa. Unapaswa kula chakula kisha kufika katika kituo cha afya lisaa limoja kabla ya huduma.

**Je Chombo Hiki Cha Shaba kinaweza Kutolewa Vipi?**

Unapaswa kumuona daktari au mhudumu wa upangaji uzazi ili kutoa hiki kifaa. Huduma hii huchukua muda mfupi na kwa kawaida huwa na maumivu madogo

**Mambo Ya Kutilia Maanani**

Ingiza kidole chako ndani ya uke kuhakikisha ule uzi na kile kifaa cha shaba kiko mahali ambapo kinapaswa kuwa. Iwapo hedhi zitakawia zaidi ya juma moja, au huenda ukawa na wasiwasi kuwa na ujauzito, nenda ukamuone daktari ukapimwe kuhakikisha sio ujauzito. Iwapo una uchafu kutoka ukeni usio wa kawaida au una maumivu ya kinena mwone daktari.

**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 kituo cha upangaji uzazi kilicho karibu nawe.

[www.fpnsw.org.au](http://www.fpnsw.org.au) | talkline 1300 658 886 | duka la vitabu

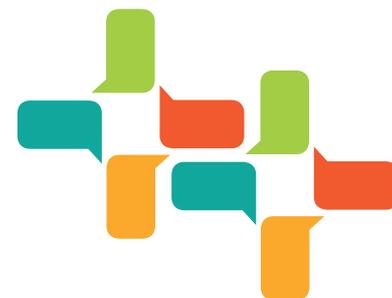
huduma za kliniki na habari | elimu na mafunzo | utafiti | maendelo ya kimataifa

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-FNPNSW 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 Ilikaguliwa upya Juni 2014 / FPNSW 06/14

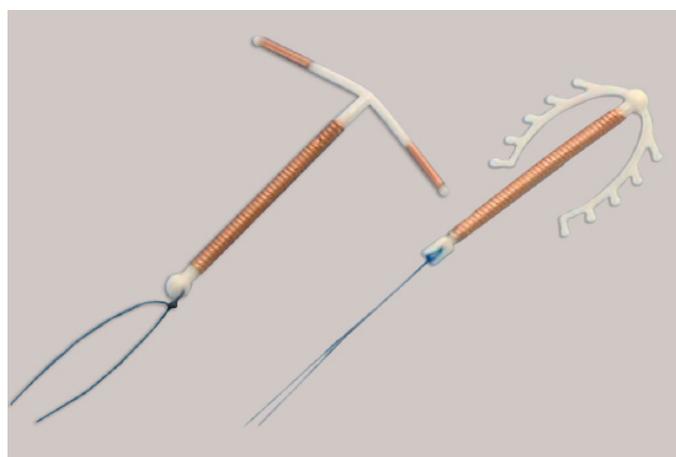
## Fact Sheet - English

# 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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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](http://www.fpnsw.org.au/talkline)
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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