

# KWAYOYIN MAGANIN TAZARAR HAIHUWA MAI KARIN SINADARI



## Cikakken Bayani:

- Kwayoyin tazarar haihuwa mai Karin sinadari suna cikin ire ire hanyoyin tazarar haihuwa na zamani
- Ana shan kwaya daya a kowace rana
- Shan sa yana iya haddasa motsawan jiki kamar canjawa jinin al'ada a watannin farko
- Ba su da hadari ga Mata masu shan Maganin ciwon Sida. Ki shawarci ma aikatan kiwon lafiya.

## Ingancin Maganin Wurin Kariya Da Daukar Chiki:

- Idan an kula da shan maganin ba tare da fashi ko tsallake ba, kasa da daya (1%) su ke daukar ciki,
- Hakazalika kusa kasha takwas (8%) cikin dari zasu iya daukar ciki idan an samu fashi wajen shan kwayar maganin dai dai.

## Yadda Kananan Kwayoyin Suke Aiki:

- Ki sha kwara daya a akan lokachi kullun
- Sinadarin progestin da estrogen na sa kofar mahaifa (cervix) ta yi kauri da majinan domin hana maniyin namiji haduwa da kwan mace
- Yana dakatar da fitan kwayayen daukar chiki

## Ingantattun Bayanai Game Da Kananan Kwayoyin:

- Ana iya tsaida shan kwayoyin maganin kowane lokaci ake son daukar ciki
- Basa hanawa ko rage jin dadin jima'i
- Sai ana tunawa da shan maganin kwaya daya kullun akan lokaci
- Kwayoyin basa bada kariya daga kamuwada ciwon sida ko chututtukan da akedauka wurin jima'i
- Mace mai shayar da yaro kasa da wata shida (6) bazata sha ba

## A Tattauna Da Kwararrun Ma 'aikatan Tazarar Haihuwa Idan:

- Mace na shayar da jariri dan kasa da wata shida da haihuwa
- Mace na shan taba ko kuma ta wuce shekara 35
- Mace tana da hawan jinni, ciwon zuciyar ko chiwon hanta
- Mace na da ciwon dajin nono ko tahirin wadanda suka yi ciwon dajin nono a cikin zuriyar su
- Mace tana da ciwon Kai mai tsanani da idan ansha magani baya tafiya da sauki
- Mace na shan maganin farfadiya



## Yadda ake anfani da shi:

- Za ki fara da kwayar magani na farko a katin idan kinyi gwaji an tabbatar miki cewa baki da ciki
- Ki sha kwayar magani daya kullum har sai kin gama da Katin maganin
- Ki sha kwayar maganin a daidai kan lokacin da kika sha na farko
- Idan kinyi amai cikin awa biyu na farko bayan kinsha maganin, ki kara shan wani daga cikin katin maganin da wuri. Sai ki ci gaba da shanshi yadda ya kamata a ka'idance
- Ki tanadi wani katin maganin kafin ki karar da naki kwalin mai dauke da ashirin da takwas (28)
- Idan daga shagon saida magani kika saya katin maganin, ki karanta takardar ka'idojin shan maganin kafin ki fara sha

## Ki koma Asibiti kowane lokaci idan:

- Kina da tambaya ko matsala
- Kin yi fashin shan kwayar maganin tazarar haihuwa guda uku 3 ko fiye da uku 3, sannan kin sadu da mijin ki cikin kwanaki biyar 5 na farko da suka wuce sannan kuma kina so kiyi tazarar haihuwa.
- Kin samu wata matsala ta rashin lafiya
- Kina tunanin zaki iya samun chiki

### A KULA

**Bayan an shanye katin magani na farko, a fara da sabon kati washe gari babu hutu**

## Ki bi wadannan ka'idojin idan kinyi fashin shan magani daya ko fiye da haka:

Idan Kin	Sai ki
Yi fashin shan kwayar magani daya ko biyu	<ul style="list-style-type: none"> <li>• Sha kwayar magani da zaran kin tuna</li> <li>• Ki cigaba da shan kwayar magani kamar yarda kika saba ( zaki iya shan kwayar magani biyu a lokaci daya ko a rana daya wato da wanda kika manta da kuma na ranar)</li> </ul>
Yi fashin shan kwayar magani uku (3) ko fiye da haka a satin farko ko na biyu da aka fara shan kwayar magani –ko- kin fara shan sabon kati bayan kwana uku (3) ko fiye da kwana uku (3)	<ul style="list-style-type: none"> <li>• Ki sha kwayar magani da zaran kin tuna</li> <li>• Kiyi amfani da wata hanyar tazara kamar kororo roba ko kuyi hakuri da saduwa sai bayan kwanaki bakwai (7)</li> <li>• Idan kin sadu da mijin ki cikin kwanaki biyar da suka wuce, ki hanzarta shan kwayoyi dake hana daukar chiki na gaggawaa (ECPs) (Ki karanta dan tafidan ECP)</li> </ul>
Yi fashin shan kwayar magani guda uku cikin sati na uku da kike shan maganin	<ul style="list-style-type: none"> <li>• Sha kwayar maganin da zaran kin tuna</li> <li>• Ki shanye duka katin kwayoyin maganin na tazarar haihuwa guda ashirin da takwas (28). Sai ki zubar da kwayoyin magani guda bakwai 7 na karshen kati da bana tazarar haihuwa ba</li> <li>• Ki fara shan na sabon kati washe gari</li> <li>• Kiyi amfani da wata hanyar tazara kamar kororo roba ko kuyi hakuri da saduwa sai bayan kwanaki bakwai 7</li> <li>• Idan kin sadu da mijin ki cikin kwanaki biyar da suka wuce, ki hanzarta shan kwayoyi dake hana daukar ciki mai suna ECP (Ki karanta dan tafidan ECP)</li> </ul>
Fashing shan kwayoyi guda bakwai da bana tazarar haihuwa ba (kwayoyi guda 7 na karshen katin kwayoyin kwanaki ashirin da takwas 28)	<ul style="list-style-type: none"> <li>• Ki zubar da kwayoyin da bana tazarar haihuwa ba</li> <li>• Ki cigaba da kwayoyin tazarar haihuwa, daya 1 kowace rana, ki fara sabon katin maganin tazarar haihuwa kamar yadda kika saba</li> </ul>

