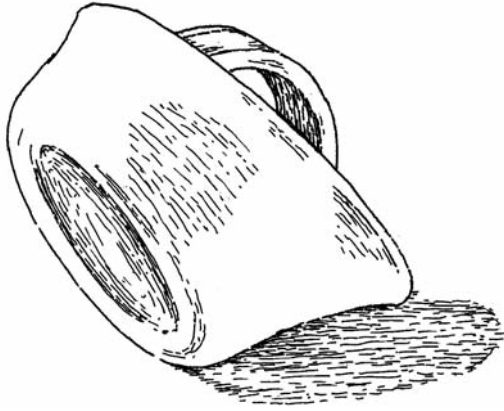


Daboolk Minka



Maxay tahay?

Waa caag godan oo si fiican u daboola minka. Iyadoo lala isticmaalayo daawada minida disha si ayna minidu u gelin minka sidaas oo ay kaga hortagayso uurka.

1. Habkani ma yahay mid aan waxyeelo keenayn?

Haa. Habkan waxaa la gelin karaa saacado ha kohor inta aan la isu tegin waana in uu ku jiro ilaa 48 saacadood isu tagga ka dib.

2. Habkani ma u shaqeeyaa si wanaagsan?

Haddii ay 100 haween ah oo aan weligood ilmo dhalin ay isticmaalaan habkan, illaa 16 kamid ah ayaa uur qaada sanadkii. Haddii 100 haween ah oo hore caruur u dhalay ay habkan isticmaalaan illaa 32 ka mid ah ayaa uur qaada sanadkii. Si looga hortago uurka, waa in habkan lala isticmaalo mini dile. Daboolkan minka lagu daboolayaa waxaa laga yaabaa in uuna si fiican u le'ekaan haweenka la gudey.

3. Sidee baan ku heli karaa habkan?

Waxaad u baahantahay in dhakhtar ku arko si uu habkan kuugu geliyo.

4. Uur ma qaadi karaa haddii aan joojiyo isticmaalka habkan?

Haa.

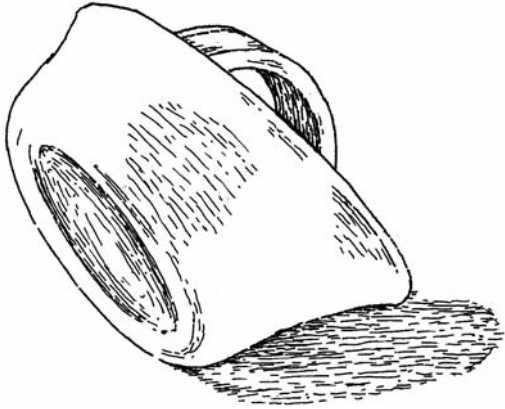
5. Habkani ma iga caawin karaa iska ilaalinta ku dhicidda cudurada galmada iyo jeermiskooda?

Maya.

6. Ma la isticmaali karaa muddada naas-nuujinta?

Haa. Haweenaydu waxa ay isticmaali kartaa habkan 16 asbuuc dhalmada kadib.

Cervical Cap



What is it?

A reusable, silicone cup that fits tightly over the cervix. Along with spermicide, this stops sperm from entering the cervix and prevents pregnancy.

1. Is this method safe?

Yes. This method can be inserted hours before sexual intercourse and remain in place for up to 48 hours.

2. Does this method work well?

If 100 women who have never had children use this method, around 16 will become pregnant in one year. If 100 women who have given birth vaginally use this method, around 32 will become pregnant in one year. To prevent pregnancy, this method must be used with a spermicide. The cervical cap may not fit well in women who have been circumcised.

3. How can I get this method?

You need to see a doctor or a nurse to get fitted for this method.

4. Can I get pregnant after I stop using this method?

Yes.

5. Will this method protect me from sexually transmitted infections and diseases?

No.

6. Can this method be used during breastfeeding?

Yes. A woman can start using this method 6 weeks after delivery.