

Cirbad



Maxay tahay?

Waa cirbad ka sameysan hormoono oo dumarka uurka ka xakamaysa.

1. Habkani ma yahay mid aan waxyeelo keenayn?

Haa, cirbadani waa mid aan waxyeelo lahayn. Dumarka badankood waxay sheegeen in aysan wax dhib ah lahayn, laakiin qaarkood uu miisaankoodu kordho, ama madaxu xanuuno. Waxaa kale oo laga yaabaa inay cirbadu yarayso kaarka caadada. Cirbadu waxay badashaa jawiga dhiiga caadada. Waxaana dhici karta in haweeneyda xilligeeda caadadu uuna caadi noqon, ama waaba ka joogsadaa. Habkani khatar maaha, caadaduna way soo noqotaa marka aad joojiso cirbadaan. Haddii ay haweeneydu kala kulanto dhibaato ee is bed-bedelka caadada waa in ay la xiriirtaa kalkaalisadeeda ama dhakhtarkeeda. Haddii aad badiso isticmaalka habkan waxaa laga yaabaa inay lafahaagu qafiifaan. Laakiin, waxaa baaritaan lagu cadeeyey in cufnaanta lafuhu ay soo noqoto kadib marka ay haweeneydu iska joojiso cirbada.

2. Habkani ma u shaqeeyaa si wanaagsan?

Haa. Haddii ay 100 dumar ahi qaataan cirbadaan, ilaa 3 ayaa uur ka yeelata sannadkii. Haddii dumarku qaataan cirbad kasta si sax ah, sidii la rabay ayey wax u tartaa.

3. Sidee baan ku heli karaa habkan?

Haweeneydu waa in ay aragtaa adeegaha caafimaadka. Cirbadaan waa in la qaato sadexdii biloodba mar si aadan uur u qaadin.

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

Haa, markii ay haweeneydu joojiso qaadashada cirbadan uur way qaadi kartaa. Waxay qaadan kartaa 3 bilood ilaa 18 bilood, waxayna ku xiran tahay waqtiga aad qaadansay cirbada.

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

Maya.

6. Ma la isticmaali karaa habkan muddada naasnuujinta?

Haa, 6 asbuuc ka dib markaad dhashid.

Injectables



What is it?

A hormone shot for women that prevents pregnancy.

1. Is this method safe?

Yes. Injectables are very safe. Most women do not have problems, but some may gain weight or get headaches. It may also reduce menstrual cramps. Injectables will change the pattern of menstrual bleeding. A woman may have irregular periods, or her periods may stop. This is safe, and periods will return after she stops using this method. If a woman is bothered by changes in bleeding, she should call her doctor or nurse. Using injectables for many years may lead to bone density loss. However, studies suggest that bone density will return to previous levels after a woman stops using it.

2. Does this method work well?

Yes, very well. If 100 women get this shot, up to 3 will become pregnant in a year. If a woman gets every shot on time, injectables are very effective.

3. How can I get this method?

The woman must see a health care provider. Shots are needed every 3 months in order to avoid pregnancy.

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

Yes. After a woman stops using injectables, she can become pregnant again. It may take 3 to 18 months to get pregnant, depending on how long the woman has used this method.

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

No.

6. Can this method be used during breastfeeding?

Yes, 6 weeks after giving birth.