

Hoormoonka IUD



Maxay tahay?

Hoormoonka IUD (qalabka ilmo-galeenka la geliyo) waa shay yar oo caag ah oo hoormoon ku guda jiro oo xarig neyloon ah ka laalaado waxaana la geliyaa ilma-galeenka haweeneyda si loo joojiyo uur qaadidda.

1. Habkani ma yahay mid aan waxyeelo keenayn?

Haa. Haweenka badankoodu wax dhibaata ah kallama kulmaan IUD da. Dumar badan ayaa dhiig-baxoodu yar yahay marka ay isticmaalaan hoormoonka IUD oo qaarkoodna wey dhiig-bixi karaan xilliyada dhiiga caadada u-dhaxeeya marka u horreysa.

2. Habkani ma u shaqeeyaa si wanaagsan?

Haa, si aad u wanaagsan. Haddii 100 dumar ahi isticmaalaan hoormoonka IUD, wax ka yar 1 ayaa uuraysata sannadkii. Hoormoonka IUD wuxuu ilma-galeenka ku jiri karaa 3 ilaa 5 sannadood.

3. Sidee baan ku heli karaa habkan?

Dhakhtarka ayaa gelinaya IUD-da ilma-galeenka haweeneyda. Waxaa haweeneydu dareemi kartaa kaar yar. Gelitaankeedu wuxuu qaataa dhawr daqiiqadood oo kaliya. Dhakhtarka ama kal-kaalisada ayaa si fudud u soo saari kara IUD da marka aysan haweeneydu rabin.

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

Haa. Waxaa laga yaabaa in aad uur qaado isla marka hoormoonka IUDda lagaa saaraba.

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

Maya.

6. Ma la isticmaali karaa muddada naas nuujinta?

Haa.

Hormone IUD



What is it?

The hormone IUD (intrauterine device) is a small piece of plastic with a hormone in it and a nylon string attached that is placed inside a woman's uterus (womb) to prevent pregnancy.

1. Is this method safe?

Yes. Most women do not have problems with an IUD. Many women have lighter bleeding with the hormone IUD and some may have bleeding between periods at first.

2. Does this method work well?

Yes, very well. If 100 women use the hormone IUD, less than 1 will get pregnant in a year. The hormone IUD can stay in the uterus up to 3 or 5 years.

3. How can I get this method?

A doctor puts the IUD into the woman's uterus in the clinic. The woman may feel some cramping. The insertion only takes a few minutes. A doctor or nurse can easily take the IUD out when the woman no longer wants it.

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

Yes. You may get pregnant right away after the hormone IUD is removed.

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

No.

6. Can this method be used during breastfeeding?

Yes.