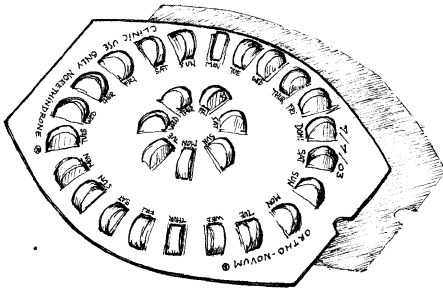


Kiniiniga Progestin-oo Kaliya



Maxay tahay?

Waa kiniini haweeneydu maalin kasta liqdo si ay u joojiso uur qaadidda. Waxa ay ka kooban tahay hoormoonka Progestin kaliya, estrogen kuma jiro.

1. Habkani mid aan khatar lahayn miyaa?

Haa. Waa qiyaas daawo-siin oo hoormoonkeedu aad u yar yahay. Waxaa laga yaabaa in ay baddasho xilliyada dhiiga caadada haweeneyda. Dhiig-baxu waa yar yahay, laakiin waxaa dhici karta in dhiig-bax khafiif ah uu dhaco maalmo aan la filayn. Tani wax ma yeelayso haweeneyda, kiininiguna weli waa shaqaynayaa. Kiniiniga waxaa uu yareynayaa dhicitaanka dhiig yarida waayo dhiiga caadada ayaa fudud. Kiniiniga khatar uma leh dumarka aan isticmaali karin estrogen. Waxaa kaloo laga yaabaa in kiniinigani uu ka yareeyo haweeneyda ku dhicida qaar ka mid ah kansarka.

2. Habkani si wanaagsan ma u shaqeeyaa?

Haa. Haddii 100 dumar ah isticmaalaan kiniiniga muddo sannad ah, 3 ilaa 10 haween ah ayaa uuraysan kara. Wuxuuna aad wax u taraa haweenka naaska nuujiya. Haddii 100 haween ah oo naaska-nuujiya ay isticmaalaan kiniiniga progestin-kaliya muddo sannad ah, 1 haween ayaa uuraysan kara. Haweeneydu waa inay xasuusato in ay liqdo 1 kiniini maalin walba isla waqtigii oo kale, xitaa maalmaha ayna galmo sameynayn. Waxaa ka caawin kara haweeneyda in ay xasuusato haddii ay qaadato kiniiniga isla waqtiga ay qabato hawlaha qaarkood maalin walba, sida marka ay ilkaha cadayanayso. Waxaa kale oo ay samayn kartaa in ay taleefanka gacanta (cell phone) ku buuxsato maalin walba isla waqtigii si ay u xasuusato.

3. Sidee baan u heli karaa habkan?

Waa in dhakhtar kuu qoraa daawada. Kiniiniyada waxaa laga iibsan karaa bukaan socod-eegto ama farmashiye.

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

Haa.

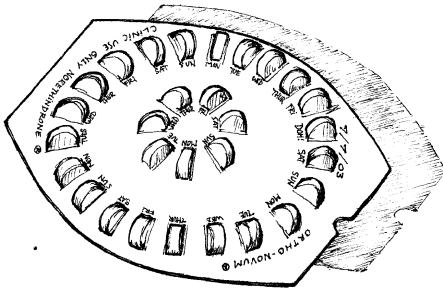
5. Habkani ma iga caawin karaa iska ilaalinta ku dhicidda cudurada galmada iyo jeermiskooda?

Maya.

6. Ma la isticmaali karaa muddada naas nuujinta?

Haa, 6 toddobaad ka dib marka aad ilmo dhashid.

Progestin-Only Pill



What is it?

A pill that a woman swallows every day to prevent pregnancy. It contains only one hormone — progestin — and no estrogen.

1. Is this method safe?

Yes. It has a very low dose of hormone. It is likely to change a woman's menstrual periods. Bleeding is lighter, but there may be some light bleeding on days it is not expected. This does not harm the woman, and the pill is still working. The progestin-only pill decreases chances of anemia because periods are lighter. This pill is safe for women who cannot use estrogen. It can also lower the chances of a woman getting certain types of cancers.

2. Does this method work well?

Yes. If 100 women use the progestin-only pill for a year, between 3 and 10 may get pregnant. It is more effective for women who are breastfeeding. If 100 breastfeeding women use the progestin-only pill for a year, about 1 will get pregnant. The woman must remember to swallow 1 pill every day *at about the same time*, even on days when she does not have intercourse. It may help a woman to remember if she takes it at the same time she does a certain activity each day, such as brushing her teeth. She can also set her cell phone to beep the same time each day as a reminder.

3. How do I get this method?

A doctor has to write a prescription. Pills can then be bought at the clinic or at a pharmacy.

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

Yes.

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

No.

6. Can it be used during breastfeeding?

Yes, 6 weeks after giving birth.