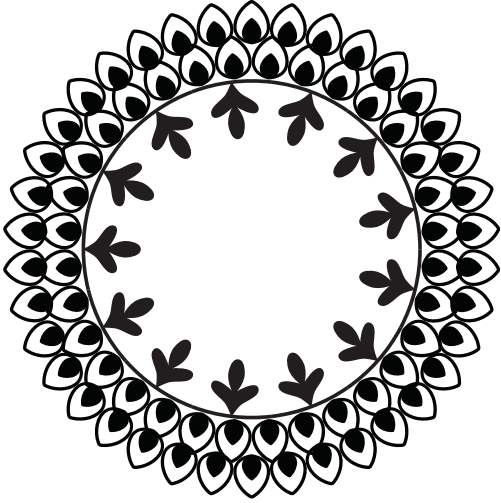


Xidhida Dhuumaha Makaanka



Maxay tahay?

Waa qalliin haweenayda lagu sameeyo si haweenaydu aanay weligeed uur u qaadin.

1. Habkani ma yahay mid aan waxyeelo keenayn?

Haa. Marka qaliinka lagu samaynayo haweenka waxaa la tolaa labada dhuumood ee ugxanta sameeya si ayna ugxanta haweeneyda iyo biyaha ninku isu gaadhin ama qaybta dhexe ee minka haweeneyda ayaa laga bixiyaa. Qaliinkani kama joojiyo haweenka in dhiigu caadi uga yimaado. Mana saamayso tani qofka dareenkiisa galmoodka iyo rabitaankiisa toona.

2. Habkani ma u shaqeeyaa si wanaagsan?

Haa. Kadib marka dhuumaha makaanka la xidho lamaanuhu uma baahanayaan in ay sameeyaan hab kale oo uurka lagaga hortago.

3. Sidee baan ku heli karaa habkan?

Nooc ka mid ah habkani waxaa uu u baahanyahay in haweeneydu qalliin u tagta cusbitaal, halka noockalena uu ka fududyahay oo lagu samayn karo xafiiska dhakhtarkaaga.

4. Uur ma qaadi karaa haddii aan joojiyo habkan?

Maya. Xidhida dhuumaha makaanku waa mid kama dambays ah. Waa in aad habkan isticmaasho keli ah haddii aad hubto in aadan rabin caruur danbe.

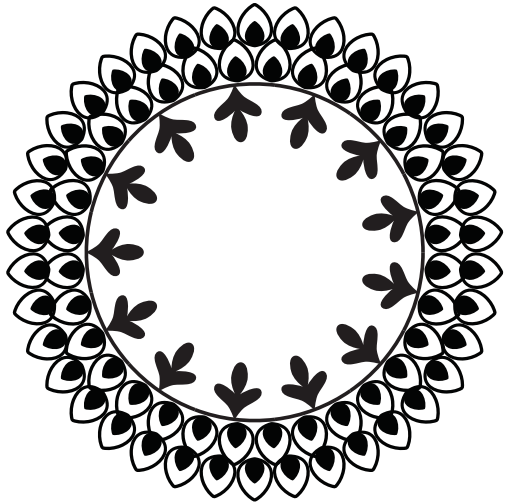
5. Habkani ma iga caawin karaa iska ilaalinta ku dhicidda cudurada galmada iyo jeermiskooda?

Maya.

6. Ma la isticmaali karaa habkan muddada naasnuujinta?

Haa.

Tubal Ligation



What is it?

A procedure for a woman that permanently prevents pregnancy.

1. Is this method safe?

Yes. During tubal ligation a woman's fallopian tubes are either blocked so the sperm and egg cannot come together or the middle part of the fallopian tube is removed. A tubal ligation does not stop a woman's menstrual period. Sterilization does not affect a person's sexual desires or abilities.

2. Does this method work well?

Yes. After a tubal ligation, a couple does not need to use any other method of birth control to prevent pregnancy.

3. How can I get this method?

A woman must have surgery at a hospital for one kind of tubal ligation or may have a procedure in a doctor's office for another type.

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

No. A tubal ligation is permanent. You should only use this option if you are **sure** you do not want to ever have more children.

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

No.

6. Can this method be used during breastfeeding?

Yes.