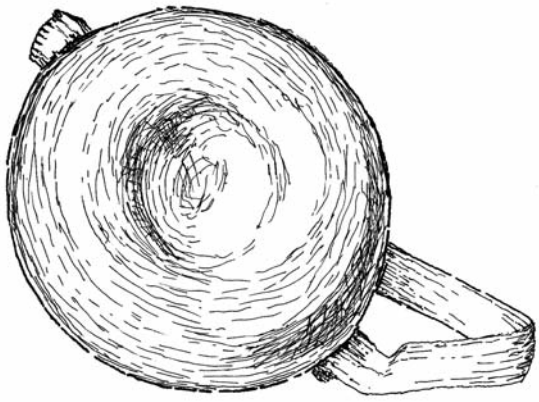
Isbuunyada Ka Hor-tagta Uur Qaadidda



Maxay tahay?

Waa isbuunyo hab malaasan u samaysan oo ay ku jirto mini-dile oo daboola minka afkiisa. Waxay ka celisaa in minidu ama biyaha ninku ay u gudbaan minka waxayna ka hortagtaa uur qaadida.

1. **Habkani ma yahay mid aan waxyeelo keenayn?**
   Haa. Haweenka qaarkood, waxaa laga yaabaa in uu ku keeno infakshan ama jeermiska kaadi mareenka ama in haweeneydu ferjiga engegnaan ka dareento.

2. **Habkani ma u shaqeeyaa si wanaagsan?**
   Haddii ay 100 haween ah oo aan hore caruur u dhalin isticmaalaan habkan, 9 ilaa 16 ka mid ah ayaa uur qaada sannadkii. Hadii 100 haween ah oo hore u dhalay ugu yaraan hal ilmo ay isticmaalaan habkan, 20 ilaa 32 ayaa uur qaada sannadkii. Isbuunyadu waxa ay shaqaysaa ilaa 24 saacadood, laakiin waa in ay haweeneyda ku jirtaa ugu yaraan 6 saacadood ama wakhti aan ka badnayn 24 saac kadib marka galmo ay samayso. Habkan waa in aan la isticmaalin marka haweeneydu caadada qabto. Isbuunyada ka hortaga uur qaadidda waxa laga yaabaa in isticmaalkeedu adkaado haddii haweeneyda la quday.

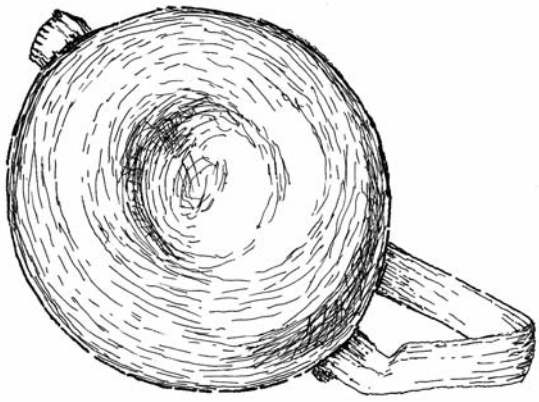
3. **Sidee baan ku heli karaa habkan?**
   Uma baahnidin aad u tagto dhakhtar ama kal-kaaliso si aad u isticmaasho isbuunyada dhalmada ka hor-tagta. Badanaa waxaad ka iibsan kartaa Farmashiyaha, dukaanka daawada, ama dukaamada caadiga ah.

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. Haweenka qaarkood, waxaa laga yaabaa in ay kor u qaado khatarta ah in ay qaadaan cudurada galmada lagu kala qaado.

6. **Ma la isticmaali karaa muddada naas-nuujinta?**
   Haa.

Contraceptive Sponge



What is it?

A soft, disk-shaped polyurethane foam that contains spermicide and covers the cervix. This stops sperm from entering the cervix and prevents pregnancy.

1. **Is this method safe?**
   Yes. In some women, side effects may include urinary tract infection and vaginal dryness.
2. **Does this method work well?**
   If 100 women who have never had children use this method, between 9 and 16 will become pregnant in one year. If 100 women who have had at least one child use this method, between 20 and 32 will become pregnant within one year. The sponge provides protection for 24 hours, but should remain in place for at least 6 and no more than 24 hours after sexual intercourse. This method should be avoided during a woman's period. The contraceptive sponge may be difficult to use if a woman has been circumcised.
3. **How can I get this method?**
   You do not need to see a doctor or a nurse for a contraceptive sponge. You can usually buy them in a pharmacy, drug store or convenience store.
4. **Can I get pregnant after I stop using this method?**
   Yes.
5. **Will this method protect me from infections and diseases?**
   No. In some women, it may increase the risk of contracting sexually transmitted infections.
6. **Can this method be used during breastfeeding?**
   Yes.