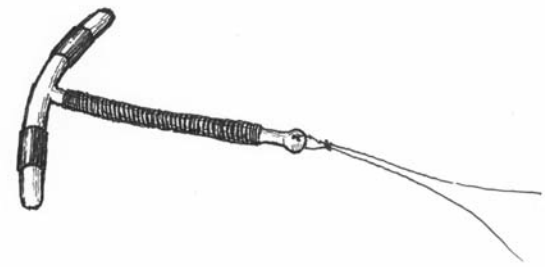
Aalada Ilmo-Galeenka (IUD)



Maxay tahay?

Waa aalad yar oo ka sameysan caag iyo maar "copper" oo lagu lifaaqay xarig yar oo nayloon ah, kaasoo la geliyo ilmo-galeenka haweeneyda si uu uurka uga badbaadiyo.

1. **Habkani ma yahay mid aan waxyeelo keenayn?**
   Dumarka badankoodu wax dhib ah kuma qabaan habkan, laakiin haweenka qaarkood ayaa isku arki kara dhiig badan inta lagu jiro xilligooda caado helida. Qaar ka mid ah haweenka ayaa dareemi kara xanuun badan markii ay dhiiga helayaan.

2. **Habkani ma u shaqeeyaa si wanaagsan?**
   Haa. Haddii ay 100 dumar ahi isticmaalaan habkan IUD, in ka yar 1 ayaa uur qaadi kara. IUD waxay ku jiri kartaa ilmo-galeenka ilaa 10 sano.

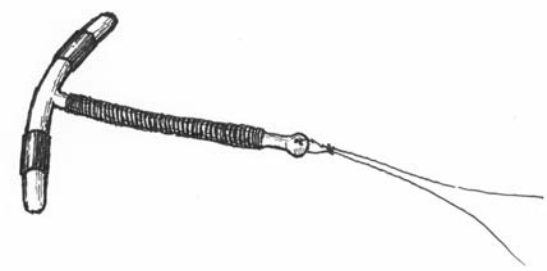
3. **Sidee baan ku heli karaa habkan?**
   Dhakhtarka ama kalkaalisada ayaa gelin kara IUD ilmo-galeenka. Waxaa laga yaabaa in haweeneydu dareento kaar. Habkan wuxuu qaataa daqiiqado yar marka la gelinayo. Dhakhtarka ama kalkaalisada ayaa ka saari kara IUD markii ay haweeneydu rabto in laga saaro. Aaladan ilmo galeenka waa la gashan karaa durbadiiba markaad umusho.

4. **Uur ma qaadi karaa haddii aan joojiyo isticmaalka habkan?**
   Haa. Haweeneydu way qaadi kartaa uur markii laga saaro IUD-da.

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

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

Copper IUD



What is it?

The IUD (intrauterine device) is a small piece of plastic and copper with 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, but some women may have more bleeding during their menstrual cycles. Some may have more menstrual cramps.

2. **Does this method work well?**
   Yes, very well. If 100 women use the copper IUD, less than 1 will get pregnant in a year. The copper IUD can stay in the uterus up to 10 years.

3. **How can I get this method?**
   A doctor or nurse 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. The IUD can be inserted immediately after giving birth.

4. **Can I get pregnant after I stop using this method?**
   Yes, a woman may get pregnant right away once the 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.