

Amawulire gano ga mugaso nyo mu kuggyamu embuto eziri mu wiiki 14 oba wansi ku MVA, ate wiiki 15 oba wansi ku EVA, nga obalidwa okuva ku lunaku olusooka lw'ewasembayo okugenda mu nsonga.

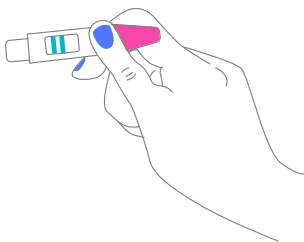
Ekyuuma Ekinuuna Eky'ngalo nkola ey'okulongosa eya kuggyamu embuto ekolebwa ku lubuto okutuusa ku wiiki 14 nga oli lubuto, omusawo mwakozesa ebikozesebwa, nga ekyuma ekisonseka ekisirise, ekikwatibwa mu ngalo, okuggyamu olubuto mu nnabaana.

Ekyuuma Ekinuuna Eky'amasanyalaze nkola yeemu ne MVA, naye esobola okukolebwa okutuuka ku wiiki 15 nga oli lubuto nga ekozesa ekyuma eky'amasanyalaze okukola ekisonseka okuggyamu olubuto. Lwakubanga EVA yeetaaga masanyaraze, eyinza obutabaawo mu mbeera z'ebikozesebwa ebitono.

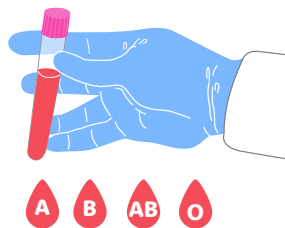
- MVA ne EVA **zitukiridwa kyenda mu mwenda kubuli kikumi** nga zikozesebwa agaba obuyambi omutendeke mu dwaliro.
- Kitwaala **edakiika 5 ku 10** okumaliriza eno enkola ey'okuggyamu embuto eya Ekyuuma Ekinuuna.

OKUKEBERA NGA TONNAGGYAMU OLUBUTO N'EKYUUMA EKINUUNA

- 1** Okukebera olubuto mu musulo

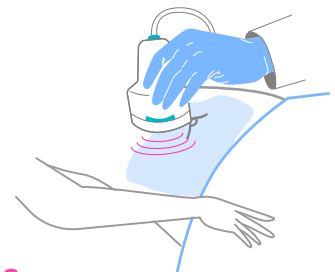


- 2** Okuzuula ekika ky'omusaayi gwa Rh

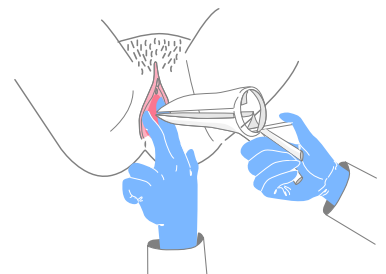


- 3** Okubalirira wiiki egy'olubuto mu:

Akatiivi

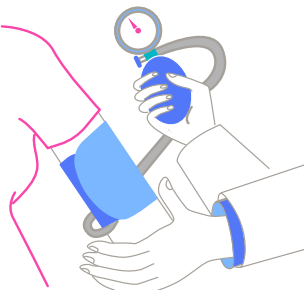


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Okukebera obukyala

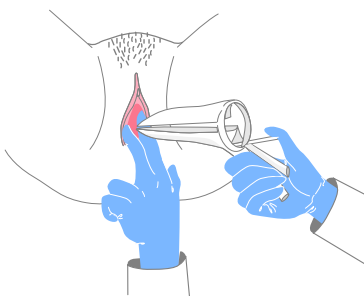
- 4** Okupima puleesa



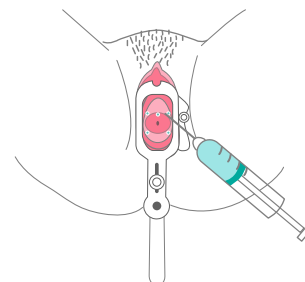
EBIGEZO EBIRALA EBIMU
biyinza okukolebwa okusinziira ku mateeka g'eggwanga

OKUGGYAMU EMBUTO N'EKYUUMA EKINUUNA MUTENDERA KU MUTENDERA

- 1** Eno enkola ejja kutandika **n'okukebelebwa omumwa gwa nnabaana.**



- 2** Eddagala eribudamya mu kitundu liggya kukubibwa kumpi n'omumwa gwa nnabaana.



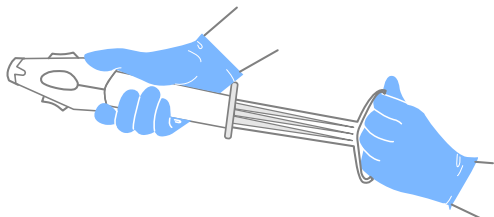
- 3** Omusawo **agaziya omumwa gwa nnabaana** n'ebikozesebwa ebityibwa cervical dilators

Binno ebigaziya bitera okwongeza obunene okusinziira ku buwanvu n'omuwendo gwa wiiki ez'olubuto.

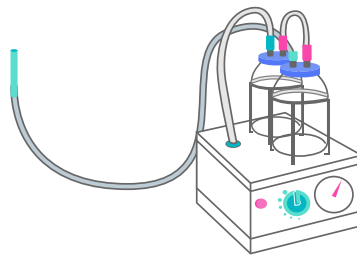


4 Oluvannyuma nga okugaziwa okwetaagiza kutuukidwako, omusawo akozesa **ekyuuma ekinuuna eky'ngalo** naggyamu olubuto.

A) N'ekyuma eky'okusonseka ekisirifu nga kikwatibwa mu ngalo ekiyitibwa lpa, ku nkola eya **ekyuuma ekinuuna eky'ngalo**



B) N'ekyuma eky'amasanyalaze eky'enkola **ekyuuma ekinuuna eky'amasanyalaze**



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5 Nga olubuto lumaze okuggyibwaamu, omusawo ayinza okusalawo okukola akatiivi, awo omukazi akirizibwe **okuwumulamu**.

OKULABIRIRA OLUVANNYUMA LW'OKUGGYAMU EMBUTO N'EKYUUMA EKINUUNA



Abakazi baweebwa **Ibuprofen**, oba **eddaggala eriweweeza** obulumi ly'efaanaanyiriza, okukozesa ewaka wewabaawo obulumi obweyongerayo.



Okukyalira okugoberera oluusi kuweebwa. Kino tekikwetaagisa, naye buli mukyala alina okuwuliriza okuteesa kw'omusawo w'ebyobulamu we.



Lindako paka nga okuvaamu omusaayi kukendedde nga tonnaba kukozesa ebintu mu bukyala n'okukola emirimu egy'amaanyi.



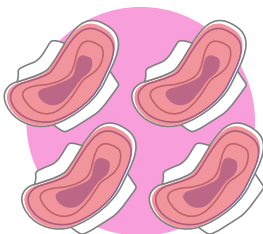
Tewaliyo bukakasiddwa mu by'obujjanjabi omuwendo gw'obudde ntino omukazi alina okulinda okukola emirimu ejimu, nga okunaaba, dduyilo, okukozesa tampuuni, oba okweegata.

Naye, buli-mukazi ali wanjawulo ate nga asobola okukomawo ku milimu je ej'aabulijjo bwekiba nga kuwulirwa nga ekituufi gy'ali.

Nga enkola ekoledwa omusawo omutendeke, **ebizibu ebivaamu biba bitono nyo**, olinakunoonya obujjanjabi obw'amangu wofuna ebizibu ku bino wammanga:



Omusujja, kamuguluze, ekusindikirirwa emmeme, ne okulumwa nakayama



Omusaaayi omungi oggujuza paadi 4 mu ssaawa 2



Amazzi agakulukuta mu okuva mu bukyala nga geeyongedde oba nga gawunya

Oyinza **okugenda mu nsonga** mu wakati wa wiiki 4 ku 6.

Obusobozi **bwo obw'okuzaala** busobola okudda mu naku 8 oluvannyuma nga w'aggyamu olubuto. Wobeera nga oyagala okwetangira olubuto olulara, kikulagiridwa okutandika enkola eziyiza okuzala mu mangu dala.



Okufuna ebisingawo no'kuyambibwa, tukirira abasawo baffe ababudabuda ku emilo eno info@safe2choose.org oba onyumyeko nabo mukiseera ekyo kyenynini nku safe2choose.org/lg