BUTYA BWOSOBOLA **OKUJJAMU OLUBUTO** NG'OKOZESA **MIFEPRISTONE NE MISOPROSTOL** (WANSI W'OLULIMI)

Embulilira eno yamakulu nyo nga okozesa empeke okujjamu **olubuto olwe ssabiiti 13 oba olutanaba** tuuka ssabiiti ezo singa obeera olubalilide okuva nku lunaku olusooka lwewasebayo okugenda mu songazo ezekikyala.

EMBEERA NGA TOKIRIZIBWA KUKOZESA MPEKE ZIJJAMU LUBUTO

Okujjamu olubuto nga okozesa empeke tekirina buzibu bwona mu bantu abasinga, naye waliwo embeera nga tokilizibwa kukozesa mpeke zijjamu lubuto.

Mifepristone *TAKILIZIBWA* nga:

- Nga obadde *okozesa eddaggala lya steroidisi okumala akadde akawavu*,nga Prednisone ne Dexamethasone.
- Nga olina obulwadde bwo kuvamu omusaayi, nga porphyria.
- Nga olina *adrenal failure emazeko akabanga*.

Naye, osobola okujjamu olubuto nga okozesa Misoprostol yekka.

BYOMBI Mifepristone ne MisopristolTEBIKILIZIBWA nga:

- Nga okozesa eddagala lya *anticoagulants*, nga Heparin ne Warfarin;
- Nga olina *allagi* ku Mifepristone , Misoprostol oba prostaglandins; oba
- Nga olina *olubuto olukulidde munseke* (wabweru wanabana).

*Okukozesa empeke ezijjamu olubuto nga olubuto lukulidde munseke tekijja kukosa, naye **olubuto teluvaamu**.*
*Bw'oba oteebereza oba ng'olina olubuto olukulidde munseke, **genda olabe abasawo**.*

Okubeera nga olina IUD (akaweta ko munabana) tekikugana kukozesa empeke zijjamu lubuto, naye nga:

- Obuzibu bwo lubuto okukulila munseke nga olina IUD bweyongera.
- Okulumizibwa mundira kuba kunji.
- Kilungi okujjamu IUD nga tonaba kukozesa mpeke zijjamu lubuto.

OMUTENDERA KU MUTENDERA GW'OKUGGYAMU EMBUTO N'EMPEKE

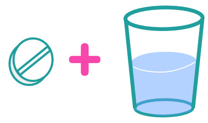
Mifepristone
200 mg
empeke 1

Ibulufeni[1]
800 mg
empeke 1

Misoprostol[2]
200 mcg
empeke 4 ku 8[3]

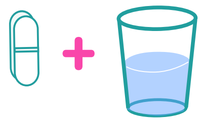
1 Mmira **empeke 1 eya mifepristone** *(200mg)* ngókozesa amazzi.

Linda mu essawa 24- 48



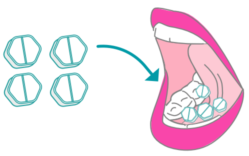
2 Mmira **800 mg eza ibulufeni**.

Linda edakiika 30



3 Teeka **empeke 4 eza Misoprostol** (buli emu ya mcg 200) wansi wolulimi era zilekeyo okumala dakiika 30.

Oluvannyuma lw'**eddakiika 30**, osobola okunywa amazzi n'omira ebisigadde ku ddagala.



4 **Bwe kiba kyetaagisa:** ddoozi endala eya misoprostol.

a) Bw'oba **tonnaweza wiiki 9 ng'oli lubuto era nga ovuddemu omusaayi mutono oba nga tovuddemu musaayi** oluvannyuma lw'essaawa 24 oluvannyuma lw'okuweebwa ddoozi ya misoprostol esooka, **ddamu omutendera 3**.

b) Bw'oba **oli lubuto lwa wiiki 9–13**, ddoozi eyookubiri eya misoprostol yetageesa enkola eno okusobola okola obirungi.

Linda essaawa 4 oluvannyuma lwa ddoozi esooka mu mutendeera 3, olwo **oteeke empeke endala 4 eza misoprostol** (buli emu eya 200 mcg) wansi w'olulimi lwo ozikwate awo okumala eddakiika 30.

---

[1] Tukirira abasawo baffe ababudabuda okwongera ku biika bye mpeke ebilala wobba olina allagi ku Ibuprofen.
[2] Zino empeke zisobola okukyuka mudabiika okusinzira ku nsi yo.
[3] Kirungi n'ofuna ddoozi endala ey'empeke za misoprostol 4, empeke 8 zonna awamu, singa oba weetaaga ddoozi endala okukakasa nti okuggyamu olubuto kuwedde. Naye, bw'oba olina empeke za Misoprostol 4 zokka, okyayinza okuzikozesa.tembe 4 za Misoprostol, bado unaweza kuvitumia.

OBUZIBU OBUSIINGA OKUSANGIBWA NGA OKOZESA EMPEKE EZIJJAMU OLUBUTO

Abantu abasinga tebawulira **bubonero bwonna oluvannyuma lw'okumira mifepristone**, naye abatono bayinza okusindikirirwa emmeme oba okuvaamu omusaayi omutono.

Oluvannyuma lw'okukozesa **misoprostol**, **okulumizibwa n'okuvaamu omusaayi** biyinza okutandika mu ddakiika 30 oba okutwala essaawa 24. Okulumizibwa mu diira okw'amaanyi kya bulijjo kuba nnabaana yeenyiga okuggyamu olubuto.

Okuvaamu omusaayi kuyinza okufaananako oba okuzitowa okusinga okugenda mu nsonga, ng'omusaayi gwekutte ebitole n'ebitundu by'omubiri ebiyita, nga byawukana mu bunene okusinziira ku bbanga ly'olubuto lwe lwali. Ebbanga ly'okuvaamu omusaayi omungi n'amaanyi g'obulumi gawukana okusinziira ku muntu.

Misoprostol esobola okuleeta **ebizibu ebirina okuggwaawo mu ssaawa 24**, gamba nga:

ekiddukano

okusindikirirwa emmeme

okusesema

kamugulunze

okulumwa olubuto

okulumizibwa omutwe

omusujja

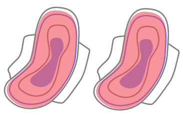
okukankana

OBUBONERO OBULAGA AKABENJE MUKASEERA KOKUKOZESA EMPEKE OKUJJAMU OLUBUTO

Waliwo obubonero obumu obulabula obwetaaga okujjanjabibwa mubwangu ddala. Tezitera kubaawo, naye bw'oba olina obubonero buno, funa obuyambi amangu ddala.

Okuvaamu omusaayi omunji

Okujjuza paadi bbiri oba okusukkako (nga zijjude omusaayi wansi waayo, nekumabali waayo) mu ssaawa 1 oba wansi.



Okumala essaawa 2 oba okusingawo.

Omusujja

Omusujja gwa diguli 38 (100.4°F) oba okusingawo ogutandika oluvannyuma lw'essaawa 24 ng'okozesa ddoozi ya misoprostol esembayo ate nga tegukka oluvannyuma lw'okumira eddagala lya ibulufeni.

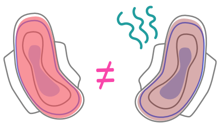
Kakasa nti opima nákuuma akapima ebbugumu.

Obulumi obw'amaanyi

Obulumi obw'amaanyi obutakendera oluvannyuma lw'okumira eddagala eriweweeza ku bulumi.

Omusaayi gwa njawulo nnyo ku nsonga yo eya bulijjo

Okuwulira ng'oli mulwadde nnyo ne/oba okulaba langi eyeewuunyisa oba akawoowo akabi mu musaayi gwo, ng'amazzi agakulukuta agawunya obubi, kiyinza okuba akabonero akalaga nti olina yinfekisoni.



Okufuna allagi

Okufuna okumyuuka, okusiiwa oba okuzimba ensingo, ffeesi oba emikono kabonero akalaga nti olina allagi eri eddagala. Osobola okukozesa eddagala erya antihistamine, naye bw'oba osanga **obuzibu okussa** olwo allagi eba ya maanyi nnyo era weetaaga obujjanjabi mu bwangu.

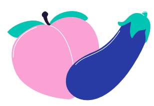
[1] **Empeke z'okuggyamu embuto tezizuulibwa** nga zikozesebwa wansi w'olulimi. Bw'oba weetaaga obuyambi, kiri gy'oli oba okubikkula oba nedda ng'obikozesa.

EBYOKWEEWAALA NGA OMAZE OKUKOZESA EMPEKE OKUJJAMU OLUBUTO

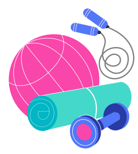
Mu wiiki oluvannyuma lw'okuggyamu olubuto ng'okozesa empeke, **kuuma amagezi gano n'okwegendereza birowoozo**.

Okukozesa paadi kirungi okulondoola okuvaamu omusaayi mu nnaku ezisooka ng'oggyamu olubuto, naye oluvannyuma osobola okukyusa n'odda ku tampon oba ekikopo amangu ddala nga bwoyagala.

Osobola **okwegatta buli lw'oba weetegese**; ekisinga obukulu kwe kuwuliriza omubiri gwo n'okwagala kwo.

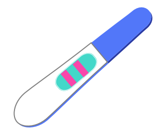


Ddayo mu **mirimu gyo egya bulijjo** (okukola dduyiro, okukola n'ebirala) amangu ddala ng'owulira nga weetegese.



Kya bulijjo okuwulira **enneewulira ez'enjawulo** ng'olubuto luwedde. Bw'oba weetaaga obuwagizi, okwogera ku nneewulira zo n'omuntu gwe weesiga kiyinza okukuyamba.

Tukusaba okimanye nti osobola **okuddamu okufuna olubuto** nga wayiseewo akaseera katono nnyo ng'omaze okuggyamu olubuto, mu wiiki ntono nga bbiri.



OTEGERA OTYA NTI EMPEKE ZO'KUJJAMU EMBUTO ZAKOZE

Okuggyamu olubuto n'empeke kitwala ennaku nga 15 okumaliriza.

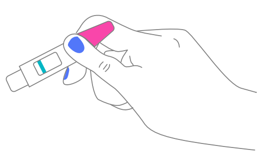
Obubonero bw'olubuto

Obubonero bw'olubuto bulina okutereera mu wiiki eziddako oluvannyuma lw'okukozesa empeke zino, ekiraga nti okuggyamu embuto kwakola. Okusindikirirwa emmeme n'okufulumya omusulo ennyo bitera okukoma mu nnaku ntono, ate obubonero ng'okulumwa amabeere buyinza okumala ennaku 10.

Okukakasa nti okuggyamu embuto kwatambudde bulungi n'okukeberebwa olubuto

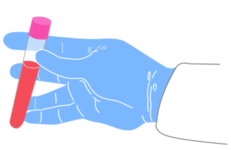
Okukebera olubuto kuyinza okukolebwa okukakasa nti okuggyamu embuto kwagenda bulungi.

Okukebeera Omusulo (HCG)



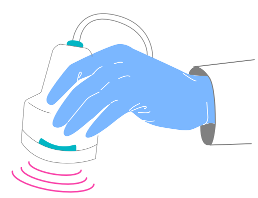
- Kisoboka okukolebwa waka.
- Linda wiiki **4 ku 5 nga omazze** okukozesa empeke okufuna ekivaamu ekituufu. Okukebeera nga bukyali kiyinza okuwa ekivaamu ekitali kituufu.

Okukebeera omusaayi (HCG)



- Kiyinza okukolebwa awaka.
- Linda wiiki **4 ku 5 nga omazze** okukozesa empeke okufuna ekivaamu ekituufu.

Akatiivi



- Siteeka kukola akatiivi oluvannyuma lw'okuggyamu olubuto.
- Kyetaaga genda mudwaliro.
- Linda **wiiki 2 nga omazze** okukozesa empeke okufuna ekivaamu ekituufu.

Weetegereze: Singa kikolebwa nga tewannayita wiiki 2 nga omazze okukozesa empeke z'okuggyamu embuto, omusaayi n'ebitundu by'omubiri biyinza okuba nga bikyalabika ku katiivi.

Abasawo bayinza okuzuula "okuggyamu embuto okutali kujjuvu" ne bawa amagezi ku nkola eziteetaagisa.

safe2choose

Okufuna ebisingawo nokuyambibwa, tukirira abasawo baffe ababudabuda ku emilo eno ***info@safe2choose.org*** oba onyumyeko nabo mukiseera ekyo kyenyini nku ***safe2choose.org/lg***