ASHANAR FATA MAI SINADARI NA TSAHON SHEKARA BIYAR

Chikkaken Bayani:

- Ashanar fata wasu kananan sandunna ne guda biyu kwatakwacin girman sandan ashanar wuta wanda ake sakawa a cikin damtse na karkashin fata na saman hannu
- Suna bada kariya daga daukar ciki har na tsahon shekara biyar
- Kwararrun ma'aikatan da suka samu horo ne kawai suke saka ashanar fata da cirewa.
- Bata da haddari ga mata masu shayarwa
- Ana iya saka miki wannan ashanar fatan bayan awa arba'in da takwas da haihuwa
- Baya kariya daga daukar kwayar cututtukan sanyi

Ingancin Tasirin Ashanar Fata Wajen Hana Daukan Ciki:

- Kasa da kashi daya (1%) a cikin kashi dari na matan da amfani da shi suke daukar ciki a shekarar farko.

Yadda Ashanar Fata Take Aiki:

- Kwararru ma'aikata masu horo zasu saka ashanar fatan a karkashin fatan saman hannun damtsen mace
- Ashanar fatan yana sake sinadarin Progestin a hankali.
- Sinadarin zai sa kofar mahaifa (cervix) ta yi kauri da majinan gamsai domin hana maniyin namiji haduwa da kwan mace.
- Wannan sinadarin kuma na hana fitowar kwan mace

Abubuwa Masu Mahimmanci Game Ga Ashanar Fata:

- Dabara ce mai dogon zango kuma mai inganci
- Baya hanawa ko rage dadin jima'i.

A KULA:
Ingancen ashanar fata na raguwa a jikin mata masu kiba da nauyin jiki.
Wannan ya shafi mata masu amfani a ashanar jadelle wadanda suka wuce nauyin kilo saba'in (70kg), da masu amfani da shanar implanon da suka wuce nauyin kilo chatsa'in (90kg).
Irin wadannan mata ya dace su sake wani jadelle bayan shekaru (3), implanon bayan shekara biyu (2).

Kada Ki Yi Amfani Da Ashanar Fata Idan:

- Kina fuskantar ko fama da zubar da Jini daga farji ba tare da sanin dalilin sa ba.
- Akwai alamar cutar dajin nono ko kuma di tarihin masu cutar dajin nono a cikin zuriya ku a minzalin shekaru biyar baya
- Kina shan maganin farfadiya ko wani magani mai suna rifampicin. Wannan magani na iya rage ingancin aikin ashanar fatan a jiki. A' tintibi likitadomin Karin bayani
- Akwai ciwon daskarewar jini, ko ciwon lupus, ko tarihin ciwon hanta mai tsanani.

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Motsawar Jiki ko Laulayin da ake fuskanta da Ashanar Fata:

1. Ana iya fiskantar laulayi a farkon watannin fara amfani da ashanar fata kamar haka:
   - Raguwar zuban jinin haila ko kuma karuwarsa fiye da kwana takwas
   - Yawan zuban jinin haila ko kuma tsallaken wata.
2. Yana iya haifar da ciwon kai, ciwon mara, da laulayin taushin nono da sauran su

Waddanan alamomin motsawan jiki ne, ba alamomin cuta ko rashin lafiya bane, kuma ko wace mace da yadda suke tasiri a jikinta a takaice, alamomin na bambanta daga mace zuwa mace.

Yadda ake yin amfani da ashanar fata:

- Kwararren ma'aikaci na kiwon lafiya zai saka ashanar fatan a karkashin fatan damtsen mace bayan ya yi mata allurer kashe zafi.
- Acikin mintoci kadan ake saka wannan ashanar fatan. Wanda ake sakawa ashanar fata na gani kuma tana cikin hayyacin ta lokacin sakawa. Tana iya fiskantar matsi ko zafi dan kadan a yayin da kwararren ma'aikacin kiwon lafiya ke saka ashanar fatan a jikin ta.
- Bayan an kamala saka ashanar fatan, ki nemi Karin bayani a wurin ma'aikaci ko ma'aikaciyar da ta saka kamar haka:
  - Kwanan watan da aka saka ashanar fatan da shekaran da za a cire ashanar fatar a maida wani in da bukatar cigaba

Matakan Kulawa:

- Kada a sa ruwa ko wani abu mai danshi a wurin da aka sa ashanar har na tsahon kwana hudu.
- Ana iya fiskantar ciwon ko kunburin hannu na yan kwanaki kadan
- Da kuma gurjewa a gurin da aka saka ashanar fatan. Babu wata illa a game da kumburin saboda zai warke ba tare da an sha magani ba.

A garzaya a koma asibiti idan aka fiskanci alamomi kamar haka:

- Rashin waikewar kumburi da wuri, ko kuma ganin mugunya ko alamar ja a gurin zda aka saka ashanar fatan.
- Alamar fitowar ashanar fatan daga hannu
- Neman Karin haske ko alamar matsala
- Yayin da lokacin sakewa ko canza wani ashanan fatan yayi.
- Idan ana son a cire ashanan fatar
- Yayin da mace ta kara kiba,
- Ingancin ashanar fatan ga kariya daga daukan ciki na raguwa idan kiban mace ya dare kilo saba'in (70kg)
- Fiskantar rashin kuza'ari da koshin lafiya
- Tunani kamar kina dauke da ciki

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