

KANANAN KWAYOYI



Chikakken Bayani:

- Wadannan kananan kwayoyi suna daga cikin ire iren kwayoyin tazarar haihuwa.
- Ana shan kwaya daya a kowace rana
- Shan sa na iya haddasa canjawan jinin al'ada a watanin farko yayin amfani da su.
- Mace mai shayar da jariri. Mace na iya sha bayan ta haihu
- Bayi da hadari ga mata masu shan maganin chiwon sida. A shawarci ma'aikatan kiwon lafiya don Karin bayani

Ingancin shi wurin kariya daga daukar ciki:

- Idan an kula da shan maganin ba tare da fashi ko tsallakewaba, kasa da daya (1%) su ke daukar ciki.
- Kusan kashi 3 zuwa 10% cikin dari zasu iya daukar ciki idan an samu fashi wajen shan kwayar maganin dai dai

Yadda Kananan Kwayoyin Suke Aiki:

- Ki sha kwara daya a akan lokachi kullum
- Sinadarin progesterin na sa kofar mahaifa (cervix) ta yi kauri da majinan domin hana maniyin namiji haduwa da kwan mace
- Yana dakatar da fitan kwayayen daukar ciki

Ingantattun Bayanai Game Da Kananan Kwayoyin:

- Ana iya dakatar da shan kwayoyin maganin kowane lokaci ake son daukar ciki ba tare da taimakon kwararrun ma'aikatan asibitl ba.
- Baya hanawa ko rage jin dadin jima'i
- Ki kiyaye da lokaci daya a kullum domin shan maganin
- Kwayoyin basabada kariya daga kamuwa da ciwon sida ko chututtukan da ake dauka wurin jima'i

Fa'idar amfani da kwayoyin:

- Baya kawo matsala ga akasarin mata
- Yana da inganci sosai idan an tsare ka'idoji
- Baya hana taruwan ruwan nono
- Ba lallai bane ya haddasa ciwon kai ko hawan jinni

A Tattauna Da Kwararrun Ma 'aikatan Tazarar Haihuwa Idan:

- Mace tana da hawan jinni, ciwon zuciya ko chiwon hanta
- Mace tana da ciwon daji na nono
- Kina fiskantar fitowar jinni ta farji ba tare da sanin dalilia shi ba



Yadda ake anfani da shi:

- Za ki fara da kwayar magani na farko a katin idan kinyi gwaji an tabbatar maki cewa baki da ciki
- Ki sha kwayar magani daya kullun har sai kin gama da katin maganin
- Ki sha kwayar maganin a daidai kan lokacin da kika sha na farko
- Idan kinyi amai cikin awa biyu bayan kin sha maganin, ki kara shan wani daga cikin katin da wuri. Sai ki ci gaba da shanshi yadda kika saba
- Idan mace na gudawa, mai tsanani (har sau shida zuwa takwas a rana) yana iya nufin cewar kwayoyin tazarar baiyi aiki ba sosai
- Ki tanadi wani kwalin maganin kafin ki karar da naki kwalin mai dauke da ashirin da takwas (28)
- Idan daga shagon saida magani kika saya katin maganin, ki karanta takardar ka'idojin shan maganin kafin ki fara sha.

Ki koma Asibiti kowane lokaci idan:

- Kina da tambaya ko matsala
- Kin yi fashin shan kwayar maganin tazarar haihuwa guda 3 ko fiye da 3, sannan kin sadu da mijin ki cikin kwanaki 5 na farko da suka wuce sannan kuma kina so kiyi tazarar haihuwa
- Kin samu wata matsala ta rashin lafiya
- Kina tunanin zaki iya samun ciki

A KULA

Bayan an shanye katin magani na farko, a fara da sabon kati washe gari babu hutu

Ki bi waddannan ka'idojin idan kinyi fashin shan magani daya ko fiye da haka:

Idan Kin	Sai ki
Yi fashin shan kwayar magani daya ko biyu	<ul style="list-style-type: none"> • Sha kwayar magani da zaran kin tuna • Ki cigaba da shan kwayar magani kamar yarda kika saba (zaki iya shan kwayar magani biyu a lokaci daya ko a rana daya wato da wanda kika manta da kuma na ranar)
Yi fashin shan kwayar magani 3 ko fiye da haka a satin farko ko na biyu da aka fara shan kwayar magani –ko- kin fara shan sabon kati bayan fashin kwana 3 ko fiye da kwana 3	<ul style="list-style-type: none"> • Ki sha kwayar magani da zaran kin tuna • Kiyi amfani da wata hanyar tazara kamar kororo roba ko kuyi hakuri da saduwa sai bayan kwanaki 7 • Idan kin sadu da mijin ki cikin kwanaki biyar da suka wuce, ki hanzarta shan kwayoyi dake hana daukar ciki na gaggawaa (ECPs) (Ki karanta dan tafidan ECP)
Yi fashin shan kwayar magani guda uku cikin sati na uku da kike shan maganin	<ul style="list-style-type: none"> • Sha kwayar maganin da zaran kin tuna • Ki shanye duka katin kwayoyin maganin na tazarar haihuwa guda 28. Sai ki zubar da kwayoyin magani guda 7 na karshen kati da bana tazarar haihuwa ba • Ki fara shan na sabon kati washe gari • Kiyi amfani da wata hanyar tazara kamar kororo roba ko kuyi hakuri da saduwa sai bayan kwanaki 7 • Idan kin sadu da mijin ki cikin kwanaki biyar da suka wuce, ki hanzarta shan kwayoyi dake hana daukar ciki kamar ECPs (Ki karanta dan tafidan ECP)
Fashin shan kwayoyi guda bakwai marasa sunadari wato kwayoyi guda bakwai (7) na karshen kati kwayoyin kwanaki ashirin da takwas (28)	<ul style="list-style-type: none"> • Ki zubar da kwayoyin da bana tazarar haihuwa ba • Ki cigaba da kwayoyin tazarar haihuwa masu sinadari guda daya (1) kowace rana, ki fara sabon katin maganin tazarar haihuwa kamar yadda kika saba

