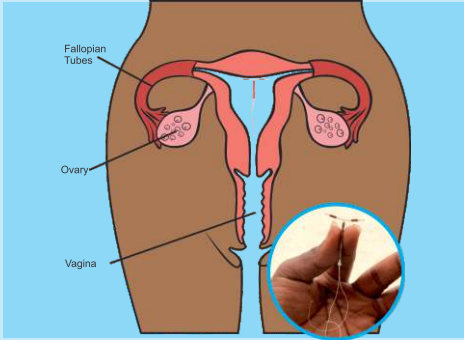


# ROBAR MAHAIFA (IUD)



## Chikakken bayani:

- Robar mahaifa wani karamin roba ne mai dauke da sinadari da jan karfe, da ake sakawa a mahaifa
- Yawancin robar mahaifa na da wani zare guda biyu dake Saukowa daga bakin mahaifa zuwa cikin farjin mace
- Yana bada kariya daga daukan ciki na dogon zango zuwa shekara 12
- Zai iya kawo karuwar kwanakin haila ko zuban jinni ko damkewar ciki lokacin al'ada.
- Bayi da matsala ga mace dake dauke da ko take shan maganin ciwon sida

## Ingancin robar mahaifa wurin kariya daga daukar ciki:

- Ingancin amfani da Robar mahaifa cikin shekarar farko da amfani ya nuna kashi 99% ne a cikin kashi 100% na mata ke samun kariya
- Cikin sama da shekara goma kuma ya nuna kasha tamanin da takwas (98%) a cikin kashi dari (100%) na mata na samun kariya daga daukar ciki.

## Yadda robar mahaifa take aiki:

- Kwararrun ma'aikatan tazarar haihuwa ke saka Robar Mahaifa cikin Mahaifa. Inda yake

zama.

- Robar mahaifa zai zauna a cikin mahaifar mace
- Sinadarin dake cikin jan karfe na kare maniyi da kwayayen mace su hadu

## Bayanai masu mahimmanci:

- Robar tana daya daga cikin sinadarai masu karko da dogon zango
- Kwararrun ma'aikata ke sakawa da cire wa
- A bi dokokin da kwararru ma'aikata suka bada wurin duba Robar
- Bashi da matsala wurin jima'i
- Da zaran an cire Robar mahaifa mace na iya daukar ciki
- Bata bada kariya daga daukar cutar sida ko chututtukan da ake dauka ta hanyar jima'i

## Wa'idaifan an fani da wannan Dabarar:

- Ana iya dakatar da wannan dabarar idan mace nason ta dau ciki
- Baya hana jima'i
- Akwai sirri domin babu wanda ya sani
- Baa bukatar aiki na yau da kullun
- Ana samin shi ako yausha
- Bashi da matsala wajen shayarwa
- Yana kariya da ciwon daji na mahaifa
- Yana bada kariya daga daukan ciki na dogon zango zuwa shekara 12 (Shabiyu)
- Babu bukatar kashe kudi bayan an saka robar mahaifa

## Wane locaci ne ya kamata a saka robar maihaifa:

- Ana iya saka robar mahaifa a ko yausha:
- In mace bata da ciki
- Ana iya saka robar maihaifa a lokacin da mace ta haihu bayan fitowar mabiya zuwa awa 48

***In ba'a saka robar mahaifa ba a cikin awa 48 bayan mace ta haihu sai a ajira sai bayan sati hudu (4) bayan mace ta haihu***





### Laulayin da ke tattare da amfani da robar mahaifa:

- Diddigon jini kadan na iya zuwa bayan an saka robar mahaifa kuma zai iya ci gaba da zuwa na tsawon wata uku (3):
  - Za'a iya samun canjin yanayin jinin al'ada, hadda karuwar fitar jinin al'ada ko dadewa;
  - Al'ada wanda fa saba ma kwanakin ta
  - Za'a iya samun dankewan ciki ko ciwo kadan kadan bayan saka robar mahaifa
- Matsaloli abu ne mai wuya amma yana iya faruwa kamar haka:
  - Fitar roba daga mahaifa na iya sa a samu ciki
  - Hujewar mahaifa na iya faruwa idan ba kwarariya maikaciya ce ta saka ba
  - Cuta mai kumbura mara na iya faruwa idan an saka ma mace mai cutar sanyi ko tinjere
- Baa shawarta mace mai dauke da cututuka jimai tayi amfani da shi

### Yadda ake amfani dashi:

- Kwararrun ma'aikatan asibiti zasu binciki lafiyar ki su magance duk wata matsalar wuraren haihuwan mace
- Zaki iya shan maganin dauke zafin ciwo a minti 30 kafin a saka robar mahaifa domin rage damkewar ciki da ake kadan kadan

- Kwararrun ma'aikata zasu nade ko rage zaran da ke robar mahaifa zasu bar zare kadan a bakin mahaifa
- Kwarariya maikaciya zata nade ko ta yanke zaren roban mahaifa, ta bar kimanin 3cm yana lilo a bakin mahaifa
- Babu matsala dan kinji dan zafi kadan wurin sakawa
- Idan an gama sakawa, ki tambayi ma'aikatan asibitin:
  - Wane irin robar mahaifa aka saka maki
  - Kwanan watan ranar da aka saka robar mahaifa
  - Kwanan watan ranar da za'a cire ko canja robar mahaifa

### Ki koma asibiti idan:

- Idan kina da tambayoyi ko damuwa akan robar mahaifa da aka saka maki
- Idan kina da kowanne daga cikin wadannan, cikin kwanaki ashirin (20) na farko bayan saka robar mahaifa:
  - Ciwon mara mai tsanani
  - Jin ciwo lokacin jima'i
  - Fitar da ruwa ta farjin mace da ba'a saba ganiba
  - Zazzabi, tashin zuciya ko hararwa
- Kina tunanin robar mahaifa ta goce daga inda aka saka ta (idan ba a jin alamun zaran ko robar a bakin mahaifa)
- Kin yi fashin jinin al'ada ko kina tunanin kila kina da ciki
- Kina so ki cire robar mahaifa dan wani dalili.

### A KULA:

Ki kokarta ki koma Asibiti dan kiga kwararru ma'aikata su duba lafiyarki cikin sati uku (3) zuwa shida (6) na farko da saka robar mahaifa.

This material is adapted from a similar material by Society for Family Health (SFH)

