

Hababka ka hortaga uur-qaadida

Habka ka hortaga uur-qaadida ee xaalladaha degdegta ah

Kiniiniga ka hortaga ilmaha ee xaalladaha degdegta ah – hab loo isticmaalo in hoos loogu dhigo fursada uurka ka dib galmood aan xafidnayn

Habka	Kiniiniga ka hortaga uurka ee degdegta: ulipristal (UPA-EC) 	Kiniiniga ka hortaga uurka: levonorgestrel (LNG-EC) 	Aallada naxaaska ah ee la gelinayo ilmagaaleenka (IUD) 
Waxtarka	<ul style="list-style-type: none"> • Boqolkiiba boqol waxtar maaha • Waxtar fiican leh marka horay loo qaataba • Waa ka waxtarsan yahay LNG-EC 	<ul style="list-style-type: none"> • Boqolkiiba boqol waxtar maaha • Waxtar fiican leh marka horay loo qaataba <ul style="list-style-type: none"> • Ka waxtar yar UPA-EC 	<ul style="list-style-type: none"> • Boqolkiiba sagaashan iyo sagaal haddii la geliyo 5 berri gudahood oo la sameeyey galmood aan xafidnayn
Muxuu yahay?	<ul style="list-style-type: none"> • Wuxuu ka hortagaa ama dib u dhigaa ilma galeenku inuu sii daayo ugxanta 	<ul style="list-style-type: none"> • Wuxuu ka hortagaa ama dib u dhigaa ilma galeenku inuu sii daayo ugxanta <ul style="list-style-type: none"> • Wuxuu kaloo bedeli karaa ilmagaaleenku siduu u yaal si uu uga hortago koritaanka ilmaha 	<ul style="list-style-type: none"> • Balaastik yar iyo aallada ka hortaga uurka ee naxaasta ah • Wuxuu joojiyaa in shahwadu gaarto oo bacrimiso ukunta

Sidee u isticmaashaa?	<ul style="list-style-type: none"> • Sida ugu fiican oo loo qaataa waa isla marka la sameeyo galmood aan xafidnayn ka dib • Waxaa looga jeedaa in la qaato ilaa shan berri (120 saacadood) ka dib galmood aan xafidnayn <ul style="list-style-type: none"> • Laguma talinayo haddii aad naasnuujinayso ama qaadanayso daawooyinka qaarkood. Farmashiyaha ayaa kaa tala siin kara. 	<ul style="list-style-type: none"> • Sida ugu fiicani isla marka galmoodka la sameeyo ka dib • Ujeedadu waa in la qaato ilaa saddex berri (72 saacadood) ka dib galmood aan xafidnayn • Dumarka oo dhan ayaa qaadan kara iyada oo aan ku xirnayn da'da 	<ul style="list-style-type: none"> • Arrintaan ballan ayaad u samaysan kartaa, halka IUD-da uu gelinayo dhakhtar ilma galeenka ama umuliso si gaara loo tababaray • Meesheeda ayaana loo dhaafi karaa ugu yaraan toban sanadood
xaggee ka helli kartaa?	<ul style="list-style-type: none"> • Waxaa laga helli karaa farmashiyaha warqad dhakhtar la'aan 	<ul style="list-style-type: none"> • Waxaa laga helli karaa farmashiyaha warqad dhakhtar la'aan 	<ul style="list-style-type: none"> • Ballan dhakhtar oo lala yeesho mihnadle caafimaad oo u tababaran inuu bixiyo
<p>Waxyaallaha la tixgelinayo*</p> <p>* Xasuusin: Kondhomada keliya ayaa kaa xafidi infakshanka la isu gudbin karo (STIs).</p>	<ul style="list-style-type: none"> • Maaha in loo isticmaalo wax caadi iska ah oo loo isticmaalo ka hortagga uurka. • Waxaa laga yaabaa in uu ugu kaco wax ka badan LNG-EC 	<ul style="list-style-type: none"> • Maaha in loo isticmaalo hab caadi ah oo loog ahortago uurka 	<ul style="list-style-type: none"> • Amaan ayuu u yahay dumarka badankood, marka lagu daro gabdhaha da'da yar oo aan marna ilma dhalin

Waxaa ansixisay oo daabacday, Xukuumada Fiktooriya, 1 Treasury Place, Melbourne. © Dawlad Goboleedka Fiktooriya, Wasaarada Caafimaadka iyo Adeegyada Aadamiga, Janaayo 2019.

Waxaa laga hellaa <http://healthtranslations.vic.gov.au/>