



Tulia

Just read this brochure

What are Emergency Contraception (EC) Pills?

Emergency contraception pills are a safe and effective means of preventing pregnancy, if taken within 72 hours (3 days) after unprotected or inadequately protected sex.

How does it work?

Emergency contraceptive pills have been shown to prevent pregnancy in either of the following ways:

- by inhibiting or delaying an egg from being released
- by preventing sperm and egg from uniting
- by stopping a fertilized egg from attaching to the uterus

Emergency contraceptive pills do not cause abortion and will not work if you are already pregnant.

When should you use Emergency Contraception?

Emergency Contraception should only be used in an emergency. It can be taken up to 3 days (72 hours) after unprotected or inadequately protected sex. Use EC only in emergency situations such as when:

- a condom broke
- you were forced to have sex or raped
- you failed to use a regular family planning method
- you had unprotected sex

When should you not use Emergency Contraception?

EC should not be used as a regular method of family planning. It should only be used for emergencies. EC is not a long-term family planning method. Other methods are more effective as long-term methods of preventing pregnancy, including oral and injectable contraceptives. Speak to your doctor or pharmacist to help you choose a method that will work for you.

How effective is Emergency Contraception?

Emergency contraception is highly effective if taken correctly and within 3 days (72 hours) of unprotected sex. However, the longer one waits, the higher the risk of pregnancy. It is not effective if taken after 3 days (72 hours) of unprotected sex.

How is Emergency Contraception used?

Take the first tablet as soon as possible after unprotected sex. It is best to take this first tablet within 2 days (48 hours). Take the second tablet 12 hours after taking the first one.

If you vomit within 2 hours of taking either one of the tablets, take another tablet as soon as possible. In this case, you will need to buy another packet of the Emergency Contraception Pills.

What are the side effects?

As with all medication, there are some side effects of taking EC. These include: nausea, vomiting, abdominal pain, fatigue, headache, dizziness, breast tenderness, irregular vaginal spotting or bleeding. These side effects usually do not last more than 24 hours.

In most women, after taking ECP's monthly periods will occur within a week before or after the expected time. To reduce the chance of nausea, take the tablets after eating.

Do not take with alcohol.

Health Factors

Emergency contraceptive pills are a back-up method used to prevent a pregnancy after unprotected sex or contraceptive failure. Emergency contraceptive pills are effective only before a pregnancy is established as they act by: either inhibiting or delaying an egg from being released; preventing sperm and egg from uniting; stop a fertilized egg from attaching to the uterus.

Emergency contraceptive pills do not cause abortion and will not work if you are already pregnant.

Emergency contraception pills do not cause infertility or birth defects in future children. As they do not work when a woman is already pregnant, they will not harm a foetus.

For further information, please consult your Doctor, Pharmacist or health-care provider. You can also call the Youth Hotline number 0800 2211 121 for general information on EC.

Tembe za dharura za mpango wa uzazi ni nini?

Tembe za dharura za mpango wa uzazi ni salama na njia bora ya kuzuia kupata mimba iwapo zitatumwiwa katika muda wa masaa 72 (siku tatu) baada ya kufanya mapenzi bila kinga au kutojikinga ifaavyo.

Hizo hufanya aje kazi?

Tembe za dharura za mpango wa uzazi zimeonyeshwa kuzuia kupata mimba kwa aidha ya njia zifuatazo:

- kuzuia au kuchelewesha yai isiwachiliwe.
- kuzuia mbegu ya kiume na yai zisiunganike.
- Kuzuia yai ambalo limeshaunganika lisiweze kujiezeka kwenye uterasia.

Dawa za dharura za mpango wa uzazi hazivezi kusababisha mimba kutoka na pia hazivezi kufanya kazi iwapo tayari uko mja mzito.

Ni wakati gani unaweza kutumia tembe za dharura za mpango wa uzazi?

Tembe za dharura za mpango wa uzazi zinafaa kutumiwa tu wakati kuna dharura. Zinaweza kumezwa hadi muda wa siku tatu (masaa 72) baaada ya kufanya mapenzi bila kinga.

Zitumie tembe za dharura wakati tu uko kwenye hali ya hatari kama:

- kondomu ilipasuka
- ulilazimishwa kufanya mapenzi au ulibakwa (ulinajisiwa).
- umekosa kutumia njia yako ya kawaida wa mpango wa uzazi
- umefanya mapenzi bila kinga

Wakati gani hufai kuzitumia?

Tembe za dharura za mpango wa uzazi hazifai kutumiwa kama njia ya kawaida ya mpango wa uzazi. Zinafaa kutumiwa tu wakati kuna dharura. Tembe hizi sio za kutumiwa kwa muda mrefu ili kupanga uzazi. Njia zingine za mpango wa uzazi ni bora zaidi kwa kuzuia mimba - hizi ni kama tembe au shindano za mpango wa uzazi. Ongea na daktari wako au mhudumu wa duka la dawa ili aweze kukusaidia kuchagua njia inayokufaa

Tembe za dharura za mpango wa uzazi zina ufanisi gani?

Tembe za dharura za mpango wa uzazi zitafanya kazi ya ufanisi zinapotumiwa ipasavyo na kabla ya siku tatu baada ya kufanya mapenzi bila kinga. Dawa hizi hazina ufanisi zikitumiwa siku tatu baada ya kufanya mapenzi bila kinga. Unapongoja zaidi ndipo unapo ongeza zaidi uwezekano wa kupata mimba.

Tembe za dharura za mpango wa uzazi hutumiwaje?

Meza tembe ya kwanza haraka iwezekanavyo baada ya kufanya mapenzi bila kinga. Ni vyema iwapo utaimiza tembe ya kwanza katika muda wa siku 2 (masaa 48). Meza tembe ya pili baada ya masaa 12 baada ya kumeza ya kwanza.

Iwapo utatapika kwa muda wa masaa mawili baada ya kumeza aidha ya tembe, meza tembe nyingine haraka iwezekanavyo. Hii itamaanisha kuwa lazima ununue pakiti ingine ya tembe za dharura za mpango wa uzazi.

Kuna madhara gani?

Kama vile tu na dawa zinginezo, kuna madhara yanayotokana na tembe za dharura za mpango wa uzazi. Baadhi yake ni kichefuchefu, kutapika, kuumwa na tumbo, uchovu, kuumwa Na kichwa, kizungu zungu, matiti kuwanyororo kwa kuguzwa, kuvuja damu mara kwa mara kwenye sehemu za kike.

Kwa wanawake wengi, baada ya kutumia dawa hizi, damu ya mwezi huja wiki moja kabla au baada ya wakati inapotarajiwa.

Ili kupunguza uwezekano wa kichefuchefu, meza tembe baada ya kula.

Usikuywe pombe.

Mambo ya afya

Njia za dharura za mpango wa uzazi ni njia bora ya kuzuia mimba baaada ya kufanya mapenzi bila kinga. Tembe hizi hufanya kazi tu iwapo zitatumwiwa kabla ya mtu kushika mimba. Aidha hizo huzuia au kuchelewesha yai kutoka; huzuia mbegu za kiume na yai kuungana; huzuia yai lisijeweke kwenye uterasia.

Tembe za dharura za mpango wa uzazi hazivezi kutoa mimba na hazivezi kufanya kazi iwapo una mimba tayari.

Tembe hizi hazisababishi ugumba au kasoro yoyote kwa watoto wataozaliwa baaadaye.

Kwa vile hazivezi kufanya kazi iwapo una mimba tayari. hazivezi kuimiza kilenga.

Kwa maelezo zaidi, tafadhali ongea na daktari, mhudumu katika duka la dawa au mhudumu wowote wa kiafya.

Unaweza pia kupiga simu kwa namabari ya kusaidia vijana; 0800 2211 121 kwa maelezo zaidi kuhusu tembe za dharura za mpango wa uzazi.



MINISTRY OF HEALTH



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