

Fact Sheet - Dinka

PIL MATNHOM

The Combined Pill



Yeḡo ɔɔl Pil?

Pil matnhom a leḡ yic ḡormoon ka rou, ḡithoroin ku porojethtojin. Ku yeen a ɔɔl 'Pil'. Piil aa tɛk yiic ku luon den ee tɔk rin ye kek nyantik pɛen bɛ meth cɪ yɔk tɛ rɛm yen ke moc.



Pil ye luui kadä?

Pil ee tuonḡ nyantik pɛen pɛey thok ebɛn, na liu tuonḡ ka cɪn tɛ bɪ tik liɛc.

Ye ḡiɛc luui kadä?

Yeen ee ḡiɛc luui apath. Luon de ee rot tieḡ 99 buɔt yic tɛ ḡic ye dek. Na dek ka wɛɛc ye yic ka luon de a tiḡ rot 91 buɔt yic, keya ka diäär ka dhoḡuɛen buɔt yic aa lɛu bɪk liɛc ruoḡn yic.

Yeḡa Cɛ Pät Bɛ Pil Dek?

Diäär juäac aa dek Pil. Yeen ee liɛc pɛen tɛ ḡic ye dek, ku a lɛu ba kɔc dekdɛk Pil kuat kaam ca tak tɛ wɪc yɪn liɛc.

Yeḡa Cɛ Pɛn Dɛkdɛk Pil?

Diäär aa ye pɛn dɛkdɛk Pil tɛ cɪ rim kaḡ kɔc cɔk yiic, tɛ cɪ rāal yic kaḡ pät nyith yic wälä tɛ cɪ puoḡ kaḡ kɔc, tɛ leḡ yen tuany cuɛny, tɛ ket riem apɛy, tɛ ḡer tik nhom wälä tɛ tuɛny tik wenh nyou. A lɛu bɛ yɪ pɛn dɛkdɛk ɛ Pil tɛ thuɛt meth thɪn ku manh du a kɛc pɛy ka 6 dɔt. Apath ba jam kek akiɛm du rin ba ḡic lon peth yen ba dek Pil. A leḡ wal kɔk Pil pɛen bɛ cɪ ḡic luui ku wal kã aa bɪ akɪm lɛk yɪn ku akɪm a bɪ lɛk kɔk path ba ke ḡic ka yɪ kɛc dɛkdɛk ɛ Pil gua ḡɔc.

Leḡ Kɛn Wäac Dɛkdɛk ɛ Pil Yic?

Diäär juäac aa cɪn kɛn wäac ke gup tɛ dɛk kek Pil, bɛ ya kɛdän diäär kɔk aa laḡ kāk wäac tɛn keek tɛ puɔc kek dɛkdɛk ɛ Pil ḡɔl. Tekdä ka tik a bɛ ya kuɛr kaam thɛk cɛ thɔk ku thɛk ḡoot, ku rem nyou ku ye lɔt (bɛ ḡam juäi). Juän kɛn ee ḡuɛɛn tɛ cɪ pɛy ka rou wan ku kaam dɛd akiɛm du ee kuat Pil ye dek waar. Kɛ reec ye Pil looi ḡuöp yic a ce rot lac looi, ku apath ba akiɛm du thiɛc bɪ lɛk kã rec ye Pil looi raan ḡuöp.

Ye Pil dek kadä?

Piil aa bɛn ke cɛ kuoḡh kɛ thooḡ rɔt nɪn 28 ku, tɛ cɪt tɛn kuat Pil, kuoḡh ee yic la Piil ka rou wälä dhorou cɪn yiic ḡormoon (Piil cɛ looi cukar). Tekdä ka wath a bɛ yic kuɛr nɪn dek yɪn Piil cɛ looi cukar. A leḡ Piil kɔk tɔu wal ɛ PBS yiic ku a leḡ Piil kɔk liu thɪn. Jaam kek akiɛm du bɪ lɛk wɛu ye kuat Pil ḡɔc tɛ yɪn raan diɛer wɛu.

Dɔ Bɛ Rot Tɛ Wɛɛc Yɪn Dɛkdɛk Pil Yic?

Na kɛc thää 24 tuoḡm tɛn wɛɛc yɪn dɛkdɛk yic, ka loc dek nyinic tɛ wɛn tek yɪn yeen, ku jɔl pil dɛd bɔ dek kaam duun theer yɪn dek. Keya ka yɪn a ḡoot yɪ ḡɛl yɔkyɔk meth. Na cɛ thää 24 tuoḡm tɛn wɛɛc yɪn dɛkdɛk yic ka path bɛ kondom ceḡ tɛ rɛm yɪn ke moc wälä a lɛu ba rɛer yɛ kɛc rɔm ke moc ka yɪ dɛk piil leḡ yiic ḡormoon nɪn ka dhorou. Tekdä ka lɛu ba dek pil liɛny cuoḡn yɪn. Apath ba jam kek akiɛm du wälä raan wal bɛ yɪ wɛɛt alɔḡ kɛ ba looi tɛ cɪn dɛkdɛk wäac yic kaam wan thää 24 wälä a lɛu ba ḡo yuöp 1300 658 886.

Ba Pil Yök Kadä?

Apath ba la tɛn akiɛm du wälä Panakim ɛ Guiɛr Macthok bɛ yɪn la gät Pil. Akim a bɪ thiɛc alɔḡ pial ḡuöp du ku lɛk yɪn tɛ ye dɛk Pil. Keya, ka yɪn a bɛ piɛel ku jal la ḡɔc dukän wal yic wälä Panakim ɛ Guiɛr Macthok. Apath bɛ yɪn ya caath ḡuöp kuat tɛ cɪ pɛey 12 thɔk.

Dhɔl Kɔk Ye Liɛc ḡɛl

A leḡ dhɔl juɛɛc kɔk ye liɛc ḡɛl. Kuen athoör thiik ɛ FPNSW.

Na wɪc ba lɛk kɔk yök

- Jaam kek aguɪr ɛ Guiɛr ɛ Macthok NSW telepun ɛ jam 1300 658 886 wälä nem lɔkayukar: www.fpnsw.org.au/talkline
- NRS (raan cɪn ye yic) 133 677
- Wälä lɔc Panakim ɛ Guiɛr ɛ Macthok tɔu akeunhom

www.fpnsw.org.au | telepun ɛ jam 1300 658 886 | dukän athör

loilooi ɛ kɪm & lɛk | piöoc & nyuuth | jäc | guiɛr ɛ pinynhom

Aguɪr ɛ Guiɛr ɛ Macthok NSW a ce wɛu luöoi bik dhiɛt ku wɛu keen yen luui aa bɛn tɛn Amathom ɛ Pialḡuöp NSW

Lɛk tɔu athör kɛn yic a cɛ ḡät ka ye kɛ lɛk kɔc path ku cɪn dɛd lɛu bɪ raan looi yeen. Aguɪr ɛ FPNSW a cɛ kɛ riɛc ebɛn ḡuir rin bɛ lɛk kɛn ya lɛk la cɔk ku tɛu nyien kooḡl wäar ḡɛt yeen. Na leḡ raan diɛer alɔḡ tɛ deen bɪ yen dhiɛt thɪn wälä alɔḡ tɛ deen bɪ yen pial thɪn tɛ tɛɛc yen ke moc/ tik, ka yeen apath bɛ la tɛn akiɛm de bɛ yeen la wɛɛt ku kony yeen; tɛdä ka lɛu bɛ la Panakim ɛ Guiɛr Macthok.

Beric: Pendhɛtem 2014/FPNSW 06/14

Fact Sheet - English

THE COMBINED PILL



What Is The Pill?

The combined Pill contains two hormones, oestrogen and progesterone. It is usually just called 'The Pill'. There are many types of combined Pills but they all work the same way to prevent pregnancy.



How Does The Pill Work?

The Pill stops a woman's ovaries from releasing an egg each month, so a pregnancy cannot begin.

Who Can Use The Pill?

Most women can use the Pill. It is effective at preventing pregnancy if taken correctly, but can also be easily stopped if you wish to become pregnant.

Who Should Not Use The Pill?

Women should not use the Pill if they have had a blood clot in their leg, a stroke or heart attack, liver problems, high blood pressure, certain types of migraine, or breast cancer. You may not be able to use the Pill if you are breastfeeding and your baby is less than six months old. It is very important to talk with your doctor to make sure it is safe for you to use the Pill. Some other medications can stop the Pill from working properly and the doctor will tell you about these and other things you need to know before you decide to use it.

Are There Any Side Effects?

Most women feel well while using the Pill, but it is common to have some side effects at first. You may have irregular bleeding in between periods, sore breasts and nausea (feeling sick). This usually settles down after a couple of months but sometimes your doctor may change the type of pill you are using. Serious health problems caused by the Pill are rare, but ask your doctor to tell you about them.

How Do You Take The Pill?

The Pill comes in a 28 day pack and depending on the type of pill, it will have between two and seven pills that have no hormones (sugar pills). You will usually have vaginal bleeding during the days when you take the sugar pills.

Some types of pill are available on the PBS while others are not. Talk to your doctor about the cost of different pill types if this is an issue for you.

What If You Miss A Pill?

If you are less than 24 hours late taking a pill, take it as soon as you remember, and then take the next pill at the usual time. You will still be protected against pregnancy. If you are more than 24 hours late taking a pill you should use condoms or not have sex until you have had seven days of hormone pills. You may need the emergency contraceptive pill. It is a good idea to talk with your doctor or pharmacist about what to do if you are more than 24 hours late or you can ring to speak with a nurse on our Talkline (1300 658 886).

How Can You Get The Pill?

You need to go to a doctor or Family Planning Clinic to get a script for the Pill. The doctor will ask you questions about your health and will tell you how to take the Pill. You can then buy your pills from a pharmacy or a Family Planning Clinic. You should have a check-up every 12 months.

www.fpnsw.org.au | [talkline 1300 658 886](tel:1300658886) | [bookshop](#)

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Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health

The information in this Fact Sheet has been provided for educational purposes only. FPNPNSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit a Family Planning Clinic. Reviewed May 2014/FPNSW 05/14

Other Methods of Contraception

There are many other methods of contraception available. See FPNSW factsheets.

For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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