Fact Sheet - Lao

ຢາເມັດປະສົມ

The Combined Pill

ຢາຄຸມແມ່ນຫຍັງ?

ຢາເມັດປະສົມປະກອບດ້ວຍສອງຮໍໂມນ, ອອສໂຣເຈີນ ແລະ ໂປຣເຈສໂຕເຈີນ. ສ່ວນຫຼາຍຈະເອີ້ນວ່າ 'ຢາຄຸມ' (The Pill). ຢາເມັດປະສົມມີຫຼາຍແບບແຕ່ວ່າມັນໃຊ້ເປັນຜົນແບບດຽວກັນເພື່ອປ້ອງກັນບໍ່ໃຫ້ຕັ້ງທ້ອງ

ຢາຄຸມເຮັດວຽກແບບໃດ?

ຢາຄຸມຈະຢຸດບໍ່ໃຫ້ຮວຍໄຂ່ຂອງແມ່ຍິງປ່ອຍໄຂ່ອອກມາໃນແຕ່ລະເດືອນ, ສະນັ້ນ ການຕັ້ງທ້ອງຈຶ່ງບໍ່ສາມາດເກີດຂຶ້ນ.

ຢາຄຸມເຮັດວຽກໄດ້ດີປານໃດ?

ມັນເຮັດວຽກໄດ້ດີຫຼາຍ. ມັນຈະໃຊ້ໄດ້ຜົນເກີນ ກວ່າ 99% ຖ້າໃຊ້ໃຫ້ຖືກຕ້ອງ. ຕາມຄວາມເປັນ ຈິງ ຫຼື 'ໃນຊີວິດຈິງ' ມັນຈະເປັນຜົນນ້ອຍກວ່າ (91%) ໂດຍມີແມ່ຍິງຈຳນວນຮອດເກົ້າຄົນໃນແຕ່ລະຮ້ອຍ ຕັ້ງທ້ອງໃນແຕ່ລະປີ.

ແມ່ນໃຜໃຊ້ຢາຄຸມໄດ້?

ແມ່ຍິງສ່ວນຫຼາຍໃຊ້ຢາຄຸມໄດ້. ມັນໃຊ້ເປັນຜົນໃນການປ້ອງກັນບໍ່ໃຫ້ຕັ້ງທ້ອງຖ້າກິນໃຫ້ຖືກຕ້ອງ, ແຕ່ກໍສາມາດຢຸດໄດ້ໂດຍງ່າຍຖ້າຢາກຕັ້ງທ້ອງ.

ແມ່ນໃຜບໍ່ຄວນໃຊ້ຢາຄຸມ?

ແມ່ຍິງບໍ່ຄວນໃຊ້ຢາຄຸມຖ້າເຂົາເຈົ້າເປັນເລືອດຂອດຢູ່ຂາ, ເປັນໂຣກຫຼອດເລືອດໃນສະໝອງ ຫຼື ຫົວໃຈວາຍ, ມີບັນຫາກ່ຽວກັບຕັບ, ຄວາມດັນເລືອດສູງ, ເປັນໂຣກປວດຫົວບາງຢ່າງ, ຫຼືເປັນມະເຮັງເຕົ້ານົມ. ທ່ານອາດໃຊ້ຢາຄຸມບໍ່ໄດ້ຖ້າທ່ານໃຫ້ລູກກິນນົມແມ່ແລະລູກອາຍຸຍັງນ້ອຍກວ່າ 6 ເດືອນ. ເປັນສິ່ງສຳຄັນຫຼາຍ ທີ່ທ່ານຕ້ອງລົມກັບທ່ານໝໍຂອງທ່ານເພື່ອໃຫ້ໝັ້ນໃຈວ່າເປັນການປອດໄພສຳລັບທ່ານໃນການໃຊ້ຢາຄຸມ. ຢາຢ່າງອື່ນບາງຊະນິດອາດເຮັດໃຫ້ຢາຄຸມເຮັດວຽກບໍ່ໄດ້ດີ ແລະ ທ່ານໝໍຈະບອກທ່ານກ່ຽວກັບເລື້ອງນີ້ແລະສິ່ງອື່ນໆທີ່ທ່ານຕ້ອງຮູ້ກ່ອນທ່ານຕັດສິນໃຈໃຊ້ຢາຄຸມ.

ມີຜົນຂ້າງຄຽງບໍ?

ແມ່ຍິງສ່ວນຫຼາຍຮູ້ສຶກສະບາຍດີໃນລະຍະທີ່ໃຊ້ຢາຄຸມ, ແຕ່ວ່າເປັນທຳມະດາທີ່ຈະມີຜົນຂ້າງຄຽງບາງຢ່າງເມື່ອເລີ້ມໃຊ້ຢາຕອນຕົ້ນໆ. ທ່ານອາດມີເລືອດອອກກະປິດກະປອຍລະຫວ່າງຮອບເດືອນ, ເຈັບນົມແລະປວດຮາກ (ຮູ້ສຶກບໍ່ສະບາຍ). ຕາມປົກກະຕິ ອາການດັ່ງກ່າວຈະບັນເທົາລົງຫຼັງຈາກເດືອນໜຶ່ງສອງເດືອນແຕ່ບາງເທື່ອທ່ານໝໍຂອງທ່ານອາດປ່ຽນຢາໃໝ່ໃຫ້. ບັນຫາສຸຂະພາບຮ້າຍແຮງທີ່ເກີດຈາກຢາຄຸມມີໜ້ອຍຫຼາຍ, ແຕ່ວ່າໃຫ້ຖາມທ່ານໝໍໃຫ້ເພີ່ມອະທິບາຍກ່ຽວກັບເລື້ອງນີ້.

ຈະກິນຢາຄຸມຢ່າງໃດ?

ຢາຄຸມມາໃນແບບເປັນຫໍ່ 28 ວັນແລະຂຶ້ນກັບຊະນິດຂອງຢາຄຸມ, ມັນຈະມີລະຫວ່າງສອງຫາເຈັດເມັດທີ່ບໍ່ມີຮໍໂມນ (ຢາເມັດບັນຈຸນ້ຳຕານ). ປົກກະຕິທ່ານຈະມີເລືອດອອກຊ່ອງຄອດລະຫວ່າງມື້ທີ່ກິນຢາເມັດບັນຈຸນ້ຳຕານ.

ຢາຄຸມບາງຊະນິດກໍຈັດໃສ່ໃນ PBS ໃນຂະນະທີ່ບາງຊະນິດກໍບໍ່ແມ່ນ. ໃຫ້ຖາມທ່ານໝໍວ່າລາຄາຂອງຢາຄຸມຊະນິດຕ່າງໆແພງຕ່າງກັນປານໃດຖ້າທ່ານມີບັນຫາເລື້ອງນີ້.

ຖ້າທ່ານລືມກິນຢາເດ?

ຖ້າທ່ານລືມກິນຢາເມັດໜຶ່ງຕ່ຳກວ່າ 24 ຊົ່ວໂມງ, ໃຫ້ກິນທັນທີທີ່ຈື່ໄດ້, ແລະກິນຢາເມັດຕໍ່ໄປຕາມເວລາປົກກະຕິ. ທ່ານຍັງໄດ້ຮັບການປ້ອງກັນຈາກການຕັ້ງທ້ອງໄດ້ຢູ່. ຖ້າທ່ານກິນເມັດໜຶ່ງຊ້າເກີນ ກວ່າ 24 ຊົ່ວໂມງ ທ່ານຕ້ອງໄດ້ໃຊ້ຖົງອະນາໄມຫຼືບໍ່ຮ່ວມເພດຈົນກວ່າທ່ານໄດ້ກິນຢາເມັດທີ່ມີຮໍໂມນໄດ້ເຈັດມື້. ທ່ານອາດຕ້ອງໄດ້ໃຊ້ຢາຄຸມກຳເນີດແບບສຸກເສີນ. ອາດເປັນການດີທີ່ຈະຖາມທ່ານໝໍຫຼືເພສັຊແພດທີ່ຮ້ານຂາຍຢາວ່າຈະເຮັດຢ່າງໃດຖ້າທ່ານຊ້າເກີນ 24 ຊົ່ວໂມງຫຼືບໍ່ດັ່ງນັ້ນກໍໂທຫາພະຍາບານ ທີ່ ສາຍໂອ້ລົມ (Talkline) ຂອງເຮົາ ທີ່ເລກໂທ (1300 658 886).

ທ່ານຈະໄປເອົາຢາຄຸມໄດ້ຢ່າງໃດ?

ທ່ານຕ້ອງໄປຫາທ່ານໝໍຫຼືໄປທີ່ຄລີນິກວາງແຜນຄອບຄົວເພື່ອຂໍເອົາໃບສັ່ງຢາ ຊື້ຢາຄຸມ. ທ່ານໝໍອາດຈະຖາມຄຳຖາມກ່ຽວກັບສຸຂະພາບຂອງທ່ານແລະຈະບອກໃຫ້ຮູ້ວ່າກິນຢາຄຸມຢ່າງໃດ. ຫຼັງຈາກນັ້ນທ່ານກໍສາມາດໄປຊື້ຢາຄຸມໄດ້ຈາກຮ້ານຂາຍຢາຫຼືຈາກຄລີນິກວາງແຜນຄອບຄົວ. ທ່ານຄວນໄປກວດເບິ່ງໃໝ່ທຸກໆ 12 ເດືອນ.

ວິທີຄຸມກຳເນີດແບບອື່ນໆ

ຍັງມີວິທີຄຸມກຳເນີດອື່ນໆອີກຫຼາຍແບບ. ໃຫ້ເບິ່ງເຈັ້ຍຂໍ້ມູນ FPNSW

ຖ້າຕ້ອງການຂໍ້ມູນເພີ້ມເຕີມ

- *ໃຫ້ຕິດຕໍ່ສາຍສົນທະນາຂອງພະແນກວາງແຜນຄອບຄົວແຫ່ງລັດ NSW ທີ່ເລກໂທ 1300 658 886 ຫຼືເຂົ້າໄປເບິ່ງ www.fpnsw.org.au/talkline*
- *NRS (ສຳລັບຄົນພິການຫູ) 133 677*
- *ຫຼືໄປທີ່ຄລີນິກວາງແຜນຄອບຄົວໃກ້ບ້ານທ່ານ*

ພະແນກວາງແຜນຄອບຄົວ ຣັດ NSW ແມ່ນອົງການທີ່ບໍ່ຫວັງຜົນກຳໄລ ໄດ້ຮັບການອຸປະຖຳໂດຍກະຊວງສາທາຣະນະສຸກ ຣັດ NSW.

ຂໍ້ມູນຢູ່ໃນເຈັ້ຍຂໍ້ມູນນີ້ແມ່ນສະໜອງເພື່ອຈຸດປະສົງດ້ານການສຶກສາເທົ່ານັ້ນ. FNPNSW ໄດ້ພະຍາຍາມສຸດຄວາມສາມາດເພື່ອຮັບປະກັນວ່າຂໍ້ມູນນີ້ຖືກຕ້ອງແລະທັນກັບເຫດການ ໃນເວລາພິມ. ທ່ານໃດທີ່ມີຄວາມກັງວົນກ່ຽວກັບການລະບົບສືບພັນ ສ່ວນຕົວຫຼືມີບັນຫາສຸຂະພາບທາງເພດ ເຮົາຂໍແນະນຳໃຫ້ໄປຂໍຄຳປຶກສາແລະຂໍຄວາມຊ່ວຍເຫຼືອຈາກແພດຮັກສາສຸຂະພາບຂອງຕົນຫຼືໄປທີ່ຄລີນິກວາງແຜນຄອບຄົວ.

ທົບທວນ: ມິຖຸນາ 2014 | FPNSW 06/14

family planning nsw
Reproductive & Sexual Health

Fact Sheet - English

THE COMBINED PILL

What Is The Pill?

The combined Pill contains two hormones, oestrogen and progestogen. 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.

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. FNPNSW 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

family planning nsw
Reproductive & Sexual Health

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

Reviewed: June 2014 | FPNSW 06/14

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