

Fact Sheet - Lao

ຢາສັກຄຸມກຳເນີດ - DMPA

The Contraceptive Injection - DMPA



ຢາສັກຄຸມກຳເນີດແມ່ນຫຍັງ (DMPA)?

DMPA ແມ່ນໂຕຫຍ້ສຳລັບ Depot Medroxyprogesterone Acetate. ນີ້ແມ່ນຢາຄຸມກຳເນີດແບບສັກ. ຢາສັກຄຸມກຳເນີດທີ່ມີຈຳໜ່າຍຢູ່ໃນອອສເຕຣເລຍເອີ້ນວ່າ Depo-Provera® ຫຼື Depo-Ralovera®. ນີ້ແມ່ນທາດເຄມີຊະນິດໜຶ່ງຄຳຍ່າງກັບອີໂມນທີ່ເອີ້ນວ່າໂປຣແຈສເຕຣອນ, ເຊິ່ງຜລິດໂດຍຮວຍໄຂ່. ຢາສັກ DMPA ແຕ່ລະເຂັມຈະປ່ອງກັນບໍ່ໃຫ້ແມ່ຍິງຕັ້ງທ້ອງໄດ້ 12 ອາທິດ.



ຢາສັກຄຸມກຳເນີດເຮັດວຽກແບບໃດ?

ຢາສັກຄຸມກຳເນີດຢຸດຮວຍໄຂ່ບໍ່ໃຫ້ປ່ອຍໂຂ່ອອກມາ. ຖ້າໄຂ່ບໍ່ຖືກປ່ອຍອອກມາ, ທ່ານກໍບໍ່ສາມາດຕັ້ງທ້ອງໄດ້.

ຢານີ້ເຮັດວຽກໄດ້ດີປານໃດ?

ມັນໃຊ້ໄດ້ເປັນຜົນລະຫວ່າງ 99% ແລະ 94% ເຊິ່ງໝາຍຄວາມວ່າໃນປີໜຶ່ງແມ່ຍິງຈຳນວນລະຫວ່າງໜຶ່ງຫາຫົກຄົນທີ່ໃຊ້ຢາສັກຄຸມກຳເນີດຈະຕັ້ງທ້ອງ.

ແມ່ນໃຜສາມາດໃຊ້ຢາສັກຄຸມກຳເນີດໄດ້?

ແມ່ຍິງຫຼາຍຄົນສາມາດໃຊ້ຢາສັກຄຸມກຳເນີດໄດ້. ອາດຈະເປັນການດີສຳລັບແມ່ຍິງທີ່ບໍ່ຢາກຕັ້ງທ້ອງເປັນລະຍະຍາວຊົ່ວລະຍະໜຶ່ງ. ມັນອາດຈະເປັນການດີຕໍ່ແມ່ຍິງທີ່ມັກຫຼົງລືມໆກິນຢາ. ຢາສັກຄຸມກຳເນີດໃຊ້ໄດ້ປອດໄພຖ້າທ່ານໃຫ້ລູກກິນນົມແມ່, ຮວມທັງໃນກໍລະນີທີ່ເດັກນ້ອຍຍັງອາຍຸຕໍ່າກວ່າ 6 ອາທິດ.

ແມ່ນໃຜບໍ່ຄວນໃຊ້ຢາສັກຄຸມກຳເນີດ?

ແມ່ຍິງບໍ່ຄວນໃຊ້ຢານີ້ຖ້າວ່າເຂົາເຈົ້າອາດຈະຖືພາແລ້ວ. ເຂົາເຈົ້າບໍ່ຄວນໃຊ້ຢານີ້ ຖ້າວ່າມີອາການທາງສຸຂະພາບບາງຢ່າງເຊັ່ນເປັນມະເຮັງເຕົ້ານົມ. ນອກນັ້ນ ກໍບໍ່ເປັນທີ່ແນະນຳໃຫ້ເປັນທາງເລືອກທີ່ໜຶ່ງສຳລັບແມ່ຍິງອາຍຸຕໍ່າກວ່າ 18 ປີ ຫຼື ແມ່ຍິງອາຍຸສູງກວ່າ 45 ປີ ເພາະວ່າອາດມີຜົນຂ້າງຄຽງຕໍ່ຄວາມໜ້າແໜ້ນຂອງກະດູກ. ມັນເປັນສິ່ງສຳຄັນທີ່ທ່ານຕ້ອງປຶກສາທ່ານໝໍເພື່ອໃຫ້ໝັ້ນໃຈວ່າເປັນການປອດໄພຕໍ່ທ່ານໃນການໃຊ້ຢານີ້.

ມີຜົນຂ້າງຄຽງຫຍັງບໍ່?

ປະຈຳເດືອນມັກມາບໍ່ປົກກະຕິສຳລັບຄົນທີ່ໃຊ້ຢາສັກຄຸມກຳເນີດ. ທ່ານອາດມີເລືອດອອກເບົາໆເປັນເວລາສອງສາມອາທິດຫຼືປະຈຳເດືອນອາດຢຸດໄປເລີຍ. ຍິ່ງທ່ານໃຊ້ຢາສັກນີ້ດົນປານໃດ ກໍຍັງມີ

ແນວໂນ້ມວ່າປະຈຳເດືອນຈະຢຸດບໍ່ມາ. ອັນນີ້ເປັນເລື່ອງທຳມະດາ. ແມ່ຍິງບາງຄົນອາດອ່ວນຂຶ້ນ, ມີອາການເຈັບຫົວ, ອາລົມປັ່ນປ່ວນຫຼືຂຶ້ນສິ້ວ ໃນລະຫວ່າງທີ່ໃຊ້ຢາສັກຄຸມກຳເນີດ. ຜູ້ທີ່ໃຊ້ຢາສັກຄຸມກຳເນີດເປັນເວລາດົນນານອາດເຮັດໃຫ້ຄວາມໜ້າແໜ້ນຂອງກະດູກລົດລົງ, ເຊິ່ງປາກົດວ່າປ່ຽນຄືນໄດ້ເມື່ອຢຸດສັກຢາຄຸມ. ໃຫ້ລົມກັບທ່ານໝໍຖ້າວ່າທ່ານມີອາການໃດໆທີ່ທ່ານຄິດວ່າອາດມີສາເຫດມາຈາກຢາສັກຄຸມກຳເນີດ.

ທ່ານຈະໃຊ້ຢາສັກຄຸມກຳເນີດຢ່າງໃດ?

ທ່ານໝໍຈະສັກຢາຄຸມກຳເນີດຈຳນວນນ້ອຍໆໃສ່ກະໂພກຫຼືກົກແຂນຂອງທ່ານ. ປົກກະຕິທ່ານຈະສັກຢາໃນລະຫວ່າງຫາວັນທຳອິດຂອງຮອບເດືອນ (ມີທຳອິດຂອງປະຈຳເດືອນແມ່ນ ມື້ທີໜຶ່ງ). ເມື່ອທ່ານສັກຢາຕາມເວລາດັ່ງກ່າວ, ມັນຈະປ່ອງກັນບໍ່ໃຫ້ທ່ານຕັ້ງທ້ອງໃນທັນທີ. ທ່ານສາມາດສັກຢາຄຸມໃນພາຍຫຼັງຖ້າວ່າບໍ່ມີເປີເຊັນວ່າທ່ານໄດ້ຕັ້ງທ້ອງແລ້ວ, ແຕ່ວ່າມັນຈະໃຊ້ເວລາອີກເຈັດວັນກ່ອນຢາຈະເປັນຜົນ. ໃນລະຫວ່າງວັນດັ່ງກ່າວ ທ່ານຕ້ອງໄດ້ໃຊ້ຢາຄຸມກຳເນີດຊະນິດອື່ນເຊັ່ນຖົງອະນາໄມເປັນຕົ້ນ. ມັນເປັນສິ່ງສຳຄັນທີ່ທ່ານຕ້ອງສືບຕໍ່ສັກຢາທຸກໆ 12 ອາທິດເພື່ອໃຫ້ໝັ້ນໃຈທ່ານຈະບໍ່ຕັ້ງທ້ອງ.

ທ່ານສາມາດເອົາຢາສັກຄຸມກຳເນີດໄດ້ຢູ່ໃສ?

ທ່ານຕ້ອງໄປຫາທ່ານໝໍຫຼືຄລິນິກວາງແຜນຄອບຄົວ ເພື່ອຂໍເອົາໃບສັ່ງຢາສຳລັບຢາສັກຄຸມກຳເນີດ. ຫຼັງຈາກນັ້ນ ທ່ານໝໍກໍຈະເປັນຜູ້ສັກຢາຄຸມນີ້ໃຫ້ທ່ານ.

ມີຫຍັງອີກແດ່ທີ່ຂ້ອຍຕ້ອງຮູ້?

ເມື່ອແມ່ຍິງຢຸດໃຊ້ຢາສັກຄຸມກຳເນີດແລ້ວ, ສ່ວນໃຫຍ່ຕ້ອງໃຊ້ເວລາແປດເດືອນຫຼືດົນກວ່ານັ້ນກ່ອນຈະກັບໄປມີຮອບເດືອນຕາມປົກກະຕິ. ເນື່ອງຈາກສາເຫດນີ້, ຈຶ່ງອາດຕ້ອງໃຊ້ເວລາລະຍະໜຶ່ງກ່ອນຈະຕັ້ງທ້ອງໄດ້ຫຼັງຈາກສັກຢາ DMPA.

ຖ້າຕ້ອງການຂໍ້ມູນເພີ່ມເຕີມ

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

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

ບໍລິການປົນປົວໃຫ້ ຂໍ້ມູນ | ສຶກສາ ຝຶກງານ | ຄົ້ນຄວ້າ | ພັດທະນາສາກົນ
ພະແນກວາງແຜນຄອບຄົວ ຮັດ NSW ແມ່ນອົງການທີ່ບໍ່ຫວັງຜົນກຳໄລ ໄດ້ຮັບການອຸປະຖຳໂດຍກະຊວງສາທາລະນະສຸກ ຮັດ NSW.

ຂໍ້ມູນຢູ່ໃນເຈ້ຍຂໍ້ມູນນີ້ແມ່ນສະໜອງເພື່ອຈຸດປະສົງດ້ານການສຶກສາເທົ່ານັ້ນ. FPNSW ໄດ້ພະຍາຍາມສຸດຄວາມສາມາດເພື່ອຮັບປະກັນວ່າຂໍ້ມູນນີ້ຖືກຕ້ອງແລະ ທັນກັບເຫດການ ໃນເວລາພິມ. ທ່ານໃດທີ່ມີຄວາມກັງວົນກ່ຽວກັບການລະບົບສືບພັນ ສວນຕົວຫຼືມີບັນຫາສຸຂະພາບທາງເພດ ເຮົາຂໍແນະນຳໃຫ້ໄປຂໍຄຳປຶກສາແລະ ຂໍຄວາມຊ່ວຍເຫຼືອຈາກແພດຮັກສາສຸຂະພາບຂອງຕົນຫຼືໄປທີ່ຄລິນິກວາງແຜນຄອບຄົວ.
ທົບທວນ: ມິຖຸນາ 2014 | FPNSW 06/14



Fact Sheet - English

THE CONTRACEPTIVE INJECTION - DMPA



What Is The Contraceptive Injection (DMPA)?

DMPA stands for Depot Medroxyprogesterone Acetate. This is the contraceptive injection. The contraceptive injection available in Australia is called Depo-Provera® or Depo-Ralovera®. It is a chemical that is similar to a hormone called progesterone, which is produced by the ovaries. Each injection of DMPA protects a woman from getting pregnant for 12 weeks.



How Does The Contraceptive Injection Work?

The contraceptive injection stops your ovaries from releasing an egg. If no egg is released, you cannot become pregnant.

How Well Does It Work?

It is between 99% and 94% effective which means that between one and six women in every hundred who are using the contraceptive injection will become pregnant in a year.

Who Can Use The Contraceptive Injection?

Many women can use the contraceptive injection. It can be good for women who do not want to be pregnant for quite a long time. It can be good for women who find it hard to remember to take the Pill. The contraceptive injection is safe to use if you are breastfeeding, including if your baby is less than 6 weeks old.

Who Should Not Use The Contraceptive Injection?

Women should not use it if they could be pregnant. They should not use it if they have had some medical conditions such as breast cancer. It is also not usually recommended as a first choice for women under 18 years of age or women over 45 years because of its effect on bone density. It is important to talk to your doctor to be sure it is safe for you to use.

Are There Any Side Effects?

Periods are often irregular with the contraceptive injection. You could have light bleeding for some weeks or your periods may stop altogether. The longer you use the injection the more likely it is that you will stop having any bleeding. This is normal. Some women may gain weight, get headaches, experience mood swings or acne while they are using the contraceptive injection. Long term users of the contraceptive injection may have a small reduction in their bone density, which appears to be reversible when the contraceptive injection is stopped. Talk to your doctor if you get any symptoms that you think might be caused by the contraceptive injection.

How Do You Use The Contraceptive Injection?

The doctor will give you a small injection of the contraceptive injection in your buttock, or your upper arm. You usually have the injection during the first five days of your menstrual cycle (the first day of a period is day one). When you have it at this time, it prevents you from getting pregnant straight away. You can have the contraceptive injection later if there is no chance that you could be pregnant, but it will take another seven days before it is effective. You need to use another method of contraception such as condoms for those days.

It is important that you keep on having injections every 12 weeks to make sure you do not get pregnant.

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

clinical services & information | education & training | research | international development

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

How Can You Get The Contraceptive Injection?

You need to go to a doctor or Family Planning Clinic to get a script for the contraceptive injection. The doctor will then give you the injection.

Is There Anything Else I Need To Know?

When women stop using the contraceptive injection, their periods often take eight months or more to return to their regular cycle. Because of this, it can also take quite a while to become pregnant after a DMPA injection.

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

The information in this Factsheet has been provided for educational purposes only. Family Planning NSW 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 an Family Planning NSW clinic.

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

clinical services & information | education & training | research | international development

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

Family Planning QLD 07 3250 0240 | Family Planning TAS 03 6273 9117 | Family Planning VIC 03 9257 0121

Family Planning WA 08 9227 6177 | Family Planning Welfare Association of NT 08 8948 0144

Sexual Health and Family Planning ACT 02 6247 3077 | SHine SA 08 8300 5300