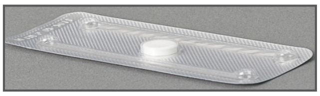
Fact Sheet - Lao

ຢາເມັດຄຸມກຳເນີດສຸກເສີນ (ECP)

The Emergency Contraceptive Pill

ຢາເມັດຄຸມກຳເນີດສຸກເສີນແມ່ນຫຍັງ?



ຢາເມັດຄຸມກຳເນີດສຸກເສີນຫຼື ECP(ບາງເທື່ອກໍເອີ້ນກັນຜິດໆວ່າ 'ຢາເຊົ້າຕໍ່ມາ') ແມ່ນຮໍໂມນທີ່ເອີ້ນວ່າ ລີໂວໂນແຈສໂຕຣ ທີ່ກິນເທື່ອດຽວ (ມີປະສົມຢູ່ໃນຢາຄຸມກຳເນີດບາງຊະນິດເຊັ່ນກັນ). ທ່ານສາມາດກິນຢານີ້ເພື່ອຫຼຸດເປີເຊັນທີ່ຈະຕັ້ງທ້ອງຫຼັງຈາກມີການຮ່ວມເພດທີ່ບໍ່ໄດ້ປ້ອງກັນ, ຕົວຢ່າງ, ຖ້າ ທ່ານບໍ່ໄດ້ໃຊ້ວິທີຄຸມກຳເນີດໃດໆ, ຖ້າທ່ານລືມກິນຢາຄຸມກຳເນີດທີ່ເຄີຍກິນປະຈຳ, ຫຼືທ່ານໄດ້ໃຊ້ຖົງອະນາໄມທີ່ຂາດໃນລະຫວ່າງຮ່ວມເພດ.

ຢານີ້ເຮັດວຽກຢ່າງໃດ?

ຢາເມັດສຸກເສີນນີ້ສາມາດປ້ອງກັນຫຼືເຮັດໃຫ້ການປ່ອຍໄຂ່ອອກມາລ່າຊ້າຈາກຮອບໄຂ່ຂອງແມ່ຍິງ. ຖ້າທ່ານໃຊ້ຢາເມັດສຸກເສີນ, ທ່ານຄວນສືບຕໍ່ໃຊ້ວິທີຄຸມກຳເນີດແບບອື່ນອີກຕໍ່ໄປ, ເຊັ່ນ ຢາຄຸມຫຼືຖົງອະນາໄມຫຼືບໍ່ດັ່ງນັ້ນທ່ານອາດຈະຕັ້ງທ້ອງໄດ້. ຢາເມັດສຸກເສີນບໍ່ຂັດຂວາງການຕັ້ງທ້ອງທີ່ເກີດຂຶ້ນແລ້ວ, ຫຼືທຳລາຍເດັກທີ່ຍັງເປັນຕົວອ່ອນຫຼືເດັກທາຣົກໃນຄັນ ຖ້າວ່າບັງເອີນກິນຢາຕອນເລີ້ມຕັ້ງທ້ອງໃໝ່ໆ.

ມີຜົນຂ້າງຄຽງຢ່າງໃດແດ່?

ທ່ານອາດມີເລືອດອອກເລັກນ້ອຍຈາກຊ່ອງຄອດສອງສາມມື້ຫຼັງຈາກໃຊ້ຢາເມັດສຸກເສີນ. ຢາເມັດສຸກເສີນຖືວ່າປອດໄພຫຼາຍທີ່ຈະໃຊ້ໂດຍບໍ່ມີຜົນຂ້າງຄຽງທີ່ຮ້າຍແຮງຫຼືລະຍະຍາວ. ແມ່ຍິງບາງຄົນປະຈຳເດືອນມາບໍ່ປົກກະຕິຫຼັງຈາກໃຊ້ຢາເມັດສຸກເສີນແລະບາງຄົນອາດປວດຮາກຫຼືເຈັບເຕົ້ານົມ. ຖ້າທ່ານຮາກພາຍໃນສອງຊົ່ວໂມງຫຼັງຈາກກິນຢາຄຸມກຳເນີດສຸກເສີນ ທ່ານຄວນກິນຕື່ມອີກຊຸດໜຶ່ງ.

ຢານີ້ໃຊ້ໄດ້ຜົນດີປານໃດ?

ຢາເມັດສຸກເສີນຈະເປັນຜົນດີທີ່ສຸດເມື່ອກິນພາຍໃນ 24 ຊົ່ວໂມງຫຼັງຈາກມີເພດສຳພັນແບບບໍ່ປ້ອງກັນ. ຖ້າກິນພາຍໃນສາມມື້ຫຼັງຈາກຮ່ວມເພດ ຢາເມັດສຸກເສີນຈະຊ່ວຍປ້ອງກັນໄດ້ປະມານ 85% ຈາກການຕັ້ງທ້ອງ. ທ່ານອາດຕ້ອງໄປກວດຕິດຕາມເບິ່ງວ່າ ເພື່ອໃຫ້ໝັ້ນໃຈວ່າທ່ານບໍ່ໄດ້ຕັ້ງທ້ອງ, ໃນເວລາ ສອງສາມອາທິດຕໍ່ມາ.

ຂ້ອຍຈະກິນຢານີ້ຢ່າງໃດ?

ຢາຄຸມກຳເນີດສຸກເສີນຈະເປັນຜົນຫຼາຍຂຶ້ນຖ້າທ່ານກິນໃນເວລາໃກ້ໆຫຼັງຈາກມີເພດສຳພັນທີ່ບໍ່ໄດ້ປ້ອງກັນ. ມັນຈະເປັນຜົນສູງສຸດຖ້າກິນພາຍໃນ 24 ຊົ່ວໂມງທີ່ມີເພດສຳພັນທີ່ບໍ່ໄດ້ປ້ອງກັນ. ຢ່າງໃດກໍດີ ມັນກໍຍັງສາມາດໃຊ້ໄດ້ຈົນຮອດ 120 ຊົ່ວໂມງ (ຫ້າມື້). ມັນເປັນການປອດໄພທີ່ຈະໃຊ້ຢາເມັດສຸກເສີນຫຼາຍກວ່າຄັ້ງໜຶ່ງໃນຊ່ວງຮອບປະຈຳເດືອນໜຶ່ງ.

ເຈົ້າຈະມີປະຈຳເດືອນຄັ້ງໃໝ່ເມື່ອໃດ?

ແມ່ຍິງສ່ວນຫຼາຍມີປະຈຳເດືອນຕາມກຳນົດ.

ຈະເກີດຫຍັງຂຶ້ນຖ້າປະຈຳເດືອນມາຊ້າ?

ຖ້າປະຈຳເດືອນມາຊ້າກວ່າກຳນົດເກີນອາທິດໜຶ່ງ, ທ່ານຄວນໄປກວດເບິ່ງວ່າຕັ້ງທ້ອງຫຼືບໍ່ແລະໃຫ້ຕິດຕໍ່ທ່ານໝໍຂອງທ່ານຫຼືໂທຫາ ສາຍສົນທະນາ (Talkline) ເພື່ອຂໍຄຳແນະນຳ.

ຂ້ອຍຈະໄປເອົາຢາເມັດສຸກເສີນໄດ້ຢູ່ໃສ?

ທ່ານສາມາດໄປເອົາຢາເມັດຄຸມກຳເນີດສຸກເສີນໄດ້ຈາກຮ້ານຂາຍຢາໂດຍບໍ່ຕ້ອງມີໃບສັ່ງຢາຈາກແພດ. ຢານີ້ລາຄາປະມານ $20-$30. ເພສັຊກອນອາດຖາມບາງຄຳຖາມເພື່ອໃຫ້ໝັ້ນໃຈວ່າມັນເປັນການປອດໄພຕໍ່ທ່ານທີ່ຈະກິນຢານີ້. ນອກນີ້ ຢານີ້ກໍຍັງມີທີ່ຄລີນິກວາງແຜນຄອບຄົວ ແຫ່ງລັດ NSW ທົ່ວໆໄປ.

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

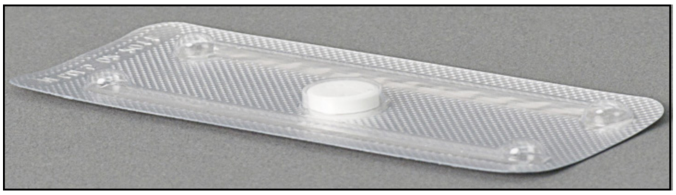
Reproductive & Sexual Health

Fact Sheet - English

THE EMERGENCY CONTRACEPTIVE PILL (ECP)

What Is The Emergency Contraceptive Pill?

The emergency contraceptive pill or ECP (sometimes wrongly called the 'morning after pill') is a single dose of a hormone called levonorgestrel (also used in some contraceptive pills). You can take it to reduce the chance of getting pregnant after having unprotected sex, for example, if you did not use any contraception, if you missed your usual contraceptive pill, or you used a condom that broke during sex.



How Does It Work?

The emergency pill can prevent or delay the release of an egg from a woman's ovaries. If you use the emergency pill, you should keep on using other contraception, e.g. the Pill or condoms or you could still become pregnant. The emergency pill does not interrupt an established pregnancy, or harm a developing embryo or fetus if it is accidentally taken early in pregnancy.

Are There Any Side Effects?

You might have some vaginal bleeding a few days after using the emergency pill.

The emergency pill is very safe to use with no serious or long-lasting side-effects. Some women have experienced an irregular period after taking the emergency pill and a few may have nausea or breast tenderness. If you have vomiting less than two hours after you take a dose of emergency contraception you should take another dose.

How Effective Is it?

The emergency pill is most effective when taken in the first 24 hours after unprotected sex. If taken within three days of unprotected intercourse the emergency pill will prevent approximately 85% of expected pregnancies. You may need to have a follow-up pregnancy test to make sure you are not pregnant, in a few weeks.

How Do You Take It?

Emergency contraception is more effective the sooner you take it after unprotected sex. It is most effective if taken within 24 hours of unprotected sex. However it can still be used up to 120 hours (five days). It is safe to use the emergency pill more than once in a cycle.

When Should You Get Your Next Period?

Most women have a period at about the expected time.

What If Your Period Is Late?

If your period is more than a week late, you should do a pregnancy test and contact your doctor or Talkline for advice.

Where Can I Get The Emergency Pill?

You can get the emergency contraceptive pill from pharmacies without a doctor's prescription. It costs about $20-$30. The pharmacist may ask you a few questions to be sure that it is safe for you to take this medication. It is also available from Family Planning NSW clinics.

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.

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Reproductive & Sexual Health