

Fact Sheet - Swahili

PETE YA UKE

The Vaginal Ring (Nuvaring®)



Pete Ya Uke Ni Nini?

Pete ya uke inajulikana kama NuvaRing®. Ni pete laini ya sandarusi inayokadiriwa sentimita tano unusu kwenye upana. Huwa na homoni, osterojeni na progestogeni inayofanana na tembe iliyojumuishwa. Huwekwa kwenye uke kisha homoni hufyonzwa kwenye mwili kuinga dhidi ya ujauzito. Wanawake wengi huwa hawahisi kuwepo kwa pete hii ikiisha kuwekwa.



Inafanya Kazi Vipi?

Pete ya uke hukaa katika uke kwa muda wa majuma matatu. Kisha huondolewa kwa muda wa wiki moja. Utakuwa na hedhi nyepesi na baada ya siku saba weka pete nyingine mpya. Homoni huzuia mji wa uzazi kuachilia yai kila mwezi. Kwa hivyo ujauzito hauwezi kutokea.

Hufanya Kazi Kwa Ubona Gani?

Ikitumiwa vizuri pete ya uke huwa zaidi ya asilimia 99 kwa ubora. Hii inamaaniisha kuwa wanawake mia moja wakitumia vilivyo chini ya mmoja atakuwa mja mzito. Kwa matumizi ya kawaida, wanawake tisa kati ya mia moja wanaweza kupata uja uzito kwa mwaka. Kumbuka kutoa na kuweka nyingine mpya kwa wakati unaofaa.

Nani Awezaye Kutumia Pete Ya Uke?

Wanawake wengi wanaweza kutumia pete hii. Iwapo una shida ya kusahau kumeza tembe kila siku, basi unashauriwa kutumia pete hii. Inaweza tumiwa badala ya upasuaji.

Ni Nani Hahitajiki Kutumia Pete Hii?

Wanawake hawastahili kutumia pete ya uke iwapo wana damu iliyoganda miguuni, mshtuko wa moyo, figo, mpigo wa juu wa moyo, aina mbalimbali ya maumiva kichwani au saratani ya matiti. Unaweza kukosa kutumia pete ya uke ikiwa unanyonyesha na mtoto angali chini ya miezi sita. Ni vyema kushauriana na tabibu kuhakisha usalama wa matumizi. Tabibu atakueleza maswala haya na mengine ambayo unahitajika kuyafahamu kabla ya matumizi yake.

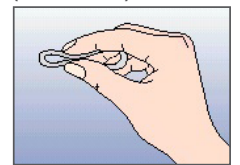
Je Kuna Madhara?

Wanawake wengi huhisi vyema wanapoitumia pete ya uke lakini ina madhara yake mwanzoni. Unaweza patwa na maumivu ya matiti kutokana na uvimbe, kichwa kuuma au kuchafuka moyo. Hii huisha baada ya mwezi mmoja au miwili. Athari kuu zinazoletwa na pete ya uke ni chache lakini ni vyema upate ushauri wa tabibu.

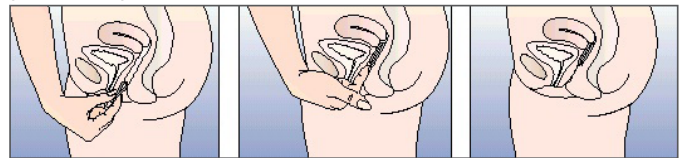
Je Pete Huwekwa Vipi?

Finyilia pete kutumia vidole vya gumba na shahada (mchoro wa 1). Ingiza kwenye uke kwa utaratibu (mchoro wa 2). Hakuna mahali kamili pa kuiweka. Ikiwa utahisi dosari telezesha zaidi kwenye uke. Mishipa ya uke itaiweka panapofaa wakati wa mazoezi na tendo la ngono.

(mchoro wa 1)



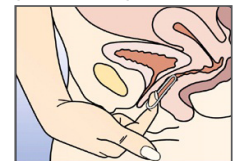
(mchoro wa 2)



Je Inatolewa Vipi Kwenye Uke?

Ili kuitoa pete ingiza vidole kwenye uke, shikilia pete kasha uivute (mchoro wa 3)

(mchoro wa 3)



Michoro ya 1 – 3 imetolewa tena kutokana na ruhusa ya MSD Oss B.V., usadizi wa Merck & CO. Inc., Whitehouse Station, New Jersey, USA. Haki zote zimehifadhiwa. NuvaRing ni taasisi, iliyoandikishwa na MSD Oss B.V.

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huduma za kliniki na habari | elimu na mafunzo | utafiti | maendelo ya kimataifa

Huduma wa upangaji wa uzazi NSW ni shirikia isiyo ya faida inayofadhiliwa na wizara ya afya NSW

Maelezo haya yote imetolewa kwa madhumuni ya elimu tu-FPNPNSW imehakikisha kwamba maelezo yote ni sahihi hadi tarehe ya kuchapishwa. Watu wenye wana wasiwasi kuhusu suala la afya yao ya uzazi au ngono wana hamasishwa ama kutiwa moyo kutafuta ushauri na usaidizi kutoka kwa huduma ya afya au kutembelea kliniki ya upangaji uzazi
Imerejelewa: Juni 2014 / FPNPNSW 06/14

Je Iwapo Nimesahau Kuitumia?

Iwapo utachelewa zaidi ya saa 24 kutia pete ya uke baada ya juma moja bila, iingize punde tu unapokumbuka, na utumie mbinu nyingine kama mpira kwa siku saba. Ikiwa umeshiriki ngono katika kipindi hiki bila kinga unaweza kuwa na hatari ya kuwa mja mzito kwa hivyo unaweza kutumia tembe ya dharura.

Wapaswa kuacha pete kwenye uke kwa muda wa majuma matatu. Ikiwa itatolewa katika hiki kipindi na iwe nje kwa muda usizidi masaa 24, osha kwa maji safi na kuirudisha upesi. Utakuwa umekingwa dhidi ya ujauzito.

Iwapo pete ya uke imekuwa nje kwa muda zaidi ya saa 24 ioshe kwenye maji safi na uirudishe pindi tu unapokumbuka. Unapaswa mbinu nyingine kama mpira kwa siku saba.

Iwapo pete imekuwa nje kwa muda unaozidi saa 24 katika juma la tatu la kuitumia, wapaswa kuingiza pete mpya wakati huo. Hii itaanza majuma matatu yanayofuata ya matumizi. Wawezakosa kuona ulowevu ufananao na hedhi ila tu tone tone.

Naweza Pata Wapi Pete Ya Uke?

Wahitaji kumuona daktari ili kupata makala ya pete ya uke. Ukiisha kupata makala haya nenda ukanunue pete ya uke toka kwenye duka la dawa.

Kwa Maelezo Zaidi

- Wasiliana na upangaji uzazi NSW Simu
1300 658 886 au www.fpnsw.org.au/talkline
- NRS (viziwi) 133 677
- Au tembelea kituo cha upangaji uzazi kilicho karibu nawe.

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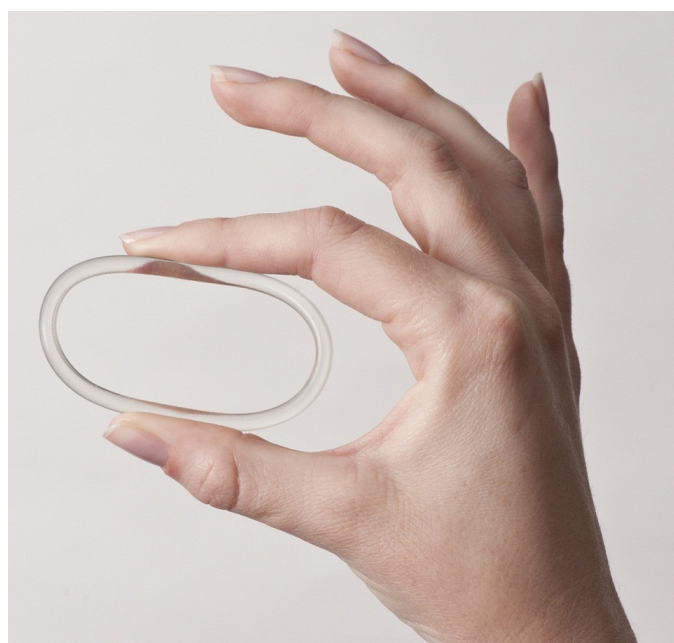
Fact Sheet - English

THE VAGINAL RING (NUVARING®)



What Is The Vaginal Ring?

The vaginal ring is called a NuvaRing®. It is a soft plastic ring about five and a half centimetres across. It contains the hormones oestrogen and a progestogen, similar to the combined contraceptive Pill. It is placed in your vagina and the hormones are absorbed into the body to stop you getting pregnant. Most women cannot feel the vaginal ring once it is in place.



How Does It Work?

The vaginal ring stays in the vagina for three weeks. Then you take it out, for a week. You will have a light period-like bleed, and after seven days you put a new ring in your vagina. The hormones stop a woman's ovaries from releasing an egg each month, so a pregnancy cannot begin.

How Well Does It Work?

With perfect use the vaginal ring is more than 99% effective. This means that if 100 women use it correctly for one year, less than one will become pregnant. With typical or 'real life' use it is less effective with up to nine women in every hundred becoming pregnant in a year. You need to remember to take it out and put a new one in again at the right time.

Who Can Use The Vaginal Ring?

Most women can use the vaginal ring. It is good if you find it hard to remember to take a pill every day, and is an alternative to the implant or an IUD.

Who Should Not Use The Vaginal Ring?

Women should not use the vaginal ring 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 vaginal ring if you are breastfeeding and your baby is less than 6 months old. It is very important to talk with your doctor to make sure it is safe for you to use the vaginal ring. Some other medications can stop the vaginal ring 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 vaginal ring, but it is common to have some side effects at first. You may have sore breasts, headaches or nausea (feeling sick). This usually settles down after one to two months. Serious health problems caused by the vaginal ring are rare, but ask your doctor to tell you about them.

How Is The Vaginal Ring Inserted?

Squeeze the ring between your thumb and index finger (figure 1). Gently insert it into your vagina (figure 2). There is no correct position – if it feels uncomfortable, slide it further into your vagina. Your vaginal muscles will keep it in place, even during exercise and sex.

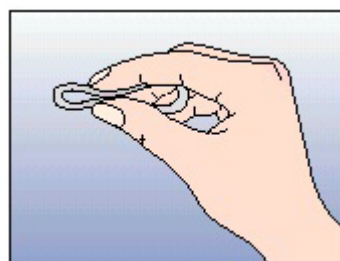


Figure 1

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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

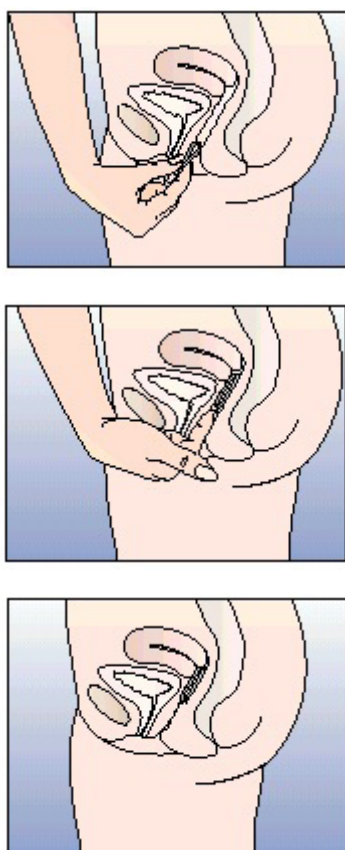


Figure 2

How Is It Taken Out?

To remove the ring simply put your finger into your vagina, hook it around the ring and pull it out (figure 3).

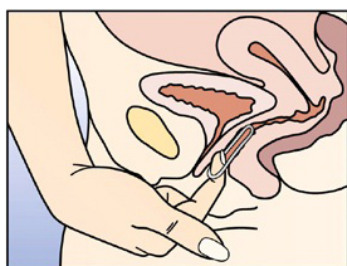


Figure 3

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What If I Forget To Use It?

If you are more than 24 hours late inserting the vaginal ring after the week without it, insert it as soon as you remember and use another form of contraception (such as condoms) for seven days. In this case, if you have had unprotected sex during the ring free week you may be at risk of pregnancy and should consider the Emergency Contraceptive Pill (ECP), available from a pharmacy without needing a prescription.

You should leave the vaginal ring in the vagina for 3 weeks. If it is taken out during this time and has been out of the vagina for less than 24 hours you should rinse it with water and put it back in as soon as possible. You will still be covered for contraception.

If the vaginal ring has been out of the vagina more than 24 hours you should rinse it with water and put the ring back in as soon as you remember. You should use another form of contraception (such as condoms) for seven days.

If the ring has been out of the vagina for more than 24 hours during the third week, you should put in a new ring immediately – this will start the next three weeks of use. You may not get your usual period-like bleed, but you may get some spotting.

Where Can I Get The Vaginal Ring?

You need to see a doctor to get a script for the vaginal ring. You can then take the script and buy your vaginal rings from a pharmacy.

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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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