

Fact Sheet - Dinka

RUKRUK Ë RËL NHIEN

Vasectomy



Rukruk ë Rël Nhien Ye Kë Yindä?

Döny ë rukruk ë rël nhien ee kë ye röör looi tē cī kek yeen wīc bīk tik liaac. Yeen ee moc pēn dhiēt alonayon.

Rukruk ë Rël Nhien Ye Luui Kadä?

Rukruk ee mīth pēen bīk cī jāl nhien yiic bīk la kuany pīu ye ke wuöl yiic. Na cīn pīu yiic mīth, ka tik a cē meth yök tē cök yen rōm ke moc. Yeen a cīn kë waar amin ye moc yök tōc yic ke tik wälä wēlwēl ë pīu a cī ye waar yic.

Ye Diec Luui Kadä?

Rukruk ë rël nhien ee njec apath. Luon de a ye tieej tēn raan tē wēr 99 buɔtic.

Yejo Bë Rot Looi Tē Cī Rukruk ë Rël Nhien Looi?

Döny ë rukruk ë rël nhien a puöl yic ku a ye looi yuul 20-40. Yeen a ye looi ka raan cē toom benic guöp, ku a lēu bë looi ka raan cē toom benic bī yen thōök ebēn. Akīm ee yōnnhien njoot kōu loj bī tuej ku thiōök rēl ë mīth thook. Rēl thook aa ye kōoc wälä aa lēu bë ke niēn thook dēl kōu ku dhie.

Na cē rukruk thök ka raan a lēu bë lēk bë rēer panakīm thāāt ka rou ku jal puöl bë la baai. Wal areem ku cēnjocēj juaan la pil a bë areem tek.

Tē Cī Rukruk ë Rël Nhien Looi

Raan a cē lēk bë loj nīn lik ku cī ye luui loilooi wēn wīc riel dīt tet tē cīt tēn wīek tōk. Kaam bī yen jal laak, ku kaam bī derder dāk bei ku kaam bī yen jal tōc ke tik aa bī akīm lēk yeen.

Ye Nen Bī Yen Jal Diec Luui?

Moc a lēu bë njot lej mīth nhien yiic kaam bāric ka rēl ë nhien cē ruk theer. Tekdä ka bë kañ tōc ke tik kēn yic 20 bë mīth këc teem nhien yiic jal thōök bei. Yeen a cē lēk bë pīu keen abēk cē wuöl tē tēec yen ke tik yāth panakīm tē cī pēy ka rou thök tēn ruk rēl rin bë keek la caath yiic mīth. Yeen a bë liēnh ë tik tiit kōk cīt kondom yet kōöl bī miēth ke thōök bei.

Lej Kë Lēu Bë Wäac?

Tekdä ka nhiaan a lēu reem, ku but ku dhiöc ku jol rēer ka tōk keya nīn lik tēn ruk rēl. A cīn kë dīt reec lac wäac.

Yejo Bë Yiendä Tē Kēc Rukruk Luui?

Tē tēn ruök tōk ruk 500-1,000 aa ce röt njec ruk ku moc a lēu bë tik liaac cök rēk njōth lon cī rēk keen nhiaan ruk. Kēn rot looi a kīn, tē ceeth rukruk ka pēy ka diäk cē thök ka kuöc rukruk a lēu bë gua yök, bë ya kēdāñ yen ye rukruk ben dāk path.

Lēu Bë Rukruk ë Rël Nhien Ben Dök?

Kaam dēd rēl ë nhiaan cē ruk aa lēu bë ke ben dök bë ya kēdāñ na cök dēkdēk rot tieej, ka ce njōth apēy lon bī moc tik liaac. Na ye moc yök ciēt bë ben wīc mīth akōldä ka path bë rēer ka rēl keen nhiaan kēn ruk.

Ye Rukruk ë Rël Nhien Looi Kadä?

Tooc ye raan bë rukruk ë rël nhien bēn la looi tēn yeen a akīm akeunhom looi ku a lēu bī Panakīm ë Guiēr Macthok looi. Moc a këc thāny wēt bë tiñ cēj kek kañ lim bë ye pāl rukruk ë rël nhien.

Na wīc ba lēk kōk yök

- Jaam kek aguir ë Guiēr ë Macthok NSW telepun ë jam 1300 658 886 wälä nem lōkayukar: www.fpnsw.org.au/talkline
- NRS (raan cīn ye yic) 133 677
- Wälä lōc Panakīm ë Guiēr ë Macthok tōu akeunhom

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

loilooi ë kīim & lēk | piöoc & nyuuth | jác | guiēr ë pinynhom

Aguir ë Guiēr ë Macthok NSW a ce wēu luöoi bīk dhiēt ku wēu keen yen luui aa bēn tēn Amathöm ë Pialguöp NSW

Lēk tōu athör kēn yic a cē gāt ka ye kë lēk koc path ku cīn dēd lēu bī raan looi yeen. Aguir ë FPNNSW a cē kë riēec ebēn guir rin bë lēk kēn ya lēk la cök ku tēu nyien kōöl wäär gēt yeen. Na lej raan dieer alonj tē deen bī yen dhiēt thīn wälä alonj tē deen bī yen pial thīn tē tēec yen ke moc/ tik, ka yeen apath bë la tēn akiēm de bë yeen la wēt ku kony yeen; tēdä ka lēu bë la Panakīm ë Guiēr Macthok.

Beric: Pendhētem 2014/FPNSW 06/14

Fact Sheet - English

VASECTOMY



What Is A Vasectomy?

A vasectomy is an operation that men can have so that they cannot make a woman pregnant. It is a permanent form of contraception.

How Does A Vasectomy Work?

It prevents sperm from travelling out of the testes (balls) and into the semen. If there are no sperm in the semen, a woman cannot become pregnant. It does not change a man's ability to enjoy sex or to ejaculate.

How Well Does It Work?

A vasectomy works very well. It is more than 99% effective.

What Happens When You Have A Vasectomy?

A vasectomy is a simple operation that takes about 20-40 minutes. It is usually done under sedation or a local anaesthetic, but it can be done under a general anaesthetic. The doctor makes a small opening in the front of the man's scrotum, and cuts and seals the ends of the tubes that carry the sperm. The opening in the scrotum is closed with a stitch or by pressing the skin edges together.

After the operation, the man may be asked to wait at the centre for up to two hours. Pain-killing medication and tight-fitting supportive underpants can help relieve any soreness.

After The Vasectomy

The man should rest for a few days and avoid any heavy physical exercise for one week. The doctor will tell him when he can shower or bathe, when to remove the dressing, and when he can have sexual intercourse again.

When Will It Be Effective?

A man will still have sperm for some time after the operation. It may take as many as 20 ejaculations to clear. He has to take a sample of his semen to a pathology laboratory for testing two months after the operation. He will need to use another form of contraception, e.g. condoms, until tests show his semen has no sperm in it.

Are There Any Side Effects?

There may be slight soreness, swelling and bruising that lasts for a few days after the operation. Serious side effects are rare.

What If It Doesn't Work?

About one in every 500-1,000 Vasectomies fail and the man may stay fertile or become fertile again. Normally this is picked up in the tests three months after the operation, but it can happen at any time.

Can A Vasectomy Be Reversed?

Sometimes a vasectomy can be reversed but even if the operation is successful, there is no guarantee that the man will then be able to father a child. If a man thinks there is any chance he may want to father children in the future he should not have a vasectomy.

How Do You Get A Vasectomy?

A vasectomy referral can be arranged through a local doctor or Family Planning clinic. A man does not need permission from his partner to have a vasectomy.

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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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](#)

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