

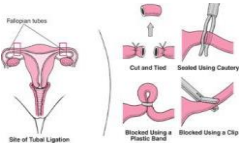
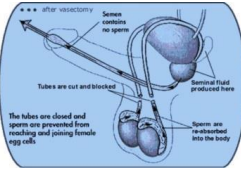



AMAHITAMO YO KURINGANGANIZA URUBYARO RWAWE


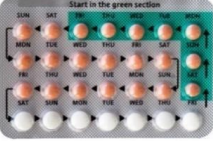





Ingingo z'ingenzi

- Umuganga wawe ashobora kugufasha guhitamo uburyo bukunogeye bwo kuringaniza urubyaro.
- Uburyo bumwe bwo kuboneza urubyaro ni ibinini, kubaga, no gutera urushinge.
- Uburebure bw'igihe cy'uburyo bushobora kuba igihe kigufi, igihe kirekire cyangwa burundu.

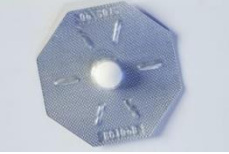
Umuganga wawe agomba kukubaza niba utwite cyangwa ushaka gutwita. Nuhitamo kudatwita, umuganga wawe azakuganiriza ku kuboneza urubyaro cyangwa amahitamo ku kuboneza urubyaro igihe uzaba ufityanye nawe gahunda.

Ibi bibazo bigirwa ibanga. Kugira ibanga bivuze ko muganga wawe n'umusemuzi batazagira uwo babwira ibisubizo byawe. Abaganga gusa n'abafaromo bakwitaho bazabasha kugera ku makuru y'ubuzima bwawe.

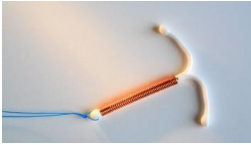
UBURYO	UKO BUKORESHA	IBYIZA	IBIBI
 <p>Guhagarika uburumbuke bw'umugore</p>	Muganga aca/ahagarika imitsi.	Burundu. Burizewe cyane	Ntibuhindurwa. Ntiburinda virusi itera sida n'indwara zandurira mu mibonano mpuzabitsina.
 <p>Guhagarika uburumbuke bw'umugabo (vasectomy)</p>	Muganga aca/ahagarika imitsi.	Burundu. Burizewe cyane	Ntibuhindurwa. Ntiburinda virusi itera sida n'indwara zandurira mu mibonano mpuzabitsina.
 <p>Gutera- Nexplanon</p>	Agapira Muganga ashira muni y'uruho rwawe.	Bukora imyaka 3. Burizewe	Kuva amaraso mu bihe bihindagurika. Ntiburinda virusi itera sida n'indwara zandurira mu mibonano mpuzabitsina.
 <p>IUD- Mirena/ Liletta</p>	IUD Muganga agashyira muri nyababyeyi.	Bukora imyaka 5 (Mirena) cyangwa imyaka 3 (Liletta).Burizewe	Kuva amaraso mu bihe bihindagurika cyangwa gutonyanga kw'amaraso cyagwa kutava amaraso. . Ntiburinda virusi itera sida n'indwara zandurira mu mibonano mpuzabitsina.
 <p>IUD- Paraguard</p>	IUD Muganga agashyira muri nyababyeyi.	Bukora imyaka 10. Nta misemburo. Konsa nta kibazo.	Kuva amaraso cyane, kwikanya cyane. Ntiburinda virusi itera sida n'indwara zandurira mu mibonano mpuzabitsina.

	Urushinge- Depo Provera	Urushinge ruterwa rimwe mu mezi atatu.	Imihango mike cyangwa nta mihango. Konsa nta kibazo.	Kuva amaraso mu bihe bihindagurika cyangwa gutonyanga kw'amaraso. Bishobora gufata umwaka kugira ngo ibihe by'uburumbuke bigaruke. Ntiburinda virusi itera sida n'indwara zandurira mu mibonano mpuzabitsina.
	Ibinini	Bigomba gufatwa buri muni ku gihe kimwe.	Bishobora gutuma imihango izira igihe kidahindagurika kandi itababaza cyane. Bishobora kurwanya ibishishi mu maso n'ibimenyetso by'imihango.	Bishobora gutera isesemi, kongera ibiro, umutwe, n'impinduka mu bushake bwo gukora imibonano mpuzabitsina. Ntiburinda virusi itera sida n'indwara zandurira mu mibonano mpuzabitsina.
	Progestin-ibinini gusa	Bigomba gufatwa buri muni ku gihe kimwe.	Bishobora gutuma imihango izira igihe kidahindagurika kandi itababaza cyane, kugabanya ibishishi byo mu maso n'ibimenyetso by'imihango.	Bishobora gutera isesemi, kongera ibiro, umutwe, n'impinduka mu bushake bwo gukora imibonano mpuzabitsina. Ntiburinda virusi itera sida n'indwara zandurira mu mibonano mpuzabitsina.
	Akomekesho	Koresha akomekesho kamwe gashya rimwe mu cyumweru.	Bushobora gutuma imihango uzira igihe kidahindagurika kandi itababaza cyane. Nta kinini gifatwa buri muni.	Bushobora kuryaryata uruhu. Gutonyanga kw'amaraso hagati y'ukwezi 1 n'amezi 2. Ntiburinda virusi itera sida n'indwara zandurira mu mibonano mpuzabitsina.
	Impeta	Injiza impeta nto ya palasitike mu gitsina cy'umugore. Hindura impeta buri kwezi.	Bushobora gutuma imihango izira igihe kidahindagurika kandi itababaza cyane. Nta kinini gifatwa buri muni.	Bushobora kwagura igitsina cy'umugore. Gutonyanga kw'amaraso hagati y'ukwezi 1 n'amezi 2. Ntiburinda virusi itera sida n'indwara zandurira mu mibonano mpuzabitsina.
	Igicamakoma	Injiza mo neza igihe cyose ugiye gukora imibonano mpuzabitsina.	Buroroshye gukoreshwa. Nta misemburo. Bukora igihe kirekire, burongera bugakoreshwa.	Bugomba gukoreshwa igihe cyose ugiye gukora imibonano mpuzabitsina. Ntiburinda virusi itera sida n'indwara zandurira mu mibonano mpuzabitsina.
	Udukingirizo (abagabo n'abagore)	Koresha agakingirizo gashya igihe cyose ugiye gukora imibonano mpuzabitsina.	<u>Nibwo buryo bwonyine bufasha kurinda agakoko gatera Sida n'indwara zandurira mu mibonano mpuzabitsina.</u>	Bugomba gukoreshwa igihe cyose ugiye gukora imibonano mpuzabitsina kugirango butange icyizere.

KUBONEZA URUBYARO MU BURYO BWIHUSE

	Ibinini by'ubutabazi bwihuse birinda gusama (ECP) (Inzira ya B)	Ibinini bigomba gufatwa mu minsi itatu uherye igihe imibonano mpuzabitsina idakingiye yabereye. Bishobora gufatwa kugeza ku minsi itanu nyuma y'imibonano mpuzabitsina idakingiye. Bishobora kuba ikinini 1	Biboneka mu maguriro y'imiti menshi bidasabye ko byandikirwa umuntu na Muganga cyangwa irangamuntu (Baza ucuruza imiti)	Bishobora guhenda igihe bitandikiwe ubifata na Muganga kandi ntibishyurwe n'ubwishingizi. Ntiburinda virusi itera sida n'indwara zandurira mu mibonano mpuzabitsina.
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These materials have been approved by the Minnesota Center of Excellence in Newcomer Health.
Source: <https://www.cdc.gov/reproductivehealth/contraception/mmwr/spr/intro.html>

		cyangwa 2(Ibinini 2 bigomba kunywererwa rimwe).		
	Kuwivre- ikubiye mo IUD (Cu-IUD) (ubutabazi bwihuse IUD)	Kagomba gusesekwa mo mu minsi 5 uherye igihe imibonano mpuzabitsina yabereye.	Bushobora gukomeza gukoreshwa nk'uburyo buhoraho bwo kuringaniza imbyaro.	Bisaba umuganga w'umunyamwuga kugira ngo akinjizemo. Ntabwo burinda agakoko gatera sida n'indwara zandurira mu mibonano mpuzabitsina.

Inkomoko: <https://www.cdc.gov/reproductivehealth/contraception/mmwr/spr/intro.html>