NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.

Helping Hand™ Health Education for Patients and Families

Xameynta Dhalmada: Cinjirka wareegsan ee Xubinta Taranka Haweenka

Birth Control: Vaginal Ring (Somali)

Cinjirka wareegsan ee xubinta taranka haweenka (Sawirka 1) waa cinjir lagu xakameeyo dhalmada oo aad gelinayso xubintaada taranka. Cinjirka wareegsan wuxuu leeyahay hoormoonka estrogen iyo progestin. Kuwaan waa sida hoormonada ku sameyso dabiici ahaan jrikaaga. Cinjirku wuxuu ka hortagaa uurka asagoo joojinaaya in ugxan galeenku soo daayo ugxanta. Cinjirka wareegsan ee xubinta taranka haweenka sidoo kale wuxuu badelaa xabta ee afka ilmo galeenka si uu uga illaaliyo inay gaarto ukunta.

Faa'idooyinka Cinjirka wareegsan ee xubinta taranka haweenka

- in ka badan boqolkiiba 91% ayuu wax ku ool yahay marka si wanaagsan loo isticmaalo
- wuxuu sare u qaadi karaa xanuunka kahor caadada (PMS)
- wuxuu hoos u dhigi karaa halista kansarka ilmo galeenka iyo qoladaha ugxanta
- waa khafiif waxaana loo adeegsan karaa si joogto
- wuxuu khafiifin karaa xanuunka caadada
- waxay daawayn kartaa finanka

Dhibaatooyinka laga dhaxlo Cinjirka wareegsan

- Waxyeelooyinka ***suurtagalka ah ee laga dhaxli karo waxaa kamid ah:*** naaso dhaca, lalabo, dhiig baxa aan caadiga aheyn, madax xanuun iyo isbadelada dareenka. Kuwa badan oo aastaamahaan waxay la wanaagsanaadaan waqtiga.
- Cinjirka wareegsan ee xubinta taranka haweenka la gasho wuxuu saameyn ku yeelan karaa qalajiyayaasha qaarkood, daawooyinka ka hortaga qalalka, iyo daawooyinka HIV.

Sawirka 1 aad Cinjirka wareegsan ee xubinta taranka

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Sii socda…

Sida loo isticmaalo

- Geli Cinjirka wareegsan ee xubinta taranka haweenka siilkaaga oo ku daa halkaas 3 isbuuc. Isbuuca 4aad, ka saar cinjirka wareegsan ee xubinta taranka haweenka xubintaada 1 asbuuc si aad u hesho cadaadada.
- Gasho cinjirka xubinta taranka haweenka waqtiga loogu talagalay 4 tii asbuucba mar. Tani aad bay muhiim u tahay.
- Haddii aad isticmaasho Annovera®, cinjirku wuxuu sii shaqeyn doonaa 1 sano. Ku dhaq cinjirka xubinta taranka haweenka biyo cad iyo saabuun khafiif ah, ku qalaji shukumaan nadiif ah ama xaashida musqusha kahor inta aadan dib u gashan.

Waxa la sameeyo marka si kedis ah uu kaaga soo baxo ama aad iskaga soo saarto cinjirka wareegsan ee xubinta taranka

Annovera®

- Haddii Annovera-kaaga uu ka baxsan yahay xubinta taranka <u>in ka badan 2 saacadood inta lagu jiro asbuuca 1, 2, ama 3 aad,</u> biyo raaci cinjirka xubinta taranka haweenka kadibna dib u geli sida ugu dhaqsiyaha badan. Isticmaal qaabab kale oo dheeraad ah oo looga hortago uurka, sida cinjirka galmada, ama iska ilaali galmada muddo dhan 7 maalmood kadib markaad gashato cinjirka wareegsan ee xubinta taranka.
- Haddii Annovera-kaagu uu ka baxsan yahay xubinta taranka <u>muddo ka badan 1 asbuuc ama muddo aadan aqoon</u>, samee baaritaanka uurka kahor inta aadan gashan cinjirka xubinta taranka haweenka oo cusub. Isticmaal qaabab kale oo dheeraad ah oo looga hortago uurka, sida cinjirka galmada, ama iska ilaali galmada muddo dhan 7 maalmood kadib markaad gashato cinjirka wareegsan ee xubinta taranka.
- Iskuday inaad isticmaasho qaabka looga hortago uurka ee degdega ah (EC) haddii aadan dooneyn inaad uur yeelato aadna sameysay galmo aan dhowrsanayn inta lagu jiro asbuuca koowaad markaad isticmaasho cinjirka wareegsan ee xubinta taranka. HA u isticmaalin ulipristal acetate (Ella®) kahortaga uurka ee degdega ah (EC). Waxay kahor istaagi kartaa cinjirka wareegsan ee xubinta taranka inuu shaqeeyo.

NuvaRing®

- Haddii NuvaRing-kaaga uu ka baxsan yahay xubinta taranka <u>wax ka yar 48 saacadood,</u> biyo raaci cinjirka xubinta taranka haweenka kadibna dib u geli sida ugu dhaqsiyaha badan. Qaabab kale oo uurka looga hortago oo dheeraad ah lagaagama baahna.
- Haddii NuvaRing-kaaga uu ka baxsan yahay xubinta taranka <u>in ka badan 48 saacadood inta lagu jiro asbuuca 1 ama 2 aad,</u> biyo raaci cinjirka xubinta taranka haweenka kadibna

dib u geli sida ugu dhaqsiyaha badan. Isticmaal qaabab kale oo dheeraad ah oo looga hortago uurka, sida cinjirka galmada, ama iska ilaali galmada muddo dhan 7 maalmood kadib markaad gashato cinjirka wareegsan ee xubinta taranka.

- Haddii NuvaRing-kaaga uu ka baxsan yahay xubinta taranka <u>in ka badan 48 saacadood inta lagu jiro asbuuca 3 aad,</u> dib u geli cinjirka wareegsan si aad u dhameyso asbuuca 3aad, kadibna muddo asbuuc ah ha xiran cinjirka xubinta taranka haweenka ee wareegsan oo u gudubka cinjirka xigga.
- Haddii NuvaRing-kaagu uu ka baxsan yahay xubinta taranka <u>muddo ka badan 1 asbuuc ama muddo aadan aqoon</u>, samee baaritaanka uurka kahor inta aadan gashan cinjirka xubinta taranka haweenka oo cusub. Isticmaal qaabab kale oo dheeraad ah oo looga hortago uurka, sida cinjirka galmada, ama iska ilaali galmada muddo dhan 7 maalmood kadib markaad gashato cinjirka wareegsan ee xubinta taranka.
- Iskuday inaad isticmaasho qaabka looga hortago uurka ee degdega ah (EC) haddii aadan dooneyn inaad uur yeelato aadna sameysay galmo aan dhowrsanayn inta lagu jiro asbuuca koowaad markaad isticmaasho cinjirka wareegsan ee xubinta taranka. HA u isticmaalin ulipristal acetate (Ella®) kahortaga uurka ee degdega ah (EC). Waxay kahor istaagi kartaa cinjirka wareegsan ee xubinta taranka inuu shaqeeyo.

Halisaha laga dhaxli karo Cinjirka Wareegsan ee Xubinta taranka

- **Xinjiraha dhiiga:** Waxaa kor u kaca halis ku aadan in laga qaado qalal ama wadno xanuun. Xinjiraha dhiiga waxay ku hormari karaan xididada (xinjirta dhiiga qotoda dheer) iyo sambadada (halbowlaha sambabka). Xaaladahaan waa dhif iyo naadir, laakin waxay noqon karaan kuwo dhimasho keeena.
- **Dhiig karka sareeya:** Waxaa suurtagal ah inuu xoogaa kor u kaco cadaadiska dhiiga. Inta badan dadka, halistaan way ku yar tahay mana saameyso caafimaadka qofka.
- **Walxaha nokotiinka (shiishada qalinka, sigaarka, ama ruugida tubaakada):** Walxahaan waxay kor u qaadi karaan halista aad ugu jirto inuu kugu dhaco wadno xanuun iyo qalal. Halistaan ayaa sii korarta hadba markaad sii waynaato.

Yaan isticmaali karin

Ha isticmaalin cinjirka xubinta taranka haweenka ee wareegsan haddii aad:

- qabto dhiig karka sareeyo
- qabto cudurka daran ee beerka
- dhashay ilmo 3 dii asbuuc ee la soo dhaafay
- qabto cudurka xinjirowga dhiiga
- qabto noocyada qaarkood ee madax xanuunka dhanjabka
- qoyskiinu taariikh ahaan qabo cudurka dhiig xinjiroowga, qalal, ama wadno xanuun

- dhashay ilmo intii lagu jiray bishii lasoo dhaafay aadna naanuujiso

U sheeg daryeel bixiyahaaga caafimaad haddii aad qabtid kuwa ka mid ah halista xaqiiqahaan ama xaaladaha, ama walaacyo kale ee caafimaad.

Goorta ay tahay inaad wacdo dhakhtarka

Soo wac dhaqtarka ama daryeel bixiyaha caafimaad haddii aad:

- u maleynayso inaad uur leedahay
- qabto niyad jab ama shucuurtaada isbadesho
- u maleynayso inaad qabtid caabuqa galmada laga qaado (STI)
- qabto madax xanuun cusub ama ka sii darayo
- helin caadada ama muddo aan waqtigeedii ahayn ay kaa timaado

Goorma ayaa la wacayaa 911

Wac 911 ama booqo qolka xaaladaha degdeg ah ee kuugu dhaw haddii aad isku aragto wax kamid ah astaamahaan:

- isbadelka lama filaanka ah oo ku yimaada araga
- madax xanuunka daran
- xanuun aan caadi aheyn xabadka laga dareemo
- dhibaatooyinka neefta ama hadalka oo kugu adkaada
- laciifnimo ama kabuubyo
- xanuun aan caadi aheyn ama bararka lugaha ku dhaca

Ka hortaga STIs

Cinjirka wareegsan ee xubinta taranka haweenka kama hortago caabuqyada galmada laga qaado (STIs). Kondhomyada waa qaabka ugu wanaagsan inay dadka galmo ahaan firfircoon inay yareeyaan halista caabuqa. Marwalba isticmaal kondhom markii aad galmo sameyneysid. Hel baaritaanada caafimaadka sannadlaha, oo ay ku jiraan baarida STIs.