



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

Helping Hand™

Health Education for Patients and Families

Xakameynta Dhalmada: Isku darka Kaniiniyada Xakameynta Dhalmada (The Minipill)

Birth Control: Progestin-Only Contraceptive Pills (The Minipill)

Isku darka kaniiniyada xakameynta dhalmada, sidoo kale loo yaqaan Minipill, waa qaab xakameynta dhalmada joogtada ah ee wadataa progestin. Qaabkaan ma wato estrogen. Progestin wuxuu aad ugu dhowyahay hoormoon u sameyso dabiici ahaan ee ku jira jirkaaga. Minipill wuxuu ka hortagaa uurka isaga oo badelayo xabta ee afka ilmo galeenka si ay uga caawiso inay ka illaaliso shahwada gaarista ukunta.

Faa'idooyinka Minipill

- Boqolkiiba 91 wax ku ool ka hortagaa dhalmada oo ay la jiraan isticmaalka caadiga ah
- Ma wato hoormoonada
- Badbaado ah isticmaalideeda kadib markaad dhashid iyo adiga oo naasnuujinayo

Qasaaraha Minipill

- Dhiig bax aan caadi aheyn iyo baraha
- **Saameynada caafimaadka suurtoogalka ah waxaa ku jiro:** culeys helida, lalabada, adkaanshaha naasaha, madax xanuunka, finanka, nabraha ugxanta, iyo badelka dareenka.

Sida loo isticmaalo

- Waa muhiim in **la qaato kaniinigaaga isla waqtiga maalin walba ee waqtiga doorashadaada.**
- Haddii kaniini ku dhaafo wax ka badan 3 saacadood, waa inaad u qaadataa kaniiniga sida ugu dhaqsaha badan ee suurtoogalka ah, xittaa haddii taasi ay micnaheeda tahay qaadashada 2 kaniini ee isla maalinta ah. Kadib, isticmaal qaabka kaalmada ee xakameynta dhalashada, sida kondhomyada, ee 2 maalmood ee xigta. Ka hortaga degdega (EC) waa

in la tixgeliyaa haddii aad sameysay galmo aan badbaado aheyn ama galmo aan si ku haboon u illaalsaneyn.

- Mataga iyo shubanka daran waxay ka illaalin karaan Minipill inay si wanaagsan u shaqeeyaan. Haddii tani ay dhacdo, isticmaal qaabka kaalmada ee ka hortaga ee 2-da maalin ee xigta.

Halisaha

Uurka booska aan caadiga aheyn: Haddii aad uur qaadid, waxaa jiro halis sareyso ee ukunta bac rintay ee la gelinayo banaanka ilmo galeenka. Tani aad ayay halis u tahay oo waxaa loo tixgeliyaa gurmada caafimaadka.

Yaan isticmaali karin iyada

Minipill **waa inaysan** qaadan dumar ee:

- Qabtaa taariiqda kansarka naasaha.
- Qabtaa bararka maqaar oo ay la jiraan qalajiyayaasha qaarkood.
- Qabtaa cudurka beerka daran ama burada beerka.
- Qabtay qaliinada caloosha qaarkood.
- Isticmaashaa daawooyinka qalalka qaarkood ama rifampin.

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

Goorta la Waco Dhakhtarka

Soo wac dhaqtarka ama daryeel bixiyaha caafimaad haddii aad:

- U maleysay inaad uur leedahay.
- U maleysay inaad qabtid caabuqa galmada laga qaado (STI).
- Ku dhaaftay caadada ama ka daahday bilowga caadadaada
- Leedahay madax xanuun cusub ama ka sii darayo.
- Qabtid niyad jab ama dareen badelka.

Ka hortaga STIs

Minipill 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.