UCWANGCISO-NTSAPHO

Ungabonisana nomsebenzi wezempilo okufuphi kuwe malunga nendlela ekufaneleyo yokuphila.

Ungakhetha koku kulandelayo:

1. Isixhobo i-**Implant** sithintela ukumitha kangangeminyaka emi-3 okanye emi-5.
2. **IPilisi** yocwangciso kufuneka iselwe ngexesha elifanayo yonke imihla.
3. Isixhotyana esifakwa ngaphakathi esinqanda ukukhulelwa ekuthiwa yi-I**ntra Uterine Contraceptive Device** (IUCD) esihlala iminyaka elishumi singaphakathi, singakhutshwa xa ufuna ukukhulelwa.
4. Xa uhlaba **iNaliti** kuthethwa ukuba akukho mntu waziyo ukuba usebenzisa le ndlela yoCwangciso-ntsapho.
5. **IiPilisi zoCwangciso-nzala zeeMeko eziNgxamisekileyo** kufuneka ziselwe msinya emva kokuba nendibano yesondo engakhuselekanga, oko kwenziwe kwisithuba seentsuku ezintlanu (5).
6. Amadoda namabhinqa anga**Dloliswa** xa engasafuni abanye abantwana.

Ezi ndlela zithintela ukukhulelwa okungafunekeyo. Ukuzikhusela kwiZifo eziSulela ngeSondo ezifana neNtsholongwane kaGawulayo kufuneka **usebenzise ikhondom qho unendibano yesondo.** Iyafumaneka ikhondom yamadoda kanti ikhona neyamabhinqa.

UCwangciso-ntsapho lwenziwa **simahla** eklinikhi.

URhulumente weNtshona Koloni
EzeMpilo

UBAMBISWANO NGAMANDLA.

- **Hlola amabele akho rhoqo ngenyanga.**
- Wakha waya kuhlolwa **umlomo wesibeleko (ipap-smear)** ukuba ulibhinqa elingaphezu kweminyaka ey-30?
- Kufaneleke ukuba wenze **ipap-smear** ka-3 simahla kwiklinikhi ekufuphi nawe (kanye kwisithuba seminyaka eli-10).
- Ukuhlolwa komlomo wesibeleko (ipap-smear) sukuba kukhangela ukuba akukho ziseli zingaqhelekanga na emlonyeni wesibeleko – (iseviksi). Iiseli ezinjalo zingadala umhlaza ekuhambeni kwethuba xa zingakhange zinyangwe.
- Yiya kukhangela ekliniki iziphumo zakho.

URhulumente weNtshona Koloni
EzeMpilo
UBAMBISWANO NGAMANDLA.