

UBURYO BWO KUBONEZA URUBYARO

Family Tree Clinic,
1619 Dayton Ave. St.Paul, MN 55104

www.familytreeclinic.org
651.645.0478

Uburyo bushingiye ku misemburo	Uko bukoreshwa	Umumaro bugira (Uburyo bwiza bwo kubukoresha)	Aho buboneka	Burinda indwara zandurira mu mibonano mpuzabitsina?
Agapira ko mu kaboko ka 'Nexplanon' Agapira korohereye kinjizwa mu kuboko. Imisemburo yumutsa ururenda rwo mu nkondo y'umura maze ikabuza igi guhisha. 	Kinjizwa mu kuboko maze kakaba gashobora kumaramo imyaka igera kuri 3.	Hejuru ya 99%	Kinjizwa kandi kakavanwamo na muganga.	Oya
Agapira ko mu mura ka 'Mirena IUD' Ni agapira gato kandi korohereye kinjizwa mu mura. Karimo umusemburo wa Porojesiterone. Kumutsa ururenda rwo mu nkondo y'umura. 	Kinjizwa mu mura maze kakaba gashobora kumaramo imyaka igera kuri 5.	Hejuru ya 99%	Kinjirizwamo mu biro bya muganga cyangwa mu ivuriro. Kandi kakavanwamo na muganga.	Oya
Agapira ko mu mura ka 'Skyla IUD' Ni agapira gato kandi korohereye kinjizwa mu mura. Karimo umusemburo wa Porojesiterone. Kumutsa ururenda rwo mu nkondo y'umura. 	Kinjizwa mu mura maze kakaba gashobora kumaramo imyaka igera kuri 3.	Hejuru ya 99%	Kinjirizwamo mu biro bya muganga cyangwa mu ivuriro. Kandi kakavanwamo na muganga.	Oya
Urushinge Urushinge rurimo umusemburo wa Porojesiterone ubuza igi guhisha, ukumutsa ururenda rw'inkondo y'umura maze ukabuza igi gufata kuri nyababyeyi. 	Witeza urwo rushinge rimwe muri buri mezi 3	Hejuru ya 99%	Inshinge zitererwa mu biro bya muganga cyangwa mu ivuriro	Oya
Impeta ishyirwa mu gitsina cy'umugore Impeta ibonerana kandi yorohereye irekurira imisemburo mu mubiri maze ikabuza igi guhisha. 	Yinjizwamo buri kwezi, ikagumamo mu gihe cy'imbyumweru 3, maze igakurwamo hagashira icyumweru kimwe.	Hejuru ya 99%	Bisaba ko uba wabyandikiwe na muganga	Oya
Agapfuko Karekura gahoro gahoro imisemburo yinjira mu mubiri maze ikabuza igi guhisha. 	Gashyirwa ku mubiri maze kagahindurwa buri cyumweru	Hejuru ya 99%	Bisaba ko uba wabyandikiwe na muganga	Oya
Ikinini Kirimo imisemburo ibuza igi guhisha. 	Nywa ikininini kimwe buri muni kandi ku masaha amwe	98%	Bisaba ko uba wabyandikiwe na muganga	Oya
Uburyo budashingiye Ku misemburo	Uko bukoreshwa	Umumaro bugira (Uburyo bwiza bwo kubukoresha)	Aho buboneka	Burinda indwara zandurira mu mibonano mpuzabitsina?
Agapira ko mu mura ka 'Paragard' IUD Agapira gato gakoze nk'inyuguti ya "T" kinjizwa mu mura. Kaba gakoze mu muringa. 	Kinjizwa mu mura maze kakaba gashobora kumaramo imyaka igera ku 10.	99%	Kinjirizwamo mu biro bya muganga cyangwa mu ivuriro. Kandi kakavanwamo na muganga.	Oya
Agakingirizo Gakingira abakora imibonano mpuzabitsina maze kakabuza amatembabuzi yo mu mubiri guhura. 	Kambikwa igitsina cy'umugabo mbere yo gukora imibona mpuzabitsina.	98%	Iduka ry'imiti, iduka bahahiramo ibiribwa, ivuriro, ibiro bya muganga	Yego, akenshi
Agakingirizo k'umugore Gakingira abakora imibonano mpuzabitsina maze kakabuza amatembabuzi yo mu mubiri guhura. 	Kinjizwa mu gitsina cy'umugore mbere yo gukora imibona mpuzabitsina.	95%	Iduka ry'imiti, iduka bahahiramo ibiribwa, ivuriro, ibiro bya muganga	Yego, akenshi
Umuti wica intanga ngabo Ni ifuro, amavuta, jeri cyangwa agashashi gashongwa byica cyangwa bigaca intege intanga ngabo. 	Kinjizwa mu gitsina cy'umugore mbere yo gukora imibona mpuzabitsina.	75%	Iduka ry'imiti, ivuriro, ibiro bya muganga	Oya
Kwifungisha burundu Kwifungisha burundu ku bagabo cyangwa gufunga umura. 	Bikorwa ubazwe kandi ni uburyo bwa burundu	99%	Ubazwe ashobora kwivuzza ataha kandi bikorwa na muganga	Oya
Uburyo bwo kuboneza urubyaro bw'ingoboka, igihe uburyo bwo kuboneza urubyaro bwa mbere nta cyo bwagufashije				
Uburyo bwo kuboneza urubyaro bw'ingoboka (Uburyo bw'ingoboka bw'ikinini kinoybwa umunsi ukurikiyeho) Gikora vuba kikabuza igi guhisha. 	Kinywe mu gihe kitarenze amasaha 72 nyuma yo gukora imibonano mpuzabitsina idakingiye	80-95%	Kiboneka mu maduka kandi gishobora guhabwa abantu b'ingeri zose	Oya