

# ALLURAR

## (Depo-Provera)



### Yadda Allurar Depo ta ke Aiki:

- Allurar Depo-Provera wata irin allura ne mai sinadarin progestin kawai.
- Sinadarin progestin na sa kofar mahaifa (cervix) ta yi kauri da majinan domin hana niyin namiji haduwa da kwan mace
- Wannan sinadarin kuma na hana fitowar kwan mace daga mahaifa mai haduwa da aniyin namiji ya zama ciki
- Ya dace a yi alluran so daya bayan kowani wata uku

### Ingantancen Bayani a game da Allurar Depo:

- Ana iya dakatar da daukan alluran a kowane lokaci domin canjawa zuwa wani dabara ko dan neman ciki
- Akwai sirri domin babu wanda ya san mace tayi alluran
- Baya rage jindadin jima'i

### Chikkaken Bayani:

- Allura ce mai sinadari wanda ake badawa bayan kowane wata uku domin kariya daga daukar ciki
- Ana iya fara amfani da wannan dabaran bayan sati shida da haihuwa kuma bata da illa ga mace mai shayarwa
- Kuma ta na iya haddasa jinkiri ko daukewar jinin haila
- Baya bada kariya daga kamuwa da cututtukan sanyi da kuma kwayar cutar sida
- Bayi da matsala ga mace dake shan maganin ciwon sida

### Inganci da Tasirin Allurar Depo Wajen Hana Daukan Ciki:

- Kashi daya a cikin kashi dari na mata masu amfani da allurar a shekaran farko ne zasu'iya daukar ciki idan akabi ka'idan yin alluran bayan kowaniwata uku batara da tsallake ko jinkiri ba.
- Kashi uku a cikin kashadari na mata zasu iya daukar ciki idan akayi tsallake ko jinkirin yin allurar.

### A KULA:

**Bayan an tsaida aluran depo provera dawowar kwan haihuwa ya bambanta tsakanin wata shida zuwa shekara biyu.**

**Idan mace na bukatar ciki a nan kusa zata iya komawa shirrin mai gajeren zango**



### **Kada ayi amfani da wannan Allurar idan:**

- Ki shayar wa da da kesa da wata shida
- Kina da hawan jinni
- Kina cikin haddarin samun hawan jinni, kiba, ciwon zuciya, ciwon jinni ko kuma in shekaru sun ja. (Ki tintibi likita domin samun Karin bayani).
- Kina da ciwon dajin nono ko tahirin wadanda suka yi ciwon dajin nono a cikin zuriyar ku
- Kina fiskantar fitowar jinni ta farji ba tare da sanin dalilin shi ba
- Kina shan maganin ciwon jijjiga ko farfadiya ko kina shan wani maganin ciwon tari (TB) mai suna rifampincin domin, wadannan magunguna suna rage ingancin alluran
- Kina da ciwon lopus ko kuma tarihin ciwon hanta mai tsanani

### **Motsawar Jiki ko Laulayin da ake fuskanta da Alluran Depo:**

- Daga farko ana iya fiskantar wasan jinin haila, tsawanta kwanakin al'ada ko kuma daukewar ta gaba daya
- Zaki iya ganin chanje-chanje na yanayin al'adar ki har sai tasirin allurar ya fara rauni a jikinki wata biyu ko uku.
- Wadansu mata na iya fuskantar karin kiba, ciwon kai, jiri da iri iren su, wadannan alamomin ba illoli ba ne ko rashin lafiya.
- Ba duka mata bane suke fiskantar laulayi ba

### **Amfanin Allurar Depo ga lafiyar Mace:**

- Yana kariya daga daukar cutar dajin mahaifa
- Yana hana samun gaban mahaifa
- Yana kariya daga daukar cutar sanyi mai kumbura mara (PID)
- Yana iya kariya daga ciwon rashin jini (Aneamia)
- Yana rage alamomin kumburin mara da chanja yanayin jinin haila

### **Yadda ake amfani da Allurar Depo:**

- A tafi fannin tazarar haihuwa a asibiti domin karban allurar
- Ayi alluran bayan kowani wata uku. Idan ba'a karbi allurar ba a lokaci kuma aka sadu da namiji, ana iya daukan ciki
- Ko da kin yi jinkirin alluran, ki garzaya asibiti wurin ma'aikata, zasu yi miki alluran.

### **Yadda ake amfani da Allurar Depo:**

- A koma asibiti bayan kowani wata uku ko sati goma sha uku domin yin allura ta gaba
- Ayi kokarin kiyaye ranakun yin alluran
- Ana iya zuwa asibiti domin yin allura sati biyu kafin lokacin karban wata alluran yayi.
- Ko da an samu jinkirin yin alluran, ki nemi ma'aikatan asibiti domin tattaunawa da kwararru akan lokaci da ya dace ki allurar ta gaba.
- Idan ki ka yi latti, kada ki sadu da mijinki ko kuma ki yi amfani da kwororon roba har sai kin yi wata alluran

### **A garzaya a koma asibiti idan aka fiskanci alamomi kamar haka:**

- Neman karin haske ko alamar matsala Lokacin sake yin wata allurar yayi
- Fiskantar rashin kuza'ari da koshin lafiya
- Idan kin yi jinkirin yin allura, sannan kika sadu da maigida a cikin kwanaki biyar baya kuma
- Kina gudun daukan ciki.
- Ki na tunanin kina da juna biyu.

This material is adapted from a similar material by Society for Family Health (SFH)

