

KWAYOYIN HADIYA
NA TSARIN IYALI



D O N ' T F O R G E T !

- * GO THROUGH EACH PAGE ONE BY ONE
WITH THE CLIENT.

- * GIVE EACH CLIENT AT LEAST ONE
BOOKLET TO TAKE HOME.

HOW TO USE THE PILL BOOKLETS: IMPORTANT INFORMATION FOR NURSES/FIELD WORKERS

(for use with the 28-day pill)

1. Why were these booklets prepared?

These simple booklets on the contraceptive pill are to help women use this method of family planning safely and correctly. The pill is almost 100 percent effective in preventing pregnancy when used correctly every day. In the very few cases women get pregnant while using the pill, it is because they were not using it correctly. Years of use by millions of women around the world have proven that the contraceptive pill is a safe and effective method of family planning for most women.

2. When to use these booklets.

These booklets are for you to use every time you explain about the contraceptive pill to a new user or a potential user of this method, even if the client cannot read.

3. How were these booklets developed?

Every picture and message in this booklet has been tested in Nigeria with women who have had little or no schooling. This was done to ensure that every client interested in using the pill will be able to understand the messages in the booklet. Some of the pictures were retested many times until it was certain that they were clearly understandable. Only after the pictures themselves were clear were words added. This is important because many women who receive these booklets will not be able to read.

4. How to use these booklets to help explain to your clients about the contraceptive pill.

Use a copy of this booklet every time you talk to a new client about the contraceptive pill. Showing the woman the pictures while you explain to her about the method will make her see exactly what she needs to know. The pictures will reinforce the information you are telling her. During your explanation encourage the woman to ask questions if there are any points she does not understand. This will help you to be sure that she understands the information.

When using the booklets, GO THROUGH EACH PAGE ONE BY ONE WITH THE CLIENT. You can discuss any messages that seem unclear to her in greater detail. When you explain a message, point to the picture as you talk--NOT to the words which appear at the bottom of the page. It is the pictures that will help to emphasize and clarify what you are saying.

5. Some points to emphasize during your explanation of the pill.

- The woman will receive a medical checkup before being given the pill. (Pg. 5)
- The woman should take her first pill on the fifth day of her menstrual period. (Pgs. 6/8)
- The woman should continue taking one pill each evening until she has completed the entire packet. (Pg. 9)
- The woman should return to the clinic to receive her next packet of pills before she completes the first packet. (Pg. 10)
- The woman should begin taking the first tablet of the second packet the evening after she completes the first packet so that she continues taking one pill every day. (Pg. 11)

- The woman can go about her normal activities while taking contraceptive pills. (Pg. 12)
- Some women experience nausea, headaches or other mild side effects when they begin to take the pill. These are normal and generally go away within three months. (Pg. 14)
- If the woman forgets to take one pill, she should take it the following day as soon as she remembers. Then she should also take her regular pill that evening as usual. (Pg. 15)
- If the woman forgets to take two pills in a row, she should go to the clinic where the nurse will advise her what to do. If she cannot return to the clinic right away, she should use an additional method of family planning (such as the condom or foaming tablet) until she sees the nurse. (Pg. 16)
- When the woman and her husband decide they want to have another child, the woman simply completes her packet of pills and then does not begin another one. The woman should NOT stop taking the pills in the middle of the cycle. (Pg. 19)
- The pill will not affect the woman's ability to have more children once she stops taking the pill. (Pg. 20)
- The pill is a good method for most women.

6. Some additional information about the pill you may want to tell your clients.

Some women experience less bleeding and cramping during their menstrual period, or spotting between their periods, when using the contraceptive pill. This is normal and no cause for alarm.

It is important to remind women that the pill does not affect their ability to have more children once they stop taking the pill. However, how quickly a woman becomes pregnant after stopping the pill will depend on her own body. It is always easier for some women to get pregnant than others. If the woman experiences a delay in getting pregnant, it is not because she has been taking the contraceptive pills.

7. What should you do before the client leaves the clinic?

- A. Ask her if she has any questions.
- B. As a review, ask the woman to explain to you how to take the contraceptive pill. Be sure she knows:
 - to take the pill every evening
 - to return to the clinic for her second packet of pills before she completes the first packet
 - to begin her next packet of pills immediately after completing the first packet
 - what to do if she forgets to take the pill
 - what side effects are normal and that they should go away after the first few months.
- C. Make sure she takes a copy of the booklet home with her.
- D. Remind her to keep the booklet in a safe place so that she can refer to it whenever she has a question.
- E. Suggest that she share the booklet with her friends.



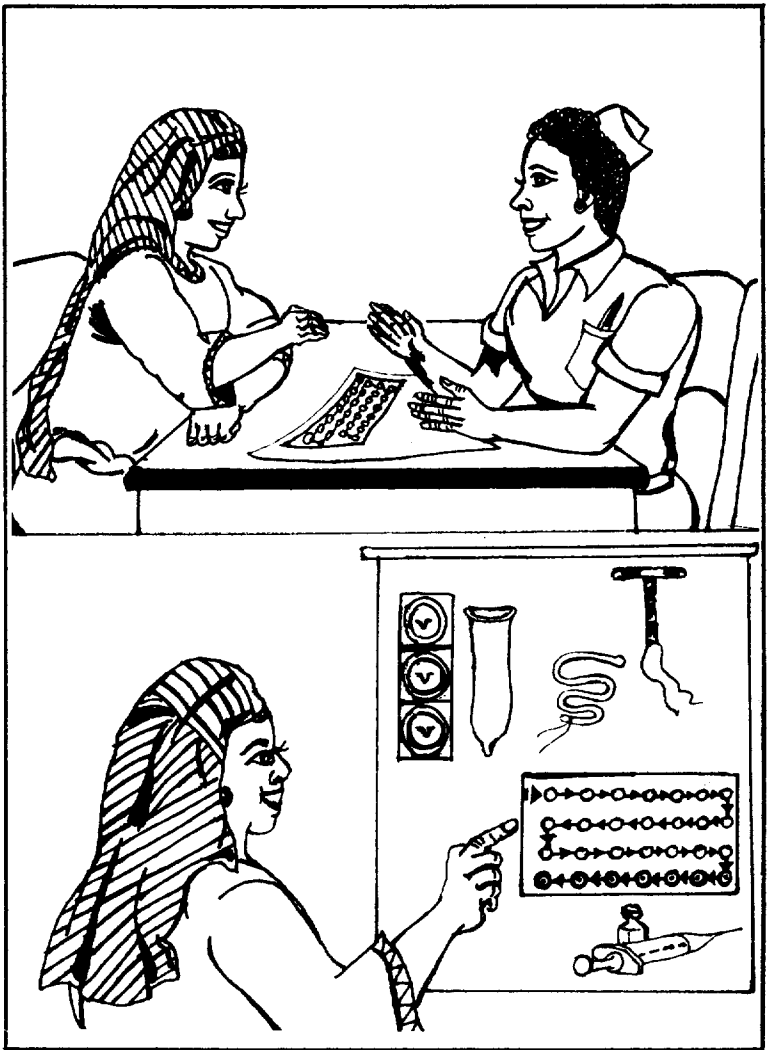
Maigida da Uwargida suna nazarin matsalar samun yara kanana masu yawa.



Malamar Asibiti ta ziyarci Maigida da Uwargida kuma suna tattauna batun daidaita yawan iyali. Ta nuna masu kwayar maganin riga-kafin daukar ciki.



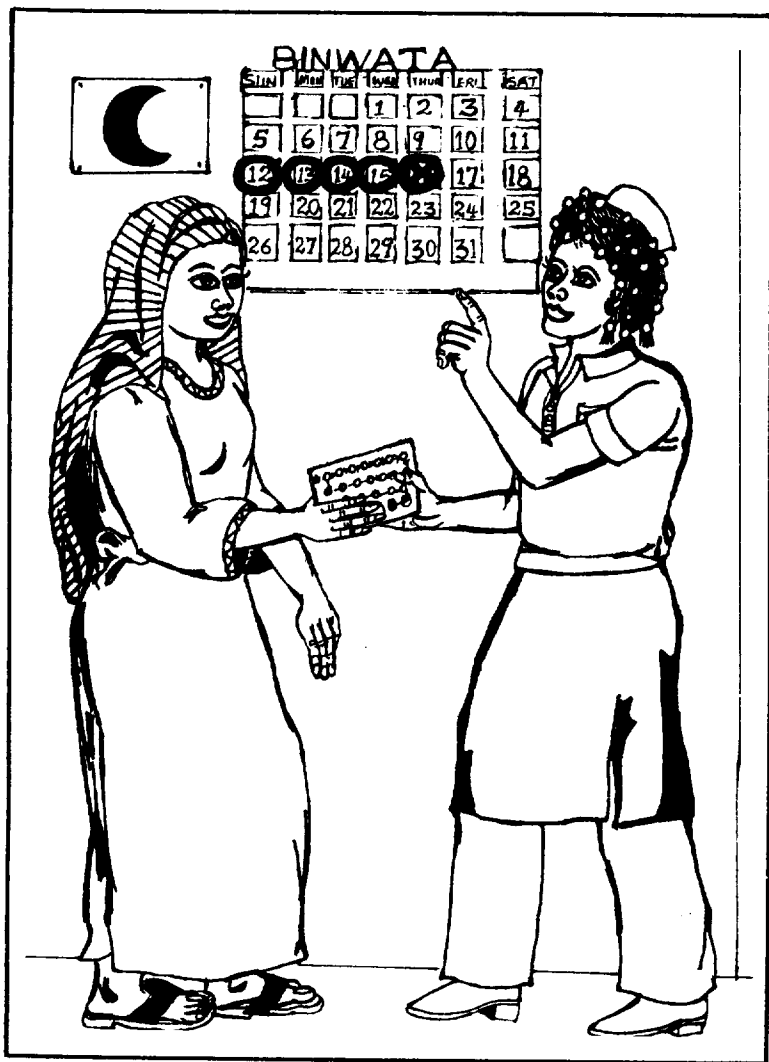
Uwargida tayi niyar kai ziyara ga asibitin tsara iyali.



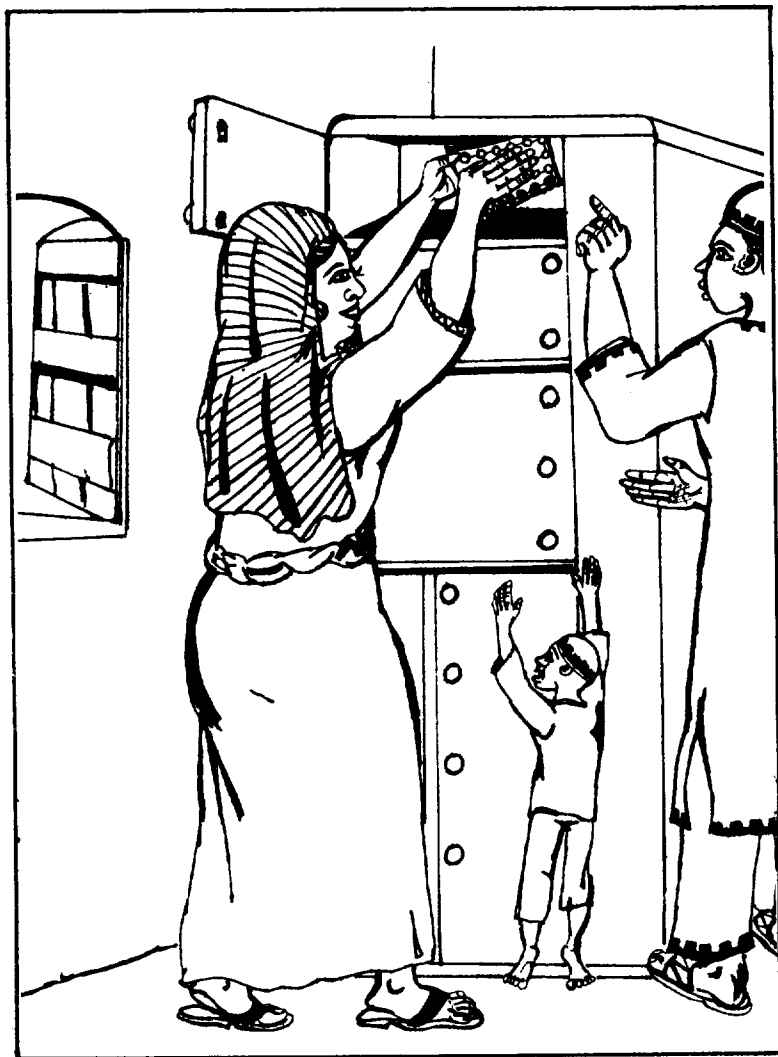
Malamar asibiti tayi wa Uwargida bayani akan hanyoyi da yawa na riga-kafin samun ciki. Uwargida ta zabi yin amfani da kwayoyi.



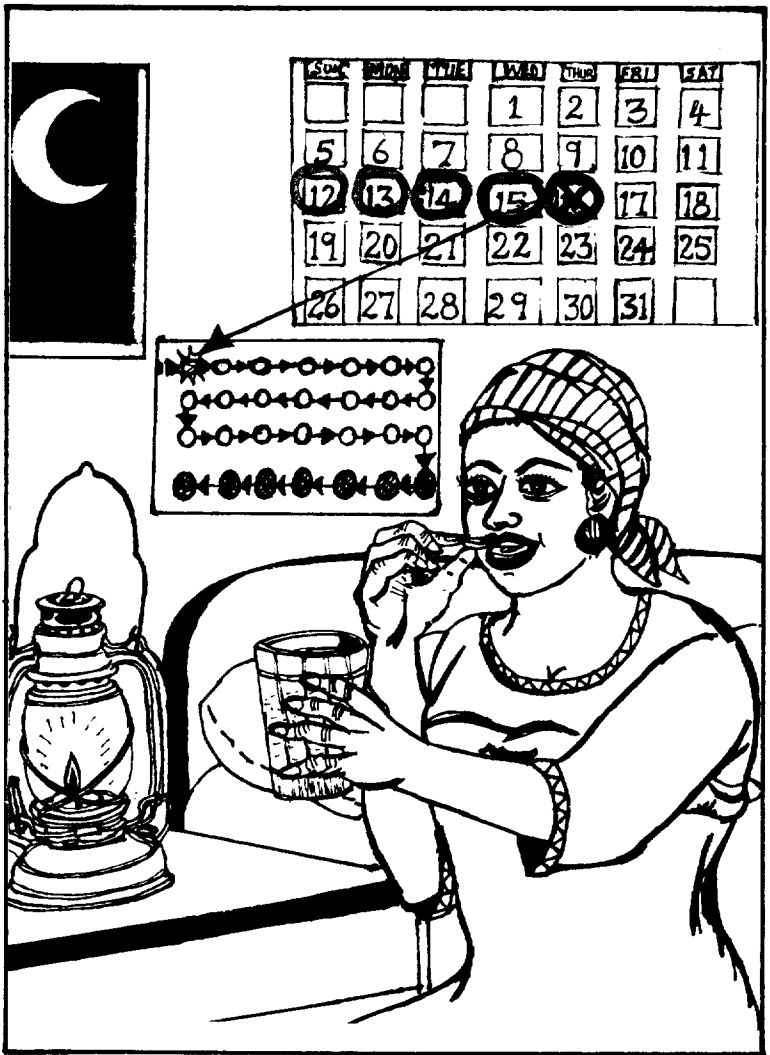
Sai likita ta binciki Uwargida ta gani ko ya cancanta ta sha kwayoyin.



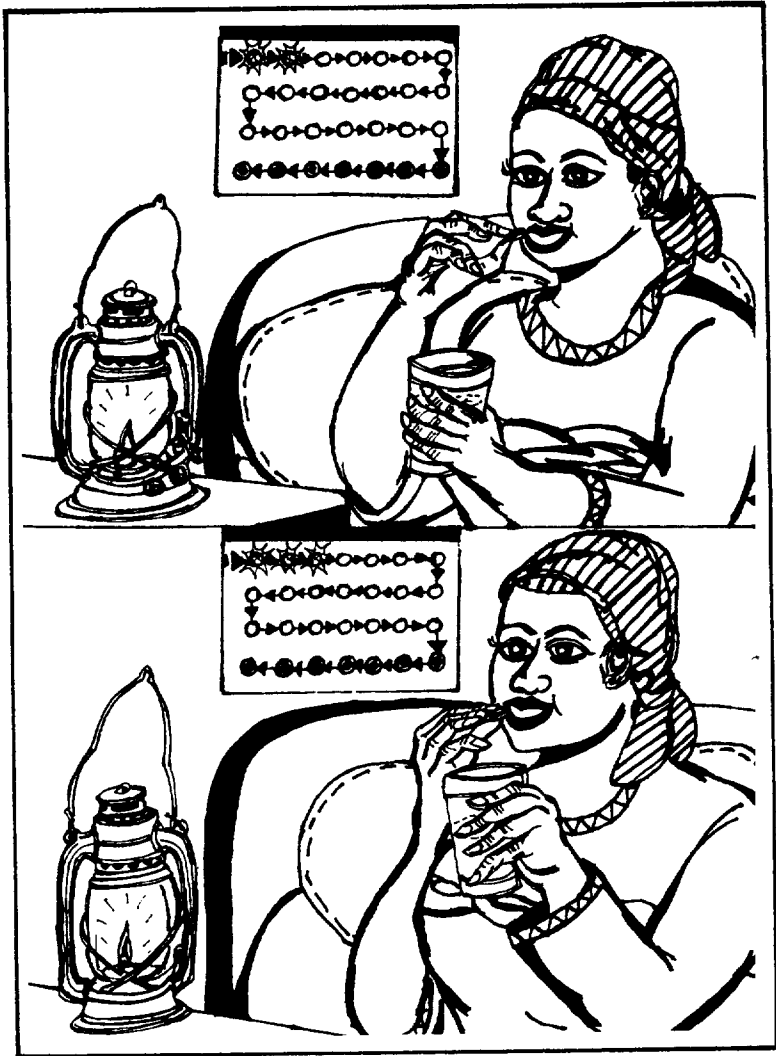
Ma'aikaciyar jinya ta baiwa Uwargida kwalin kwayoyi kuma ta gaya mata ta soma shan kwaya na farko, a rana ta biyar da soma al'ada.



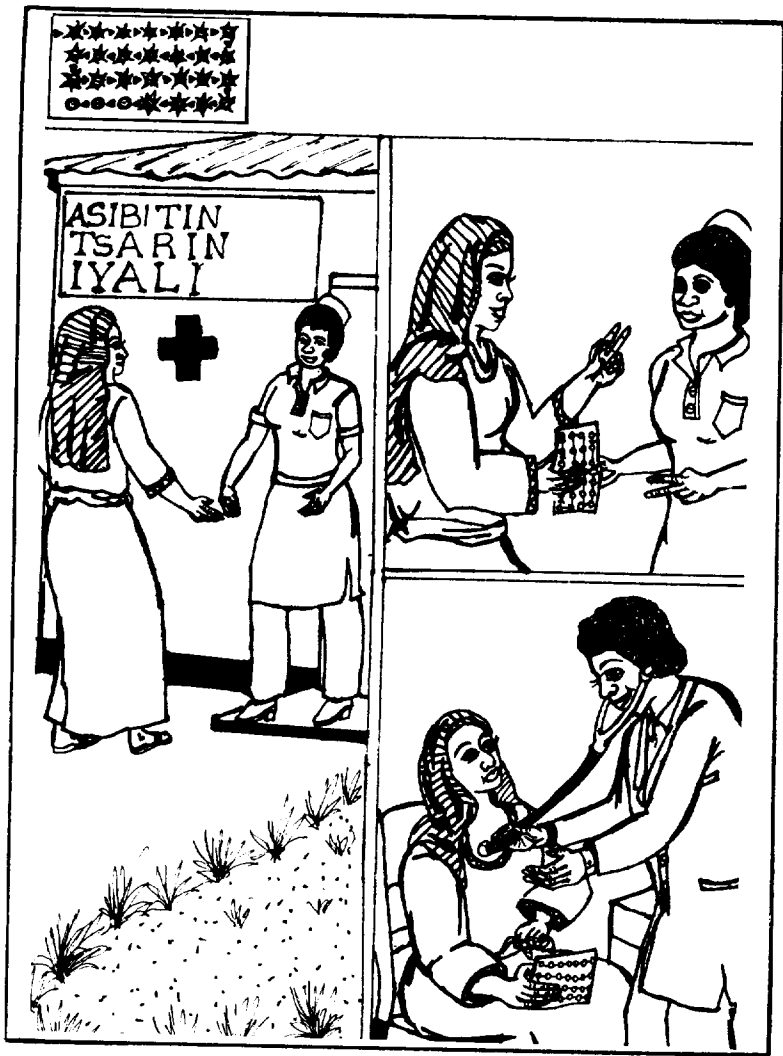
Uwargida taadana maganin inda yara ba zasu taba ba.



Uwargida ta hadiyi maganin da dare yini na biyar da fara al'adarta.



Ta sake hadiyar kwaya washegari da dare, Daga nan kuma sai wan-shekare da dare, daga nan ta ci gaba da hadiyar kwaya daya kullum dare.



Idan Uwargida tayi kusan shanye kwalin farko, sai ta koma asibiti, don a sake dubata a bata kwali na biyu.



Bayan ta shanye kwalin farko wato kwayoyi 28 sai ta bude kwali na biyu washegari da dare ta soma sha.



Mata na iya ci gaba da zarafuffukansu hankali kwance bayan sun yi amfani da riga-kafin kwayoyi.



Bayan Uwargida ta gama amfani da kwalin magani na farko da na biyu, sai ta koma ga kwali na uku inda zata ci gaba da hadiyar dai-dai kowanne dare.



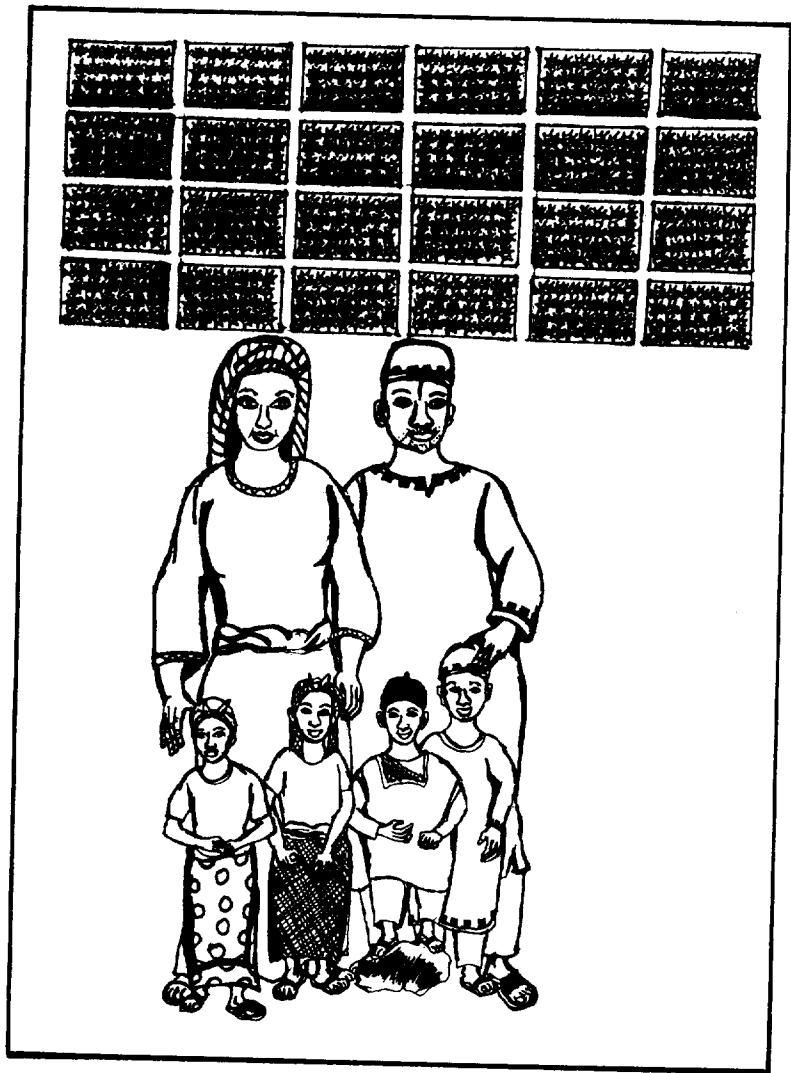
Wasu mata kan sami ciwon-kai, jiri, rudewar ciki da kuma barkewar jini a lokacin da suka fara amfani da maganin. Wannan rikicewar jiki ba wani abin damuwa bane, kuma galibi jiki kan warware sarai bayan watanni uku. Idan har Uwargida bata gamsu ba, sai ta koma asibiti don a bata shawara.



Idan Uwargida ta manta bata sha kwayar maganin ta da dare ba, to sai ta sha shi da sanyin safiya kashegari. Sa'annan ta sha na wannan rana kamar yadda ta saba akan lokaci.



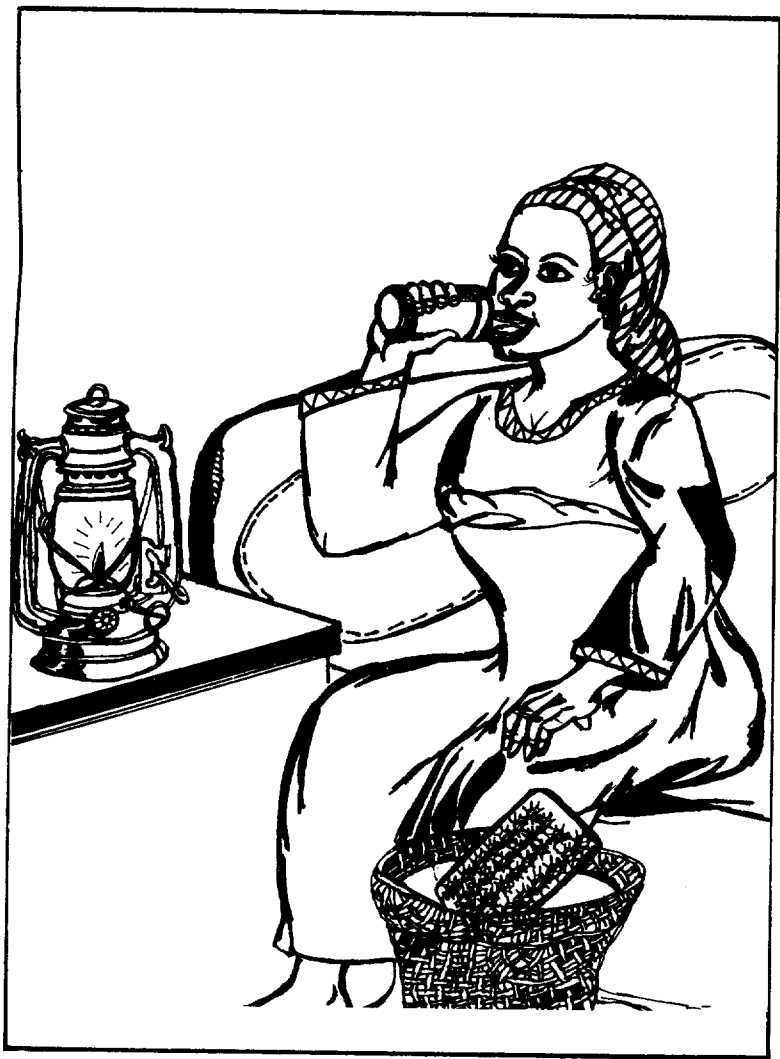
Idan Uwargida tayi tsallaken kwanaki biyu bata sha maganin ba, to sai ta koma asibiti ta sanar da su ma aikaciyar asibiti zata gaya mata abinda zata yi. To amma idan bata sami sukunin komawa asibitin ba, sai ta sha kwara biyu, sa'anana ta ci gaba da shan maganin kamar yadda ta saba, kuma tilas ta yi amfani da wani riga-kafin daukar, ciki, malafar matunci ko kuwa maigida ya sanya hular mazakuta.



Iyali zasu kasance masu cikakken farin ciki da kuma koshin lafiya idan Uwargida tana amfani da maganin riga-kafin daukar ciki akai-akai, domin wannan zai kawar masu da fargabar yin kunika.



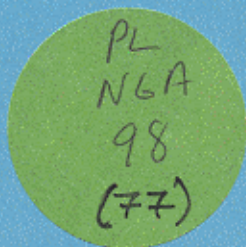
Maigida da Uwargida suna jin lokaci ya dace masu su sake samu haihuwa.



Uwargida ta kare kwalin maganin da take sha, sai ta dakata.



Iyali yanzu suna cike da farin ciki saboda yaron da Uwargida ta haifa ya girma sosai kuma ta sake samun juna biyu. Kuma maganin riga-kafin da ta rika amfani da shi ba zai yi illa ga abin da zata haifa ba.



Planned Parenthood Federation of Nigeria

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