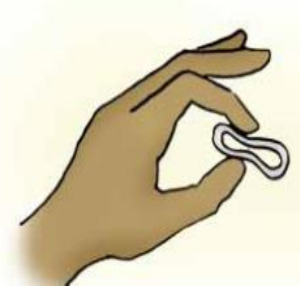


Kungani kunesidingo seringi yesitho sowesifazane sangasese sangaphambili ukuvikela iHIV?

Ukunikeza izindlela zokuvikela iHIV okungakhethwa kuzo kubalulekile ngoba owesifazane ngamunye angaba nezidingo ezihlukene. Amaringi esitho sowesifazane sangasese sangaphambili anganikeza izinzuzo eziningana:

- **Isebenza isikhathi eside:** Amaringi esitho sowesifazane sangasese sangaphambili ashuthekwa bese eshiywa ngaphakathi esithweni sangasese isikhathi esiyinyanga. Lokhu kungasiza abesifazane abathola kunzima ukukhumbula ukusebenzisa umkhiqizo nsuku zonke noma ngesikhathi benza ucansi.
- **Ubulula bokuyisebenzisa:** Abasifazane abaningi bathola iringi kulula ukuyishutheka nokuyikhipha.
- **Ukuphepha:** Ucwangingo luveze ukuthi iringi iphephile ukuthi isetshenziswe.
- **Ubumfihlo:** Amaringi esitho sowesifazane sangasese sangaphambili angashuthekwa abuye akhishwe ngasese. Abanye besifazane bangakujabulela ubumfihlo uma bengafuni ukuthi abanye bazi ukuthi basebenzisa umkhiqizo wokuvikela iHIV.



Isebenza kanjani iringi yesitho sowesifazane sangasese enedapivirine?

Uma iringi isesithweni sowesifazane sangasese sangaphambili, umshanguzo wedapivirine udedeleka kancane. Idapivirine isebenza ngokuvimbela iHIV ukuthi iziphindaphinde, ngalokhu uma owesifazane esengcupheni yeHIV ngesikhathi iringi yedapivirine isendaweni, igciwane lisemathubeni amaningi okufa ngaphambi kokusabalala emzimbeni wakhe. Ucwangingo luveze ukuthi iringi yedapivirine yesitho sowesifazane sangasese sangaphambili inganciphisa amathuba okuthetheleka kowesifazane ngeHIV. Uma isetshenziswa njalo, kubandakanya uma enza ucansi noma esesikhathini, ubungozi bokuthetheleka bungaphansi kakhulu.

Ingabe kulukhuni ukuyishutheka noma ukuyikhipha iringi?

Abesifazane abaningi bathola iringi kulula ukuyishutheka nokuyikhipha. Akukho ketshezi oludingekayo ukuyishutheka iringi, kodwa amanzi angasetshenziswa uma kunesidingo. Uma iringi ifakwa ngendlela, abesifazane abaningi abayizwa.

Ingabe iringi ingancibilika noma ilahleke ngaphakathi emzimbeni?

Cha. Iringi ngeke incibilike. Esikhathini esingangenyanga, umshanguzo wedapivirine uyadedeleka kancane kodwa iringi uqobo lwayo ayiguquki. Iringi ngeke iphusheke iye phezulu kakhulu noma ilahleke emzimbeni ngaphakathi.

Ingabe iringi izophuma?

Lokhu akuvamisile, kodwa kungenzeka. Uma abesifazane bekhathazekile ukuthi iringi isiphumile, bangasebenzisa njalo umunwe wabo ukubheka ukuthi isashuthekiwe yini noma ukuyibeka ngendlela iringi. Uma iringi iqathaka, ingayakazwa ngamanzi ahlanzekile bese iyashuthekwa futhi.

Ingabe ikhona imithelela emibi ngokusebenzisa iringi?

Ucwangingo luveze ukuthi iringi enedapivirine yesitho sowesifazane sangasese sangaphambili iphephile ukushiywa ishuthekiwe isikhathi esingangenyanga ngayinye. Ayiwuguquli ubungako noma ukuma kwesitho sowesifazane sangasese sangaphambili, ibange umdlavuzo wesibeletso, noma iholele kwezinye izinkinga zezempilo ezibalulekile. Iringi ayiyiphazamisi indlela yokuya esikhathini yowesifazane.

Ingabe abesifazane noma ophathina babo bazoyizwa iringi ngesikhathi benza ucansi?

Abanye besifazane nophathina babo bangayizwa iringi esithweni sangasese sowesifazane sangaphambili ngesikhathi benza ucansi, kodwa lokhu ngeke kwalimaza noyedwa kubona. Abasifazane bayagququzelwa ukuthi baxoxe ngokusebenzisa iringi nophathini babo. Ukushiya iringi ishuthekiwe ngezikhathi zonke, kubandakanya ngesikhathi sokwenza ucansi, kunikeza ukuvikeleka okukhulu kwiHIV.



Kwenzekani uma abesifazane bekhulelwa iringi ibe ishuthekiwe? Ngabe kuzoyilimaza ingane?

Abacwaningi abakazi ukuthi idapivirine ingaba nomthelela onjani enganeni yowesifazane uma esebenzisa iringi ngesikhathi ekhulelwe. Ngenxa yalokhu, abesifazane bayacelwa ukuthi basebenzise okokuvikela ukukhulelwa ngesikhathi basebenzisa iringi, futhi bayeke ukusebenzisa iringi uma bekhulelwe. Kusahlwelelwa ucwangingo oluzobheka ukuthi ingabe iphephile yini iringi yesitho sangasese sowesifazane sangaphambili uma isetshenziswa ngenkathi ekhulelwe.



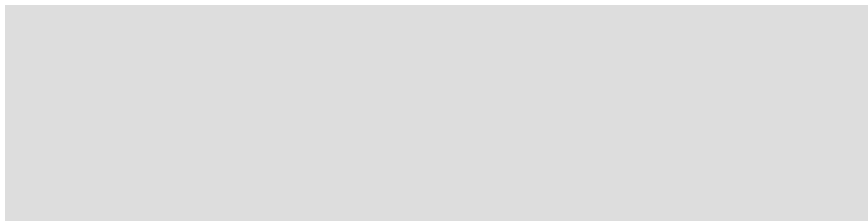
Ingabe kukhona owesifazane okumele akugweme ngesikhathi esebenzisa iringi?

Nakuba usebenzisa iringi, izindlela ezivumelekile zesitho sangasese sowesifazane sangaphambili ezamukelekile ziyagqugquzelwa abasebenzi baseklinikhi. Abesifazane akufanele basebenzise izigezo, izinsipho, noma ezinye izikhucululi

ukuhlaza ingaphakathi lesitho sabo sangasese. Abesifazane akufanele basebenzise amakhambi noma ezinye izinto ukomisa noma ukunciphisa isitho sangasese sowesifazane sangaphambili. Lezinqubo zinobungozi futhi zinganyusa amathuba ezifo zesitho sangasese sangaphambili sowesifazane.

Ngesikhathi usebenzisa iringi, ukusetshenziswa kwama diaphragms, nezinkomishi zokuya esikhathini kanye nezivimbo zesibeletho akugqugquzelwa kanye nokusetshenziswa kwamaringi esitho sowesifazane sangasese sangaphambili avimbela ukukhulelwa akuvumelekile. Abesifazane bangasebenzisa amathemponi, amakhondomu abesilisa nabesifazane, izibulali sidoda, izithambisi, iIUCD (iluphu), neminye imishanguzo yodokotela yesitho sowesifazane sangasese sangaphambili noma izinsiza abaziyalelwe udokotela.

Uma unemibuzo noma udinga ulwazi olwengeziwe, sicela uvakashele eklinikhi yocwaningo:



Version 1.0, Zulu, 24 May 2016

HOPE

Out of ASPIRE, there is HOPE



Andrew Loxely

Imibuzo evame ukubuzwa mayelana neringi yeDapivirine yesitho sowesifazane sangasese sangaphambili