



# Women Help Women



## NJILA YABWINO YOCHOSELA MIMBA NDI MAPILISI A MISOPROSTOL

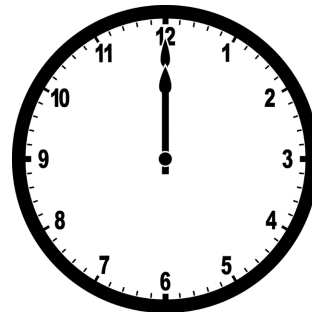
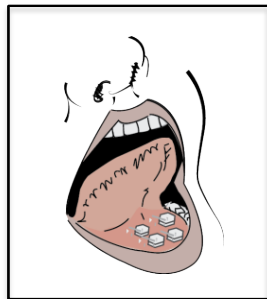
Poyamba (1)

Osakhala wekha! Khalani ndi nzanu mwinamwake ufuna kupita ku chipatala



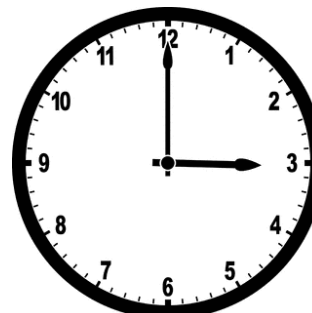
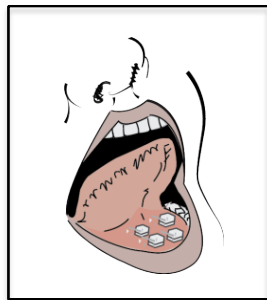
Kachiwili (2)

Ikani mapilisi anayi (4) a Mesoprostol pansi pa lilime lanu kwa phindi makumi atatu (30 minutes)



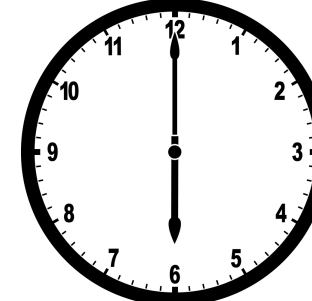
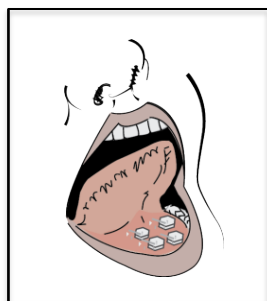
Kachitatu (3)

Pakadusa ma ola atatu (3hours), Ikaninso mapilisi anayi (4) a Mesoprostol pansi pa lilime lanu kwa phindi makumi atatuso (30 minutes)



Kachinayi (4)

Pakadusanso ma ola ina atatu (3hours), Ikaninso mapilisi anayi (4) a Mesoprostol pansi pa lilime lanu kwa phindi makumi atatuso (30 minutes)



# NDIMVA CHAIN MIMBA YANGA IKAYAMBA KUCHOKA



Kuwawa kwa  
mimba  
(kupotokola)  
+  
Magazi amayamba  
kutuluka



**DIZOSATIILA ZITI ZIMENE  
ZIONEKE NDIKAMWA MAPILIWA (NDIMVA  
BWANJI NDIKAMWA MAPILISIWA)**



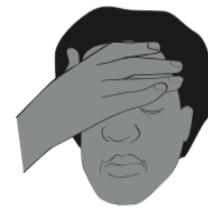
Kusengula  
m'mimba



*Kusanza*



Kuwawa kwa  
thupi



Kupweteka kwa  
mutu



**NDINGAZIWEZI BWANJI KUTI NDIKUFUNA  
KUPITA KU CHIPATALA**



**Kutaya magazi kwambiri:**  
Kusithata ma pad awiri pa  
ola limozi (1 hour)  
Pa ma ola awiri (2hours)



**Kutetha kwa thupi:**  
Kudusa 38° or 38° mpakana  
ma ola 24 (24 hours)



**Kuwawa kosiyasiyana:**  
Kuwawaa kopyolela ma  
ola ochepa

Mukufuna chithandizo chambiri?  
Pitani pa: [www.womenhelp.org](http://www.womenhelp.org)  
Email: [info@womenhelp.org](mailto:info@womenhelp.org)

Translated by: Center for Girls and Interaction (CEGI Malawi)

