Fact Sheet - Lao

ຢາສັກຄຸມກໍາເນີດ - DMPA

The Contraceptive Injection - DMPA

ຢາສັກຄຸມກໍາເນີດແມ່ນຫຍັງ (DMPA)?

DMPA ແມ່ນໂຕຫຍໍ້ສໍາລັບ Depot Medroxyprogesterone Acetate. ນີ້ແມ່ນຢາຄຸມກໍາເນີດແບບສັກ. ຢາສັກຄຸມກໍາເນີດທີ່ມີຈໍາໜ່າຍຢູ່ໃນອອສເຕຣເລັຍເອີ້ນວ່າ Depo-Provera® ຫຼື Depo-Ralovera®. ນີ້ແມ່ນທາດເຄມີຊະນິດໜຶ່ງຄ້າຍໆກັບຮໍໂມນທີ່ເອີ້ນວ່າໂປຣແຈສເຕຣອນ, ເຊິ່ງຜລິດໂດຍຮວຍໄຂ່. ຢາສັກ DMPA ແຕ່ລະເຂັມຈະປ້ອງກັນບໍ່ໃຫ້ແມ່ຍິງຕັ້ງທ້ອງໄດ້ 12 ອາທິດ.

ຢາສັກຄຸມກໍາເນີດເຮັດວຽກແບບໃດ?

ຢາສັກຄຸມກໍາເນີດຢຸດຮວຍໄຂ່ບໍ່ໃຫ້ປ່ອຍໄຂ່ອອກມາ. ຖ້າໄຂ່ບໍ່ຖືກປ່ອຍອອກມາ, ທ່ານກໍບໍ່ສາມາດຕັ້ງທ້ອງໄດ້.

ຢານີ້ເຮັດວຽກໄດ້ດີປານໃດ?

ມັນໃຊ້ໄດ້ເປັນຜົນລະຫວ່າງ 99% ແລະ 94%ເຊິ່ງໝາຍຄວາມວ່າໃນປີໜຶ່ງແມ່ຍິງຈໍານວນລະຫວ່າງໜຶ່ງຫາຫົກຄົນທີ່ໃຊ້ຢາສັກຄຸມກໍາເນີດຈະຕັ້ງທ້ອງ.

ແມ່ນໃຜສາມາດໃຊ້ຢາສັກຄຸມກໍາເນີດໄດ້?

ແມ່ຍິງຫຼາຍຄົນສາມາດໃຊ້ຢາສັກຄຸມກໍາເນີດໄດ້. ອາດຈະເປັນການດີສໍາລັບແມ່ຍິງທີ່ບໍ່ຢາກຕັ້ງທ້ອງເປັນລະຍະຍາວຊົ່ວລະຍະໜຶ່ງ. ມັນອາດຈະເປັນການດີຕໍ່ແມ່ຍິງທີ່ມັກຫຼົງໆລືມໆກິນຢາ. ຢາສັກຄຸມກໍາເນີດໃຊ້ໄດ້ປອດໄພຖ້າທ່ານໃຫ້ລູກກິນນົມແມ່, ຮວມທັງໃນກໍລະນີທີ່ເດັກນ້ອຍຍັງອາຍຸຕໍ່າກວ່າ 6 ອາທິດ.

ແມ່ນໃຜບໍ່ຄວນໃຊ້ຢາສັກຄຸມກໍາເນີດ?

ແມ່ຍິງບໍ່ຄວນໃຊ້ຢານີ້ຖ້າວ່າເຂົາເຈົ້າອາດຈະຖືພາແລ້ວ. ເຂົາເຈົ້າບໍ່ຄວນໃຊ້ຢານີ້ ຖ້າວ່າມີອາການທາງສຸຂະພາບບາງຢ່າງເຊັ່ນເປັນມະເຮັງເຕົ້ານົມ. ນອກນັ້ນ ກໍບໍ່ເປັນທີ່ແນະນໍາໃຫ້ເປັນທາງເລືອກທີໜຶ່ງສໍາລັບແມ່ຍິງອາຍຸຕໍ່າກວ່າ 18 ປີ ຫຼື ແມ່ຍິງອາຍຸສູງກວ່າ 45 ປີ ເພາະວ່າອາດມີຜົນຂ້າງຄຽງຕໍ່ຄວາມໜາແໜ້ນຂອງກະດູກ. ມັນເປັນສິ່ງສໍາຄັນທີ່ທ່ານຕ້ອງປຶກສາທ່ານໝໍເພື່ອໃຫ້ໝັ້ນໃຈວ່າເປັນການປອດໄພຕໍ່ທ່ານໃນການໃຊ້ຢານີ້.

ມີຜົນຂ້າງຄຽງຫຍັງບໍ?

ປະຈໍາເດືອນມັກມາບໍ່ປົກກະຕິສໍາລັບຄົນທີ່ໃຊ້ຢາສັກຄຸມກໍາເນີດ. ທ່ານອາດມີເລືອດອອກເບົາໆເປັນເວລາສອງສາມອາທິດຫຼືປະຈໍາເດືອນອາດຢຸດໄປເລີຍ. ຍິ່ງທ່ານໃຊ້ຢາສັກນີ້ດົນປານໃດ ກໍຍິ່ງມີແນວໂນ້ມວ່າປະຈໍາເດືອນຈະຢຸດບໍ່ມາ. ອັນນີ້ເປັນເລື້ອງທໍາມະດາ. ແມ່ຍິງບາງຄົນອາດອ້ວນຂຶ້ນ, ມີອາການເຈັບຫົວ, ອາລົມປັ່ນປ່ວນຫຼືຂຶ້ນສິວ ໃນລະຫວ່າງທີ່ໃຊ້ຢາສັກຄຸມກໍາເນີດ. ຜູ້ທີ່ໃຊ້ຢາສັກຄຸມກໍາເນີດເປັນເວລາດົນນານອາດເຮັດໃຫ້ຄວາມໜາແໜ້ນຂອງກະດູກລຶດລົງ, ເຊິ່ງປາກົດວ່າປັບຄືນໄດ້ເມື່ອຢຸດສັກຢາຄຸມ. ໃຫ້ລົມກັບທ່ານໝໍຖ້າວ່າທ່ານມີອາການໃດໆທີ່ທ່ານຄິດວ່າອາດມີສາເຫດມາຈາກຢາສັກຄຸມກໍາເນີດ.

ທ່ານຈະໃຊ້ຢາສັກຄຸມກໍາເນີດຢ່າງໃດ?

ທ່ານໝໍຈະສັກຢາຄຸມກໍາເນີດຈໍານວນນ້ອຍໆໃສ່ກະໂພກຫຼືກົກແຂນຂອງທ່ານ. ປົກກະຕິທ່ານຈະສັກຢາໃນລະຫວ່າງຫ້າວັນທໍາອິດຂອງຮອບເດືອນ (ມື້ທໍາອິດຂອງປະຈໍາເດືອນແມ່ນ ມື້ທີໜຶ່ງ). ເມື່ອທ່ານສັກຢາຕາມເວລາດັ່ງກ່າວ, ມັນຈະປ້ອງກັນບໍ່ໃຫ້ທ່ານຕັ້ງທ້ອງໃນທັນທີ. ທ່ານສາມາດສັກຢາຄຸມໃນພາຍຫຼັງຖ້າວ່າບໍ່ມີເປີເຊັນວ່າທ່ານໄດ້ຕັ້ງທ້ອງແລ້ວ, ແຕ່ວ່າມັນຈະໃຊ້ເວລາອີກເຈັດວັນກ່ອນຢາຈະເປັນຜົນ. ໃນລະຫວ່າງວັນດັ່ງກ່າວ ທ່ານຕ້ອງໄດ້ໃຊ້ຢາຄຸມກໍາເນີດຊະນິດອື່ນເຊັ່ນຖົງອະນາໄມເປັນຕົ້ນ.
ມັນເປັນສິ່ງສໍາຄັນທີ່ທ່ານຕ້ອງສືບຕໍ່ສັກຢາທຸກໆ 12 ອາທິດເພື່ອໃຫ້ໝັ້ນໃຈທ່ານຈະບໍ່ຕັ້ງທ້ອງ.

ທ່ານສາມາດເອົາຢາສັກຄຸມກໍາເນີດໄດ້ຢູ່ໃສ?

ທ່ານຕ້ອງໄປຫາທ່ານໝໍຫຼືຄລີນິກວາງແຜນຄອບຄົວ ເພື່ອຂໍເອົາໃບສັ່ງຢາສໍາລັບຢາສັກຄຸມກໍາເນີດ. ຫຼັງຈາກນັ້ນ ທ່ານໝໍກໍຈະເປັນຜູ້ສັກຢາຄຸມນີ້ໃຫ້ທ່ານ.

ມີຫຍັງອີກແດ່ທີ່ຂ້ອຍຕ້ອງຮູ້?

ເມື່ອແມ່ຍິງຢຸດໃຊ້ຢາສັກຄຸມກໍາເນີດແລ້ວ, ສ່ວນໃຫຍ່ຕ້ອງໃຊ້ເວລາແປດເດືອນຫຼືດົນກວ່ານັ້ນກ່ອນຈະກັບໄປມີຮອບເດືອນຕາມປົກກະຕິ. ເນື່ອງຈາກສາເຫດນີ້, ຈຶ່ງອາດຕ້ອງໃຊ້ເວລາລະຍະໜຶ່ງກ່ອນຈະຕັ້ງທ້ອງໄດ້ຫຼັງຈາກສັກຢາ DMPA.

ຖ້າຕ້ອງການຂໍ້ມູນເພີ້ມເຕີມ

- *ໃຫ້ຕິດຕໍ່ສາຍສົນທະນາຂອງພະແນກວາງແຜນຄອບຄົວແຫ່ງລັດ NSW ທີ່ເລກໂທ 1300 658 886 ຫຼືເຂົ້າໄປເບິ່ງ www.fpnsw.org.au/talkline*
- *NRS (ສໍາລັບຄົນພິການຫູ) 133 677*
- *ຫຼືໄປທີ່ຄລີນິກວາງແຜນຄອບຄົວໃກ້ບ້ານທ່ານ*

ພະແນກວາງແຜນຄອບຄົວ ຣັດ NSW ແມ່ນອົງການທີ່ບໍ່ຫວັງຜົນກໍາໄລ ໄດ້ຮັບການອຸປະຖໍາໂດຍກະຊວງສາທາຣະນະສຸກ ຣັດ NSW.

ຂໍ້ມູນຢູ່ໃນເຈັ້ຍຂໍ້ມູນນີ້ແມ່ນສະໜອງເພື່ອຈຸດປະສົງດ້ານການສຶກສາເທົ່ານັ້ນ. FNPNSW ໄດ້ພະຍາຍາມສຸດຄວາມສາມາດເພື່ອຮັບປະກັນວ່າຂໍ້ມູນນີ້ຖືກຕ້ອງແລະທັນກັບເຫດການ ໃນເວລາພິມ. ທ່ານໃດທີ່ມີຄວາມກັງວົນກ່ຽວກັບການລະບົບສືບພັນ ສ່ວນຕົວຫຼືມີບັນຫາສຸຂະພາບທາງເພດ ເຮົາຂໍແນະນໍາໃຫ້ໄປຂໍຄໍາປຶກສາແລະຂໍຄວາມຊ່ວຍເຫຼືອຈາກແພດຮັກສາສຸຂະພາບຂອງຕົນຫຼືໄປທີ່ຄລີນິກວາງແຜນຄອບຄົວ.
ທົບທວນ: ມິຖຸນາ 2014 | FPNSW 06/14

Fact Sheet - English

THE CONTRACEPTIVE INJECTION - DMPA

What Is The Contraceptive Injection (DMPA)?

DMPA stands for Depot Medroxyprogesterone Acetate. This is the contraceptive injection. The contraceptive injection available in Australia is called Depo-Provera® or Depo-Ralovera®. It is a chemical that is similar to a hormone called progesterone, which is produced by the ovaries. Each injection of DMPA protects a woman from getting pregnant for 12 weeks.

How Does The Contraceptive Injection Work?

The contraceptive injection stops your ovaries from releasing an egg. If no egg is released, you cannot become pregnant.

How Well Does It Work?

It is between 99% and 94% effective which means that between one and six women in every hundred who are using the contraceptive injection will become pregnant in a year.

Who Can Use The Contraceptive Injection?

Many women can use the contraceptive injection. It can be good for women who do not want to be pregnant for quite a long time. It can be good for women who find it hard to remember to take the Pill. The contraceptive injection is safe to use if you are breastfeeding, including if your baby is less than 6 weeks old.

Who Should Not Use The Contraceptive Injection?

Women should not use it if they could be pregnant. They should not use it if they have had some medical conditions such as breast cancer. It is also not usually recommended as a first choice for women under 18 years of age or women over 45 years because of its effect on bone density. It is important to talk to your doctor to be sure it is safe for you to use.

Are There Any Side Effects?

Periods are often irregular with the contraceptive injection. You could have light bleeding for some weeks or your periods may stop altogether. The longer you use the injection the more likely it is that you will stop having any bleeding. This is normal. Some women may gain weight, get headaches, experience mood swings or acne while they are using the contraceptive injection. Long term users of the contraceptive injection may have a small reduction in their bone density, which appears to be reversible when the contraceptive injection is stopped. Talk to your doctor if you get any symptoms that you think might be caused by the contraceptive injection.

How Do You Use The Contraceptive Injection?

The doctor will give you a small injection of the contraceptive injection in your buttock, or your upper arm. You usually have the injection during the first five days of your menstrual cycle (the first day of a period is day one). When you have it at this time, it prevents you from getting pregnant straight away. You can have the contraceptive injection later if there is no chance that you could be pregnant, but it will take another seven days before it is effective. You need to use another method of contraception such as condoms for those days.

It is important that you keep on having injections every 12 weeks to make sure you do not get pregnant.

Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health

The information in this Fact Sheet has been provided for educational purposes only. FNPNSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit a Family Planning Clinic.

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family planning nsw

Reproductive & Sexual Health

How Can You Get The Contraceptive Injection?

You need to go to a doctor or Family Planning Clinic to get a script for the contraceptive injection. The doctor will then give you the injection.

Is There Anything Else I Need To Know?

When women stop using the contraceptive injection, their periods often take eight months or more to return to their regular cycle. Because of this, it can also take quite a while to become pregnant after a DMPA injection.

For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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The information in this Factsheet has been provided for educational purposes only. Family Planning NSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit an Family Planning NSW clinic.