

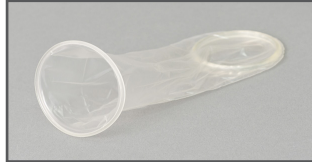
Fact Sheet - Swahili

KIPIRA CHA MWANAMKE

The Female Condom

**Kipira Cha Mwanamke Ni Nini?**

Kipira cha mwanamke ni kama kipira kikuu cha mwanaume. Kina urefu wa sentimita 15. Kina miviringo miwili kila upande ili kukaa vyema ndani ya uke. Upande mmoja wa mviringo umefungwa ili utulie vyema ndani mwa uke wa mwanamke. Upande wa nje u wazi. Mipira mingi imetengenezwa kwa mipira iliyopakwa mafuta. Mipira ya kike imetengenezwa kutokana na plastiki inayofanya mapenzi kusikika kuwa tamu. Kimepakwa mafuta. Mke huvaa kuzuia kupata mimba, pia huzuia kupata magonjwa ya zinaa na viini ya ukimwi.

**Kipira Hiki Cha Mwanamke Hufanya Kazi Vipi?**

Hushika maji ya mwanaume anaposhahawa mbegu kwenye maji, hayawezi kukutana na yai na kusababisha mimba.

Hutenda Kazi Vyema Kiwango Gani?

Ikitumiwa vizuri utendaji wake ni hadi asilimia tisini na tano. Mama watano kati ya mia huenda wapate mimba. Hata hivyo ikitumiwa kama kawaida asilimia sabini na tisa ni hakika. Wanawake ishirini na mmoja kati ya mia huweza kupata mimba. Njia hii inaweza kujumuishwa na njia zingine kama vile kumeza vidonge, sindano, kuvaa chombo kwenye mji wa uzazi, na kufunga mvinja wa mayai. Hupeana uhakika wa kupanga uzazi na kuzuia magonjwa ya zinaa.

Nani Anaweza Kutumia Hiki Kipira Cha Mwanamke?

Kinafaa kwa watu wengi na kimetengenezwa kwa ajili ya wanawake wote. Inaweza tumiwa na wanawake wanaosikia mwasho wanapotumia mipira ilio na mafuta.

Vipira Hivi Hupatikana Wapi?

Hununuliwa kutoka vituo vya kupanga uzazi, kliniki zinazohusika na mambo ya ngono, kliniki zinazohusika na afya ya kina mama na kwenye maduka ya dawa.

Unatumia Vipi Hiki Kipira?

Mviringo wa mwisho wan je unafunika sehemu ya nje ya uke na mlango wa uke, mviringo wa mwisho wa kipira unaingizwa ndani mwa uke. Mwisho huu pia husaidia kushikilia kipira hiki ndani.

Jinsi Ya Kuingiza Kipira Hiki.

- Shika ndani ya mviringo (mwisho wa upande uliofungwa). Fanya pande za mviringo pamoja.
- Ingiza mwisho huu uwezavyo ndani mwa uke ukiachilia mviringo (pete) itashikilia kipira sawa
- Kutumia vidole ndani mwa kipira, sukuma ndani mwa uke. Pete ya nje ibaki nje ya uke ikikalia ngozi (nyama) mbili za uke.
- Hakikisha kipira hakijajikunja.
- Elekeza mboo ndani mwa uke wakati wa mapenzi.



www.fpnsw.org.au | **talkline 1300 658 886** | **duka la vitabu**

huduma za kliniki na habari | elimu na mafunzo | utafiti | maendeleo ya kimataifa

Huduma wa upangaji wa uzazi NSW ni shirikia isiyo ya faida inayofadhiliwa na wizara ya afya NSW

Maelezo haya yote imetolewa kwa madhumuni ya elimu tu-FPNSW imehakikisha kwamba maelezo yote ni sahihi hadi tarehe ya kuchapishwa. Watu wenye wana wasiwasi kuhusu suala la afya yao ya uzazi au ngono wana hamasishwa ama kutiwa moyo kutafuta ushauri na usaidizi kutoka kwa huduma ya afya au kutembelea kliniki ya upangaji uzazi
Marejeleo: Juni 2014/ FPNSW 06/14

Jinsi Ya Kutoa Kipira Hiki.

Kutoa kipira hiki baada ya ngono. Zungusha pete ya nje na uchomoe kipira. Kifunge kipira ndani ya karatasi kasha tupa kwa pipa la taka.

Mambo Ya Kukumbuka.

Kipira hiki hutumiwa MARA MOJA TU.

Kipira hiki hakiwezi tumiwa wakati mpenzi wako anatumia kipira cha waume. Hii itatoa kipira cha mwanamke kwa nafasi yake, au kipira cha mime kitateleza.

Kama ulisahau kutumia kipira hiki, au unahisi hakikufanya kazi vizuri, meza tembe za dharura kuzuia mimba kabla ya masaa mia moja ishirini.

Kwa Maelezo Zaidi

- *Wasiliana na upangaji uzazi NSW Simu
1300 658 886 au www.fpnsw.org.au/talkline*
- *NRS (viziwi) 133 677*
- *Au tembelea kituo cha upangaji uzazi kilicho karibu nawe.*

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Marejeleo: Juni 2014/ FPNSW 06/14

Fact Sheet - English

THE FEMALE CONDOM

**What Is The Female Condom?**

The female condom is like a large male condom. It is about 15cm long and has two flexible rings, one at each end, to keep it in place in the vagina. One of the rings is closed and this end rests inside the woman's vagina. The other ring, which is open, rests outside. Most regular condoms are made of latex (rubber), but the female condom is made of polyurethane which can make sex feel more pleasurable. It is prelubricated. A woman wears a female condom in her vagina to prevent pregnancy. It also helps to protect against sexually transmissible infections (STIs) including HIV.

**How Does The Female Condom Work?**

It works by catching the semen when the man ejaculates. Then the sperm in the semen cannot travel up to meet an egg and start a pregnancy.

How Well Does It Work?

When used correctly it is up to 95% effective which means that approximately 5 women out of every 100 women who use the female condom for a year will become pregnant. However with typical (real-life use), it is only 79% effective meaning that 21 women in every 100 may fall pregnant in a year.

Female condoms can be combined with other methods of contraception including contraceptive pills, vaginal rings, contraceptive injections, implants and IUDs. This provides effective contraception and prevents STIs at the same time.

Who Can Use A Female Condom?

It is suitable for most people, and designed to fit all women. It can be used by those who are allergic or sensitive to latex condoms.

How Do You Get Female Condoms?

You can buy female condoms from Family Planning clinics, most sexual health clinics and online. Some women's health clinics and pharmacies also stock them.

How Do You Use The Female Condom?

The ring at the open end covers the area around the opening of the vagina. You use the inner ring to insert the female condom. It also helps to hold the female condom in place.

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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. Reviewed May 2014/FPNSW 05/14

How To Insert The Female Condom

- Hold the inner ring (the closed end of the condom) and squeeze the edges of this ring together
- Insert this end as far as possible into the vagina. Upon release, the ring will open to hold the condom in place
- With your fingers inside the condom, push it up into the vagina. The outer ring should remain outside the vagina, resting against the labia
- Be sure the condom has not twisted
- Guide the penis into the vagina during sex

How To Remove The Female Condom

To remove the condom after sex, twist the outer ring and pull the condom out. Wrap it in some tissue and dispose of the condom in a rubbish bin.

Things To Remember

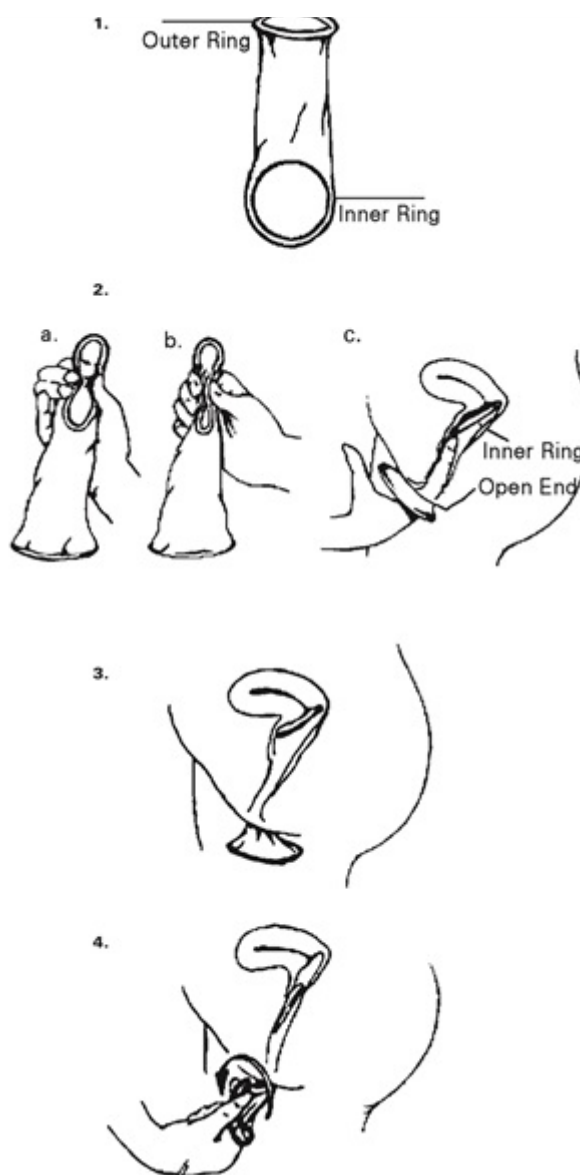
Each female condom can be used ONE TIME ONLY.

The female condom CANNOT be used with the male condom. This could make the female condom move out of place or the male condom could slip off.

If you forget to use the female condom or you feel that it has not worked properly, you can buy the emergency contraceptive pill from a pharmacy. The emergency pill can be used within 120 hours of unprotected sex to reduce the chance of getting pregnant.

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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Family Planning WA 08 9227 6177 | Family Planning Welfare Association of NT 08 8948 0144

Sexual Health and Family Planning ACT 02 6247 3077 | SHine SA 08 8300 5300