



THE REPUBLIC OF UGANDA

# FAMILY PLANNING METHODS



**A Flipchart for  
Community Health Workers**

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# ADVICE FOR COMMUNITY HEALTH WORKERS

- Welcome your clients.
- Face your clients. Hold the flipchart so you can read the back.
- Hold the flipchart so your clients can see the pictures.
- Point to the pictures while you talk.
- Ask questions and encourage discussion. Smile. Be open and friendly.
- Speak clearly and use words your clients understand.
- Ask clients if they have questions.



This cross means that you must refer your clients to a local health clinic for more information. The back page of this flipchart has a table for listing where your clients can find these clinics.

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# TAM BOT OTIC ME YOT KOM IKIN PACO

- Jol wele.
- Nen wele atira. Mak papara no wek ikwan yonge.
- Mak papara no wek otwo nen cale iye.
- Nyute cale no kun iloko kedgi.
- Peny-gi, di cunyi wek ilee tam, bwonyi. Bed agonya wek ibedu dyere.
- Lok atir dok ite kobo leb agin oniang.
- Peny-gi ka otye kede apenyoro.



Yat ogire-no nyutoni myero icwal otwo-no iot yat ame tye iyi akina paco-no pi nwongo ngec okene. Inge papara-ni tye kan ame onyuti kwene ame iromo cwalo atwo-ni iot yat.

## GIN ATYE IYE:

- |  |                               |
|--|-------------------------------|
| 1 Tam bot otic me yot kom ikin paco                | 9 Yat pico                    |
| 2 Lagaro nywal obedo ngo?                          | 10 Doto atin (LAM)            |
| 3 Two jonyo kede lagaro nywal                      | 11 Tigo dwe                   |
| 4 Kom co me nywal                                  | 12 Gin aketa iyi iwura (IUD)  |
| 5 Kom dako me nywal                                | 13 Gin aketa ite del bad dako |
| 6 Iwie wie yore me lagaro nywal                    | 14 Ngolo iceke adako          |
| 7 Roc bol (condom) opira aruka-aco                 | 15 Ngolo ceke ico             |
| 8 Yat amwonya me lagaro nywal<br>kede yac me atura | 16 Papara kan ame oromo cwalo |

## AICORIO KANU IKESWAMAK AKIRO NU ANGALEU KOCAALOI

- Kijau itunga lu isisianakini ijo.
- Kosenen itunga lu isisianakini ijo. Kiting acaat koipone lo isipedoori ijo aisiom kauke.
- Kiting acaat koipone lo isipedoori itunga lu isisianakini ijo aite aputosia ke.
- Kododanari aputosia iwuta einer.
- Koinanakini aingiseta ido kocamak itunga einer nu ewomitos kesi. Komuyoonor. Ikenyikenyi akiro ido kojaasi k'etau lo epukoro.
- Kiner koipone lo ecai ido itwasamai akiro nu epedoritos itunga lu isisianakini ijo aijen.
- Kingit lu isisianakini ijo arai ejaasi kesi adio aingiseta.

Apolou k'ejenunet kalo, kalo eputos k'emusalaba, nes atemar ebe edolit ijo aijukar itunga kon toma okilini lo k'atutubet kanu adumun nuipu.



Inomanakitai isadukun kau na acaat kana tetere aiwadikaanakin aiboisio nu epedorete itunga lu isisianakini ijo adumakin ikilini ngul.

### Nu ejaasi toma:

- |  |  |
|--|--|
| 1 Aicorio kanu ikeswamak akiro nu angaleu<br>kocaaloi                    | 9 Ikee lu icumanakinio k'opiso                 |
| 2 Alaanakin auri nes inyo?   | 10 Aitanak (LAM)                               |
| 3 Ekurut / Adeka na eseny kede nu alaanakin auri                         | 11 Atipe nu imarere elap                       |
| 4 Awate k'ikiliok nu euriere   | 12 Iwaya yen irupakino auries<br>k'aberu (IUD) |
| 5 Akuan k'aberu na euriere   | 13 Ikee luedonyonokinio<br>akan k'aberu        |
| 6 Iponesio lu iswamaere k'aurianut                                       | 14 Aiwen aliligen                              |
| 7 Akondomun (amopiiran nu aelo)  | 15 Aiwen ipiin k'ekiliokit                     |
| 8 Ikee lu iliko, nepepe ka iboro lu itwasamao<br>kanu aitikokina apotuun | 16 Acaat na Irereonoro                         |



This flipchart was produced by:

**The Family Planning Revitalization Group**



## WHAT IS FAMILY PLANNING?

Family planning is about deciding when to have children.

A couple or an individual decides:

- when to start and when to stop having children.
- how many children to have.
- how often to have children.

The benefits of family planning:

- keeps children and mothers healthy.
- gives mothers time to rest between pregnancies.
- helps a family better manage its resources.

## LAGARO NYWAL OBEDO NGO?

Lagaro nywal obedo yore ame itamo kede awene ame myero inywal kede itino.

Onyom kede ngat atye kene otamo kede:

- Awene me cako kede awene me giko nywalo otino.
- Wel itino adii amyero onywal.
- Inge kare arom mene amyero nwong kede itino.

Gin aber me lagaro nywal:

- weko itino kede toto-gi bedo akom-gi yot.
- Mio toto kare me weo ikin yac.
- Konyo onywal kede itino-gi me gwoko lim-gi aber.

## ALAAKIN AURI NES INYO?

Ikamunitos nu alaanakin auri aitutub apak na edolitor adumun idwee.

Ekiliokit kede kanakowaiké, araibo nat itunganan idio da kere, kes itutubete:

- apak nageunet kede da na itananget auri idwee.
- enaaba lo idwee lu ebeit kesi adumun.
- epone lotupanakinet idwee kec.

Ajokusio nu alaanakin auri:

- idari idwee kede nukatoto ongaleete.
- einakini nukatoto apak na iyengunet eringa ber bobo epotuuno.
- ingarakini ekale aitwasam iboro lu ejaatatar kojokan.



## **HIV / AIDS and FAMILY PLANNING**

What are the most important things your clients should know about HIV / AIDS and family planning?

- Condoms are the **ONLY** method of family planning that protects partners from passing HIV to each other.
- The other eight methods of family planning do **NOT** protect against HIV or STIs.
- It is important for couples to go **TOGETHER** for an HIV test and to know each other's results.
- When a couple has tested together, they can make good decisions about avoiding HIV infection or seeking treatment if one or both of them are HIV positive.
- When a couple has tested together, they can prevent passing on HIV to their unborn children. Family planning is safe for people who are HIV positive.

## **TWO JONYO KEDE LAGARO NYWAL**

Jami ngo apiregi tek ame otwo myero nge akwako two jonyo kede lagaro nywal?

- Opira roc bol en obedo yore acel keken ame lagaro nywal kede gwoko onyom kede jo aperu onyomo me kobo two jonyo bot owote-gi.
- Yore okene aboro ame me lagaro nywal pe gengi nwongo two jonyo onyo twoe okene me mit.
- Pire tek bot jo onyomere me wot karacel me pimo two jonyo kede me ngeyo adwogi me pimere angkat acel acel.
- Ka jo onyomere opimere karacel, gin oribo tamgi kengi ikit yore ango ame otwero gwokere ikom two jonyo nyo yore me nwongo yat ka ngat acel onyo gin ducu otye kede two jonyo.
- Ka onyom opimere karacel, gin gengo kite me kobo two bot itino-gi ame pwod tye iyic.
- Lagaro nywal ber pi jo ame tye kede two jonyo.

## **EKURUT / ADEK NA ESENY kede NU ALAANAKIN AURI**

Anyoika nu epolok nu edolit itunga lu isisianakini ijo aijen kanu ikamunitos ekurut /adeka na eseny kede nu alaanakin auri?

- Aitwasam akoodomun nes eipone ediopet BON kotoma oponesio kere lu elaanakinere auri lo epedori aitikitik ekurut lo eseny eikop kane ejai ekiliokit kede aberu.
- Iponesio kwi ikany kauni lu elaanakinere auri kes mam cut eyuarete itunganana kama ejai ekurut lo eseny araibo adekasinei nu ikopas kotoma aelo.
- Ibusakit cut ikiliok kede angor kec AUPAR ainwakio ekurut lo eseny kede da ajenun ejautene kanginidiopet kanu ikamunitos ainwakio ngin.
- Ne inwakiatar ekiliokit kede aberu awate kec nepepe, epedorete do kesi aitutub aswam nu ejokuka kanu ainac cut aikamun ekurut lo eseny araibo kanu amoun amukian arai inwakunitai ebe ejaatar idiopet kakesi araibo kesi kere kede ekurut lo.
- Ne inwakiatar ekiliokit kede aberu awate kec nepepe, epedorete do kesi aitikitik ekurut lo aikopakin ne ejaasi idwee kec lu epotuuno.
- Eamei cut adio ationus kotoma alaanakin auri kanu itunga lu ejaatar kede ekurut lo eseny.



## **MALE REPRODUCTIVE ORGANS**

The man's reproductive organs include a penis and two testes. The testes are where the man's sperm is made.

During sexual intercourse the sperm travel from the testes through the tubes. A milky liquid called semen is mixed with the sperm as it moves through the tubes. The milky liquid containing sperm travels out the penis and into the woman's vagina. The sperm move up the vagina and into the womb.

## **KOM CO ME NYWAL**

Kom co tye kede jami-ni, mane kede tong mane aryo .Tong man en ame kwir aco otio iye.

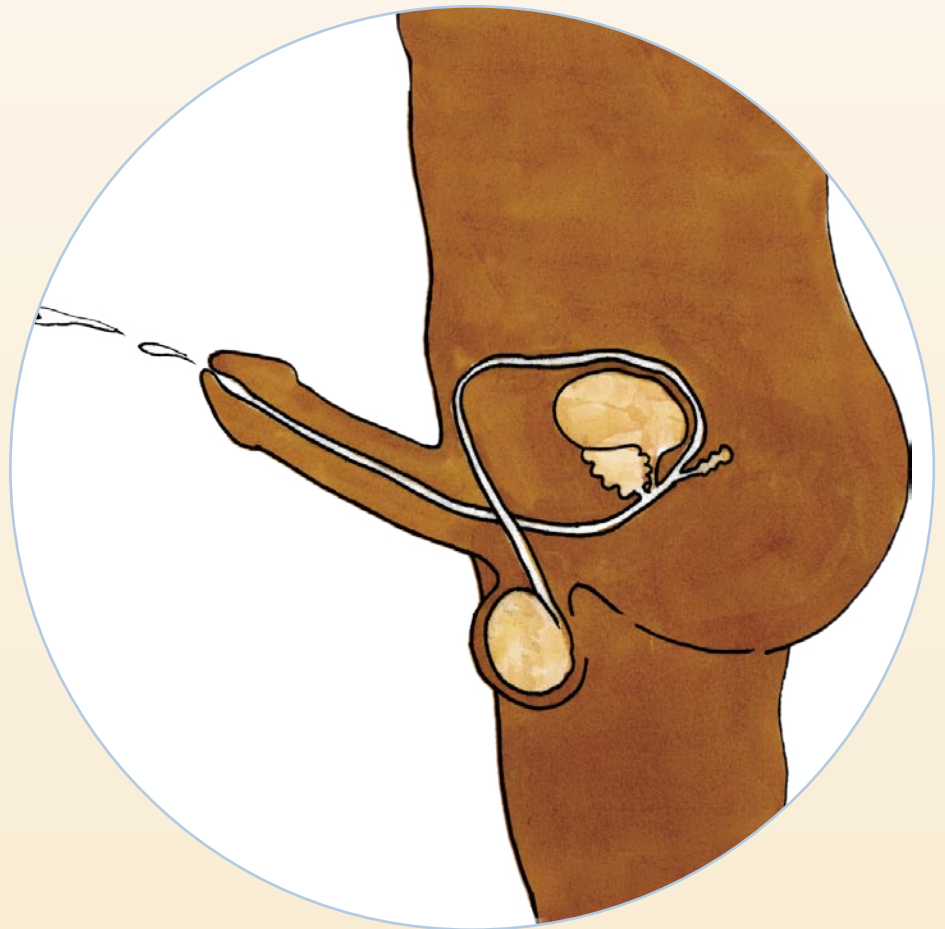
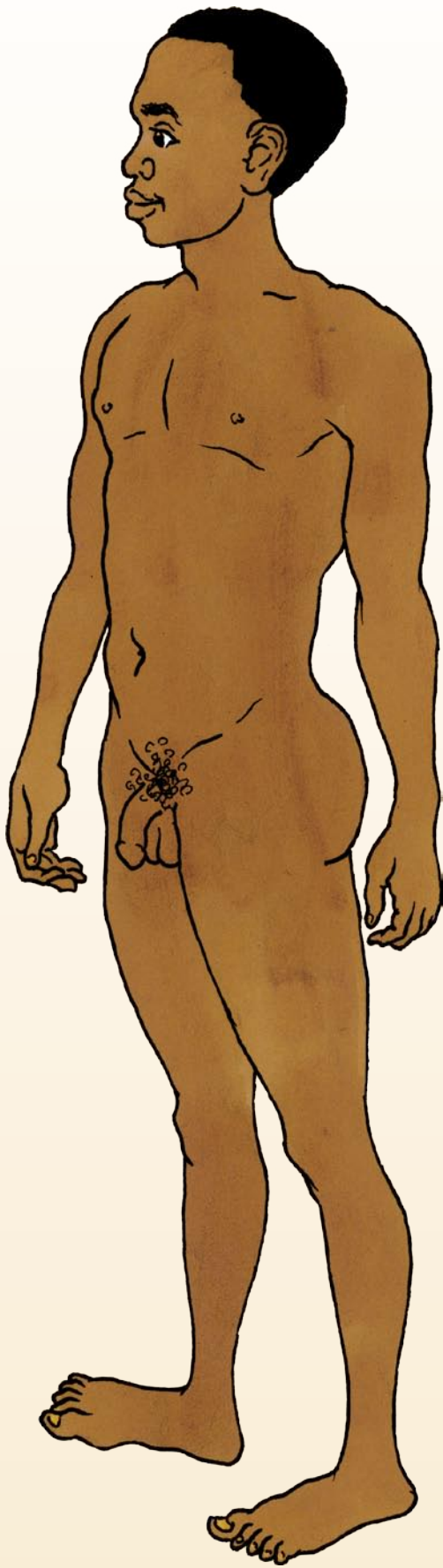
Ikare me ribere butu, kwir mol itong man te beo iyi iceke. Pii ame obedo cacak ame tye kede kwir pelo oko iman te molo ikom dako me nywal. Kwir woto naka iyi Kom dako me nywal naka dong iyi iwura.

## **AWATE K'IKILIOK NU EURIERE**

Awate k'ikiliok nu euriere kes imoriaritos edino kede itou iarei. Ootou nes iswamaununotor adua k'ekiliokit.

Kotoma apak na aelo ekerunete adua anyoun k'ootou itoritos opiin. Imorikikinos do adua ekerete k'opiin kede ikipi lu erurut lu eputos k'akile. Ikipi lu, inyalal kede, adua kesi do elomunete k'odino kosodete alomar aidoole k'aberu. Iyatakinete do adua alosit kotoma aidoole k'aberu toni ne edoliotor auries ke.

# MALE REPRODUCTIVE ORGANS



## FEMALE REPRODUCTIVE ORGANS

The woman's reproductive organs include the vagina and the womb (uterus). A woman also has two ovaries.

Each month an egg comes out of one of the ovaries. The egg moves down a tube into the womb. During and shortly after sex the man's sperm swim from the vagina into the womb. When a sperm meets an egg and they come together, the woman becomes pregnant.

If this does not happen then the egg leaves the woman's body with some blood from the lining of the womb. This is called a woman's period or menstruation.

## KOM DAKO ME NYWAL

Kom dako me nywal tye iye kome me mon kede iwura. Dako tye kede tonge aryo adongo. Iyi dwe acel-acel tonge acel donyo oko ikom tonge aryo adongo-ni.

Tonge- ni mol iyi iceke te wot iyi iwura. Ikare kede Inge butu, kwir aco-ni mol ikom dako me mon te wot iyi iwura. Ka kwir orwate kede tong dako, ote ribere karacel, dako te yac oko.

Ka gini pe otimere eka tonge te weko kom dako me mon kede remo iyi iwura. Man olwongo ni kare me two dwe adako onyo tiyo two dwe.

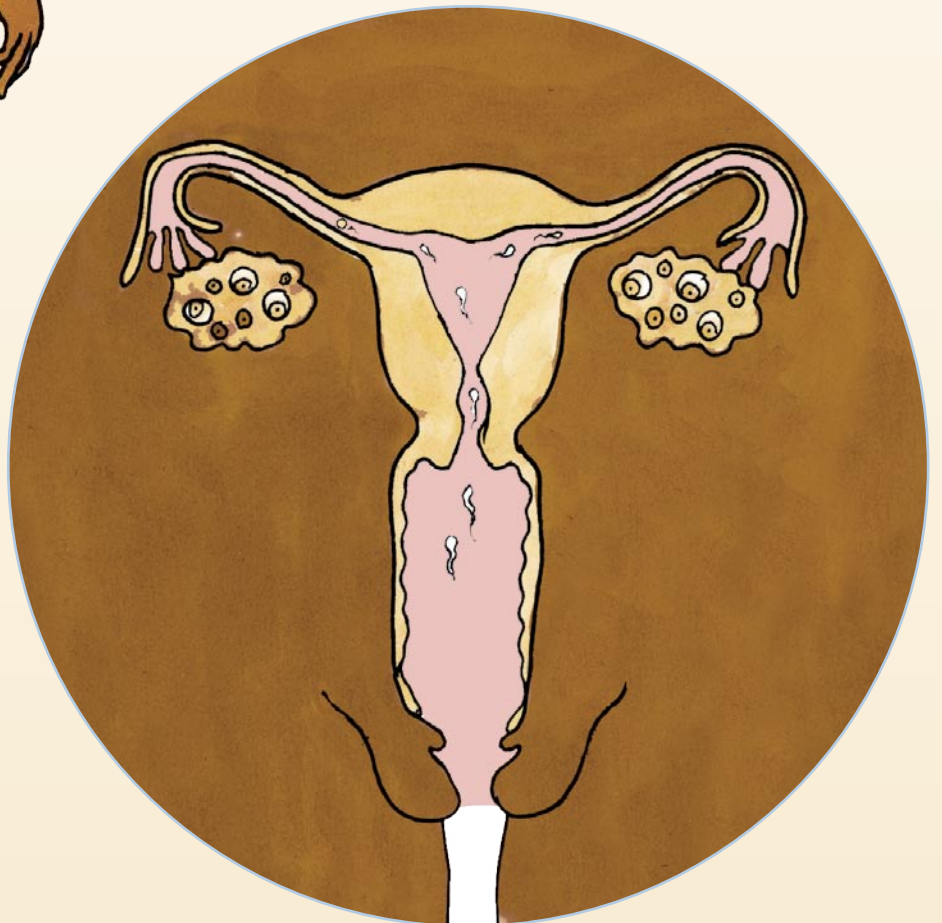
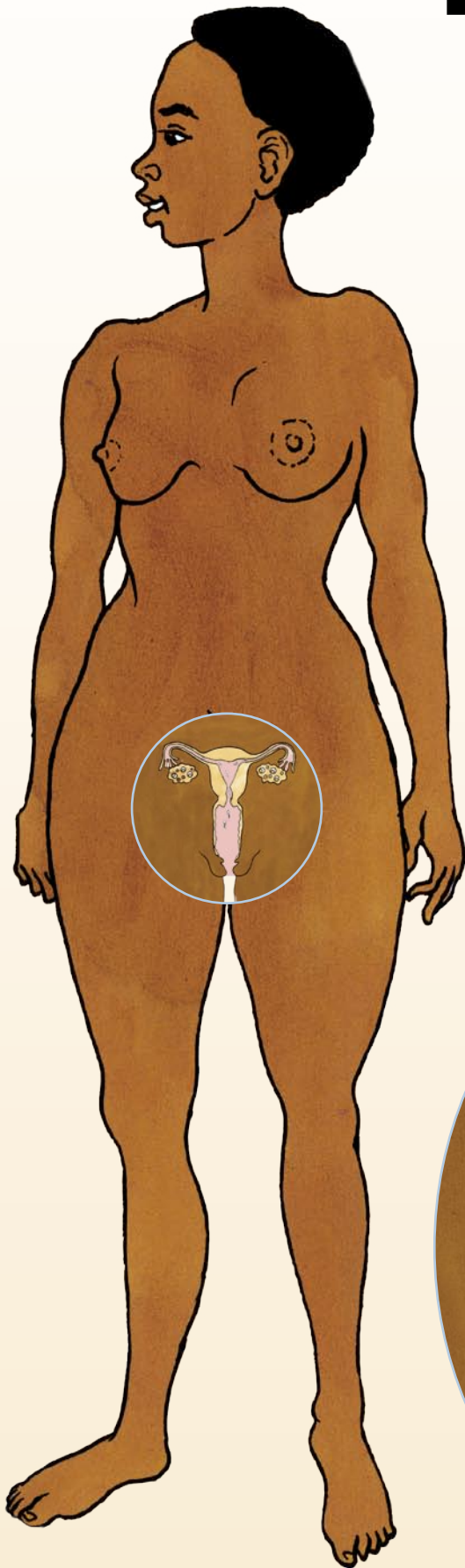
## AKUAN K'ABERU NA EURIERE

Akuan k'aberu na euriere nes imoriarit aidoole kede auries. Ejaatatar da bobo aberu kede abeei aarei nu apolok.

Kangolilap elomuni ibeet yenididi kane ejai adiope kotoma abeei nu apolok. Ijesun do ibeet ngin toni auries itorite aliliget. Kotoma apak na aelo, kede ipak idio da ekaulo, epote do adua k'ekiliokit akerit anyoun k'aidoole toni auries. Iriamakinós adua kede ibeet ngin kosodete aimorikikin, ebuni do aberu apotuun.

Arai mam ngun iswamaunos ebuni do ibeet ngin alomun kotoma akuan k'aberu koupas kede aokot adio nu elomunitos kotoma arwatat na auries. Emaikitai do nen adeka na elap arai adeka elap.

# FEMALE REPRODUCTIVE ORGANS



## SUMMARY OF METHODS

In Uganda, there are 9 family planning methods to choose from. The pictures in this flipchart are colour-coded:

- Pictures with a **GREEN BACKGROUND** are short-acting methods of family planning. These methods last for less than 3 months.
- Pictures with a **BLUE BACKGROUND** are long-acting methods of family planning. These methods last from 3 months to more than 10 years.
- Pictures with a **PURPLE BACKGROUND** are permanent methods of family planning.

## IWIE WIE YORE ME LAGARO NYWAL

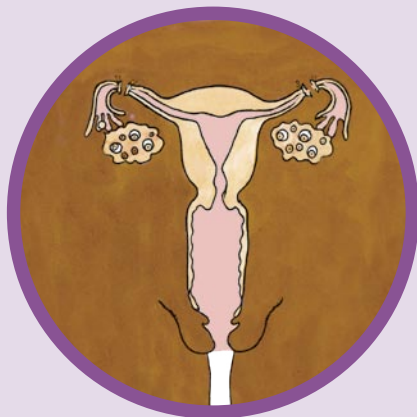
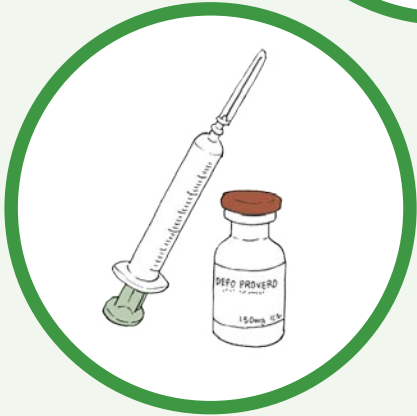
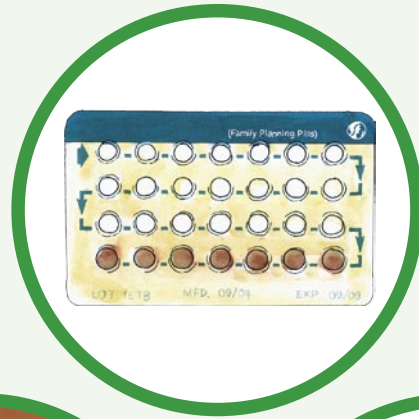
Iuganda, tye yore abongwen apapat me lagaro nywal ame iromo yero iye: Cale ipapara ni tye kede rangi apapat:

- Cale atye kede nge a **ALULUM** ri-pi kare a nonok keken me gwoko lagaro. Yore-ni ri pi dwete adek keken (3 months).
- Cale atye kede nge a **BULULU** ri pi kare a lac twatwal me lagaro nywal. Yore-ni ri pi dwete adek naka pi mwaki a par wiye (3 months - 10yrs above).
- Cale atye kede nge a **PURPLE** obedo yore ame tye pi Kare me kwo ni ducu.

## IPONESIO LU ISWAMAERE K'AURIANUT

Kane ko Uganda ejaasi iponesio lu elaanakinere auri 9 lu ipedoria aseun ediopet. Itwasamatai da ikalai / iraagin luegelegela kanu ajenitor aputosia nu ejaasi acaat na:

- Aputosia nu erai kau kec **ERAAGI LOLIBA (LOGURIIN)** kes itoduunitos iponesio lu elaanakinere auri lu iswamaete adaun apak na euriana bon. Edaunete kesi ilapio lu mam edeparete iuni iswamaete.
- Aputosia nu erai kau kec **ERAAGI LOBULULU (LOBULU)** kes itoduunitos iponesio lu elaanakinere auri lu iswamaete adaun apak na eoj. Edaunete kesi anyoun ilapio iuni toni adepar ilapio itomon iswamaete.
- Aputosia nu erai kau kec **ERAAGI LOMUGE (LOPAPOL)** kes itoduunitos iponesio lu elaanakinere auri lu iswamaete amear cut komam enang.



## CONDOMS

A condom covers a man's penis during sex. It stops sperm from entering the vagina. With condoms, one size fits all.

Condoms are the **only** family planning method that also protect you from HIV and STIs.

Condoms will only work if you use them **correctly** and **every time** you have sex. You should always check the expiry date to make sure the condoms are not out of date.

Some people worry that a condom will get stuck in the woman's body. This cannot happen. If a condom does come off inside a woman's vagina, she can take it out with her fingers.

## ROC BOL (CONDOM) OPIRA ARUKA-ACO

Roc bol onyo opira aruka aco (condom) wumu man; ico icawa me butu. Gengo kwir ico ituno ikom dako. Roc bol romo kit ico moro keken kadi dwong onyo tidi.

Roc bol obedo yore acel me lagaro nywal ame dang gwoki ikom nwogo two jonyo kede twoe ayaa imit ducu.

Roc bol tiyo ka itiyo kede iyore aber-kede icawa ducu ame ibutu. Myero kong inen yonge pok roc bol ka kare mere pwod pe okato.

Jo okene bedo kede lworu ni roc bol romo moko ikom dako me mon. Man pe twero timere. Ka Roc bol odonyo oko iyi kom dako me mon. Dako twero kwanyo kede anyira cinge.

## AKONDOMUN (AMOPIIRAN NU AELO)

Akondom arai amopiira na aelo nes erapi edino k'ekiliokit kotoma apak na aelo. Itikokini adua alomar toma aidoole k'aberu. Kotoma akondomun, esais ediopet bon edolit ikiliok kere.

Akondomun kesi eipone lo elaanakinere auri ediopet **bon** lo da iyuarit kama ejai Ekurut lo Eseny kede adekasinei nu aelo.

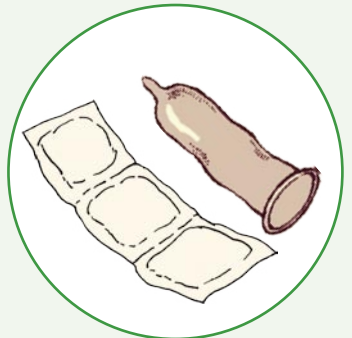
Iswamaete akondomun arai kito itwasamai ijo kes **ejok** kede da **nginipak kere** na ielor ijo. Ekot duc ijo airereonor apaarasia nu iwadikakitai obokis kec kanu aitogogong ebe mam akondomun nu edauna apak kec.

Eminas icie itunga akurian ebe ebuni akondom aiminaikin toma akuan k'aberu. Mam nu epedorete aiswamaun. Araida eutokin akondom toma aidoole k'aberu epedori ngesi airiun nes kinga kede ikebokor.

# CONDOMS



1



2



3



4



5



6



## **PILLS and EMERGENCY CONTRACEPTION**

A woman takes one pill at the same time every day.

There are two kinds of pills:

1. The Progestin Only Pill (POP) is for breastfeeding mothers until the baby is 6 months old.
2. The Combined Oral Contraceptive (COC) is for everyone else.

Some women think pills will make them barren. This will not happen. If a woman stops taking the pill, she will become fertile again in one or two months.

A woman can take emergency contraceptive pills when:

1. she has been raped or defiled.
2. a condom breaks or slips off during sex.
3. she has unprotected sex and wants to avoid pregnancy.

These pills must be taken within 5 days or 120 hours after the sexual act.

## **YAT AMWONYA ME LAGARO NYWAL KEDE YAC ME ATURA**

Dako mwonyo nyig yat acel icawa acel nino ducu.

Yen amwonya tye kwone aryo apapat;

1. Tye Progestin Only Pill (POP) ame tye aber pi dako ame tye adot naka atin tuno dwete abicel (6months).
2. Yat Combined Oral Contraceptive (COC) tye pi mon ducu.

Mon okene tamo ni yat amwonya mio dako pe nywal (doko orange). Man pe timere. Ka dako oweko mwonyo yat (pill), dako bedo amio (romo yac) inge dwe acel onyo dwe te aryo.

Dako romo mwonyo yat yac me atura ka:

1. obuu kede ka obutu kede amwaka mere pwod pe oromo.
2. roc bol oyec onyo oyuc oko ooko ikom ocoo (man).
3. orwate kede ico nono abongo roc bol kun pe imiti me yac.

Yat me a mwonya me yac me atura ni myero omwonyo iyii kine me nine abic onyo cawe 120 inge butu kede ico.

## **IKEE LU ILIKO, NEPEPE KA IBORO LU ITWASAMAO KANU AITIKOKINA APOTUUN**

Ilikori aberu imakereedat idiopet nginipaaran ido isawan da lupoduc.

Ejaasi aputosia aarei nu imakereedan:

1. Lo emaikitai Progestin Only Pill (POP), lo erai kanu angor nu itanakete toni ne edolio ikoku ilapio ikany kape lukapolou.
2. Lo emaikitai Combined Oral Contraceptive (COC), lo epedorete nuce angor da kere ailik.

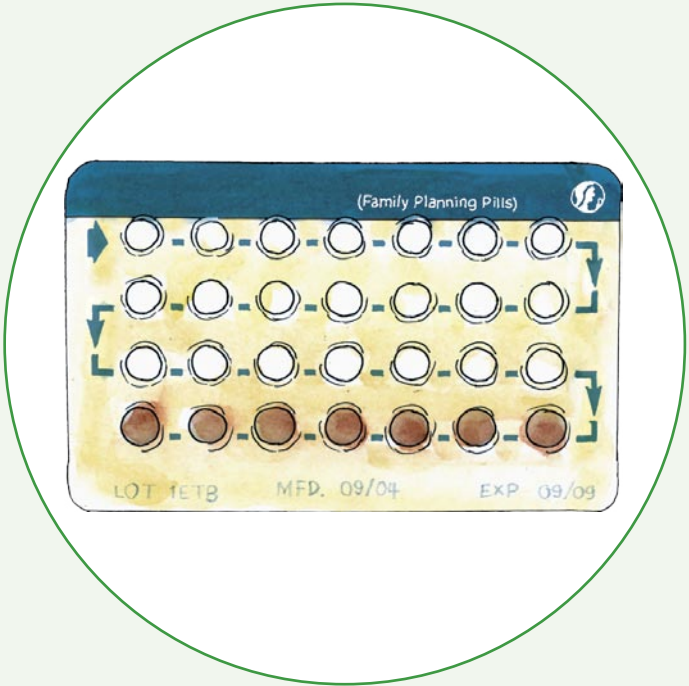
Eomitos acie ngor ebe einakinete imakereedan lu kes eraunos adongei. Mam nu iswamaunos. Kepala aberu ailik imakereedan ebuni ngesi araun na bobo epedori apotuun akaulo na elap ediopet arai iarei.

Ilikori aberu ikee lu ititikete apotuun arai:

1. kedaun aibu aisiol ngesi
2. kecila amopira na enyaritai akondom araibo kejurutaar kotoma apak na eelore.
3. kebu kodau aelo ka ekiliokit konye komam itwasamatos imodiobore kere kanu aitikokin ngesi apotuun, ido komam ngesi tii ekoto apotuun.

Iburai ailikor, araibo aitwasam ikee lu toma aparasia akany (5) araibo kosawan akwatat kakais aarei (120) akaulo na adaun aelo kede ekiliokit.

# PILLS



## **INJECTABLES**



A woman goes for an injection every three months.

If you use this method your period may become very light. Sometimes the period goes away.

If you stop the injections, your period will return. You can become pregnant again after several months.

## **YAT PICO**



Dako woto tucere ipico inge dwete adek adek.

Ka itio kede yore-ni two dwe ni bino atitidi twatwal onyo dang two dwe romo rwenyo oko.

Ka iweko tucere ipico, two dwe-ni bino dwogo: ibino yac dok inge dwete aromo adek tunu kede iyi abicel.

## **IKEE LUICUMANAKINIO K'OPISO**



Ebuni aberu alosenon aicumio episo kangul ilapio iuni.

Arai kitwasam ijo eipone lo kanu alaanakin auri, emina adeka kon na elap araun na ebenen noi. Emina da aolior cut apakio acie.

Itapala ijo ipisoi ebonguni adeka kon da na elap. Ipedori ijo apotuun bobo akaulo na ilapio lup'iyatakina.

# INJECTABLES



## **BREASTFEEDING (LAM)**

LAM is a natural family planning method. There is no need to do anything special when playing sex.

LAM can only prevent pregnancy if:

1. the mother feeds the baby only on breast milk.
2. the baby is less than six months old.
3. the mother's menstrual period has not returned.

If any one of these three changes, then the mother must use another method of family planning.

## **DOTO ATIN (LAM)**

Doto atin obedo yore acel okene me lagaro nywal. Pe dok tye ginoro okene aber amyero itim ka iribere ibutu.

Doto atin konyo gengo yac ka;

1. dako pito atin kede cak ikore keken.
2. ka atin pwod pe oromo dwete abicel
3. ka two dwe adako peyo ocakere

Ka alokaloka onen ikom kite adeki, dong dako adot myero cak tic kede yore okene me lagaro nywal.

## **AITANAK (LAM)**

Erai aitanak eipone lolaanakineta auri lo esubunitai sek. Emamei bobo eipud aiswamaun idiobore kere yen itegelikina kotoma apak na aelo.

Epedori aitanak aitikitik apotuun arai kito:

1. itwasamai toto akile nu okisin bon aitanakia ikoku.
2. mam ikoku edolit ilapio ikany kape lukapolou.
3. mam ber toto ebongokit adumununa adeka na elap.

Arai ejaun aijulakineta toma obore idio kangul elimoritai nes atemar ebe iburai do toto aitwasam ecie eipone lo elaanakinere auri.

# BREASTFEEDING (LAM)



## MOONBEADS

There is another natural family planning method called MoonBeads. The beads only work if you have a regular menstrual cycle of 26 to 32 days.

MoonBeads are a string of beads. Each bead represents one day in a woman's menstrual cycle. By moving the ring on the beads each day a couple will know the days when the woman is most fertile. The couple can stop having sex or use a condom during this time to avoid pregnancy.

## TIGO DWE

Tye yore okene me lagaro nywal ame olwongo ni tigo dwe (moon beads). Tigo-ni tio ka dako tio two dwe mere aromo nino 26 nyo ituno kede inine 32.

Tigo dwe obedo tigo ame oribo itol / imici. Tigo acel rom kede nino acel ikare ame dako tio kede two dwe. Ka icoro del ogure ikom tigo-no inino ducu, onyom (dako kede cware) ngeo nino ame dako doko amio (onyo twero gamo yie). Onyom-mi twero weko butu oko onyo otwero tic kede roc bol icawa me butu me gengo yac.

## ATIFE NU IMARERE ELAP

Ejai bobo ecie eipone lo elaanakinere auri lo erai nesi da lo esubub sek, ido omaikitete atipe nu imarere elap. Epote atipe nu aswam arai kito idumununei ijo adeka na elap na mam ijulujula ido kodaununei apaarasia 26 toni 32 eringa edumuna na etupakini.

Eraasi kesi atipe nu erucitai kede iuno. Nginitipet kakesi ebwoikit apaaran adiopet kotoma olap k'aberu lo adeka. Epedorete do ekiliokit kede ka nakowaike ajenun apaarasia nu eminar ya apotuun koipone lo kesi aisukuny isuwat yenilukum (iring) nginipaaran kotupitos atipe. Epedorete do kesi aitanang ber aelo araibo aitwasam akondom kotoma apaarasia kangun tetere aitikokin apotuun.

# MOONBEADS



## COIL (IUD)



The IUD is a small piece of plastic and copper that stays inside the woman's womb. An IUD stops sperm from reaching the egg. A trained health care worker must insert and remove the IUD.

This method of birth control is safe, effective, and long-lasting (up to 12 years).

Some people wonder if the IUD's strings will hurt a man's penis during sex. This is unlikely. The strings are very soft and they are cut short after the IUD is inserted. Other people fear that the IUD might move out of the womb. They worry that it will travel to other parts of the body. If the IUD moves, the only place it can go is into the vagina where it can easily be removed.

## GIN AKETA IYI IWURA (IUD)



Gin aketa iyi iwura obedo atin dedel kede gin obedo nyonyo (copper) ame oketo iyi iwura adako. Gin oketo iyi iwura-ni gengo kwir ico ituno itong dako. Dano ame opwonyere aber iyot kom en ame myero ket gini iyi iwura kede kwanyo iyi iwura .

Yore ni me gengo nywalli ber, tio dok rii naka pi mwaki apar wie aryo (12years).

Jo okene tamo ni gin aketa iyi iwura ni tolere romo wano man ico ikare me butu. Man pe twero timere. Toli yom kede ongolo oko inge keto nyonyo-ni iyi iwura. Jo okene lworo ni gin aketa iyi iwura-ni romo ya oko te wot kan okene idul kom. Ka gin oketo ni oya oko, kan ame romo wot iye obedo kom dako me mon ame oromo kwanyo iyore ayot.

## IWAYA YEN IRUPAKINIO AURIES KABERU (IUD)

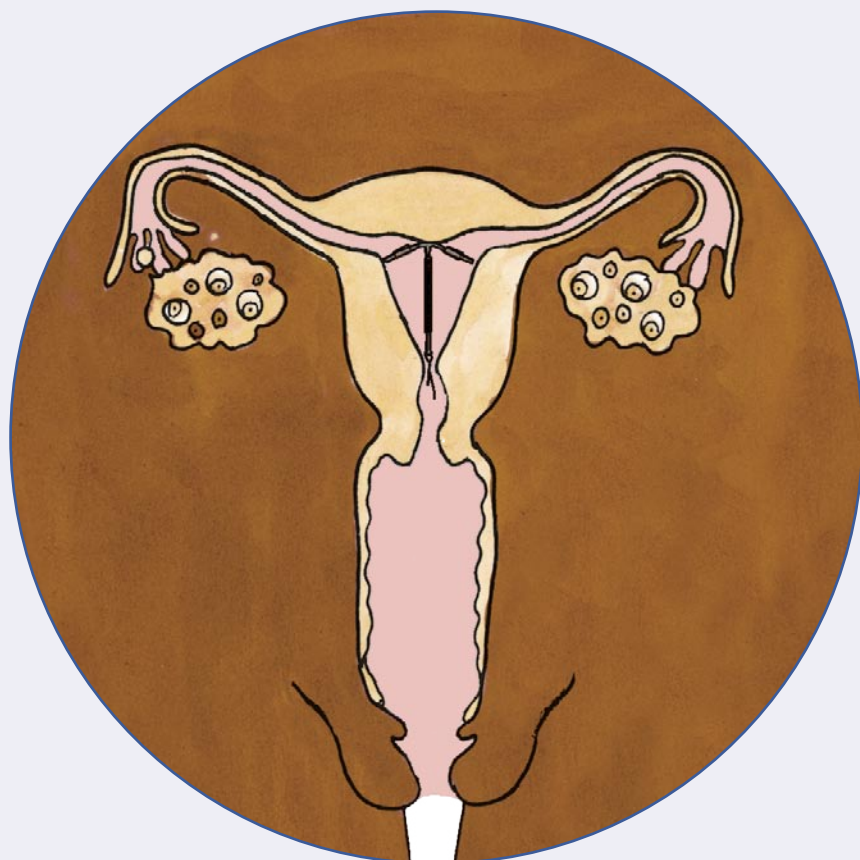
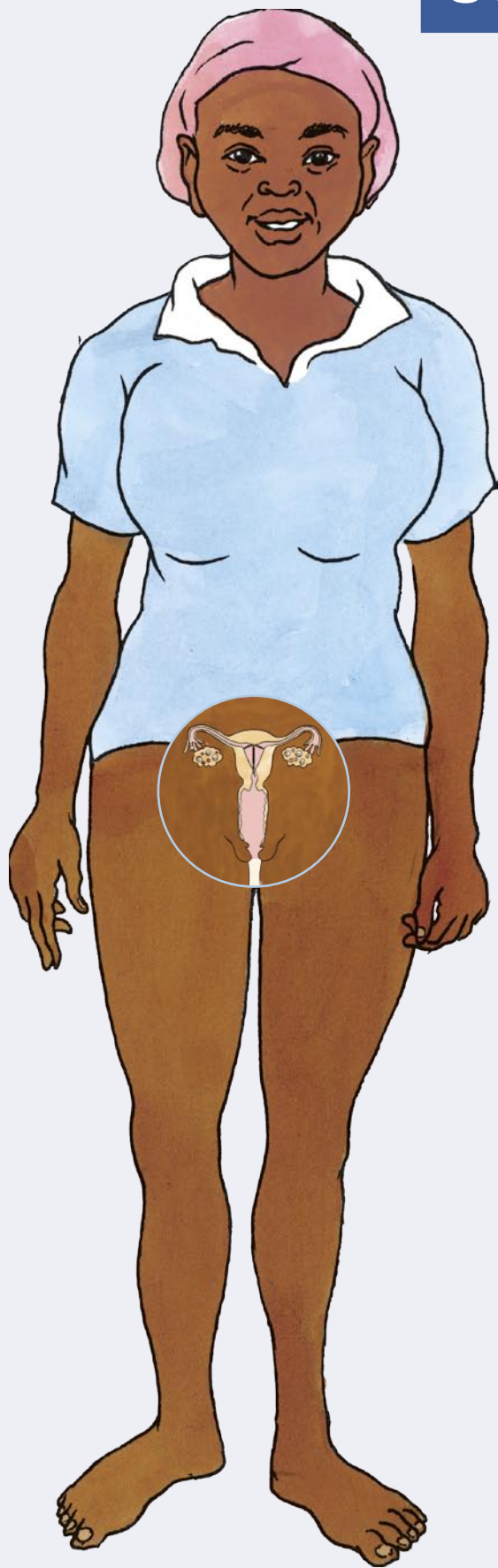


Erai IUD ibore yenididi yen iswamatai kede amopiira (plastic) nepepe k'iwaya, ido irupakinio nes aiboi auries k'aberu. Itikokini da ibore ngin adua adolokin abeet k'aberu. Itunganan yen itutuoritai kwape ikeswaman akiro nu aijar nes ibusakit airupakin kede eraun alemar da iwaya ngin.

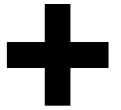
Eipone lo, kwape lolaanakinnet, auri nes erai lo emamei ationus kotoma, iswamai da ejok, ido edauni apak na eoj noi (toni ikaru 12).

Eminas icietunga awomoom ebe aticepak epedori iwaya ngin aimusung edino k'ekiliokit kosawan lu aelo. Ecicing nu aiswamaun. Enonok iusio lu noi ido etuboro kes aituurian cut edaun airupakin iwaya toma. Ekuriaka da bobo icietunga ebe emina iwaya ngin alomun kinga k'auries. Ekuriaka kesi ebe emina ibore ngin alosit aiboisio acie kotoma akuan. Arai ikunyaki ibore ngin da, aibois adiope bon na epedori ngesi alosit nes toma na aidoole k'aberu, ne da epatanar alemun nges.

# COIL (IUD)



## IMPLANTS



Implants are soft plastic capsules. They are placed under the skin of a woman's upper arm after the area is made numb by drugs. The medicine in the capsules stops pregnancy for 3 - 5 years.

The implants are very soft and flexible. Don't worry about putting pressure on the arm. The implants will not break or move around in the arm.

## GIN AKETA ITE DEL BAD DAKO



Gin aketa ite del bad dako ni tye ayom (dedel) ame tye kede yat iye. Yat man obedo kapcol ame gengo yac pi mwaka adek naka pi mwaka abic (mwaki 3-5).

Gin aketa ite del bad ni yom kede tic kede yot. Pe ipar ni aketo rem ibadi. Gin aketa ni pe-tur onyo donyo ibadi.

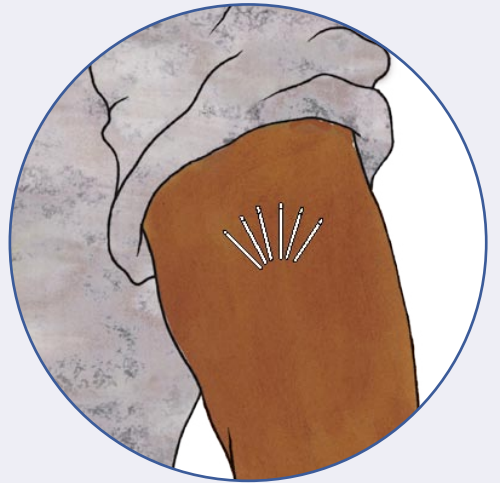
## IKEE LUEDONYONOKINIO AKAN K'ABERU



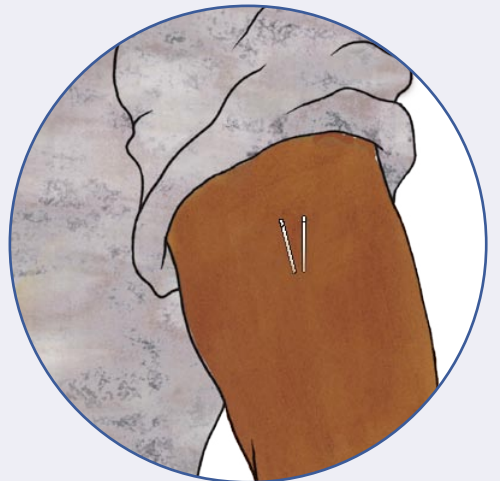
Eraasi ikee lu ikapusols lu enonok ido iswamatete kede amopiira. Edonyokino kes toma na emukule k'aberu ido korai kuju akan ayapiar okeper. Itwatanio ber atutubet ngin kede ikee kalu elemarete apipil. Itanangi ekia lo ejai okapusols ngul aberu apotuun adaun ikaru 3-5.

Enonok ikee ngun noi ido ilujukukos. Mam ipodo nu aitwasam akan ngin koipone kalo ibwaikini alangir toma ke. Mam ikee ngun edonyokitai akan ebilas kosodi mam ikunyete k'akan.

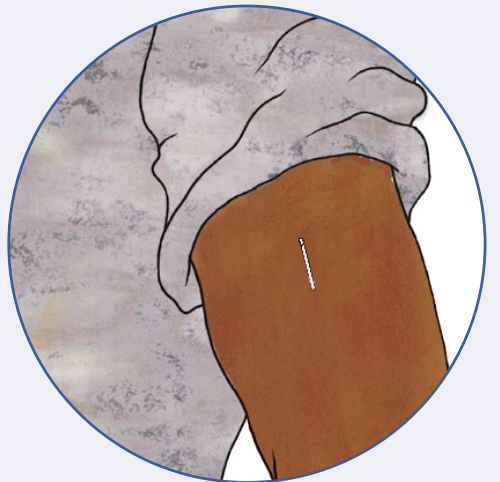
# IMPLANTS



Norplant (5-7 years)



Jadelle (3-5 years)



Implanon (3-5 years)

## TUBAL LIGATION



A tubal ligation is a safe and permanent family planning method for women. It involves a short operation. A doctor begins by giving an injection to make the belly numb so the woman will feel no pain. During the operation the doctor ties and cuts the tubes that carry the eggs to the womb.

The woman will be able to resume her normal duties soon after the operation. After the woman's tubes have been cut the eggs cannot meet the man's sperm so the woman cannot get pregnant. The woman will still have a period every month. The woman and her partner will still enjoy sex the same as before.

## NGOLO ICEKE ADAKO



Ngolo iceke adako obedo yore aber acel ame ri pi lagaro nywal pi kare me kwo a mon ducu. Tye iye ayanga moro atitidi. Dakatal cako kede miyo pico me dilo del piny yic oko wek dako pe winyarem. Ikare me ayanga ni dakatal tweo-kede ngolo ceke ame tero tonge iyi iwura.

Dako twero cako ticere ayam tiyo oyot oyot inyonge ayanga ni. Inge ngolo ceke adako ni tonge pe dongo romo rwate kede kwir ico ame miyo dako pe dong twero yac. Dako pwod mede itiyu two dwe mere pi dwete ducu. Dako kede cware pwod bino maro butu kit ayam con.

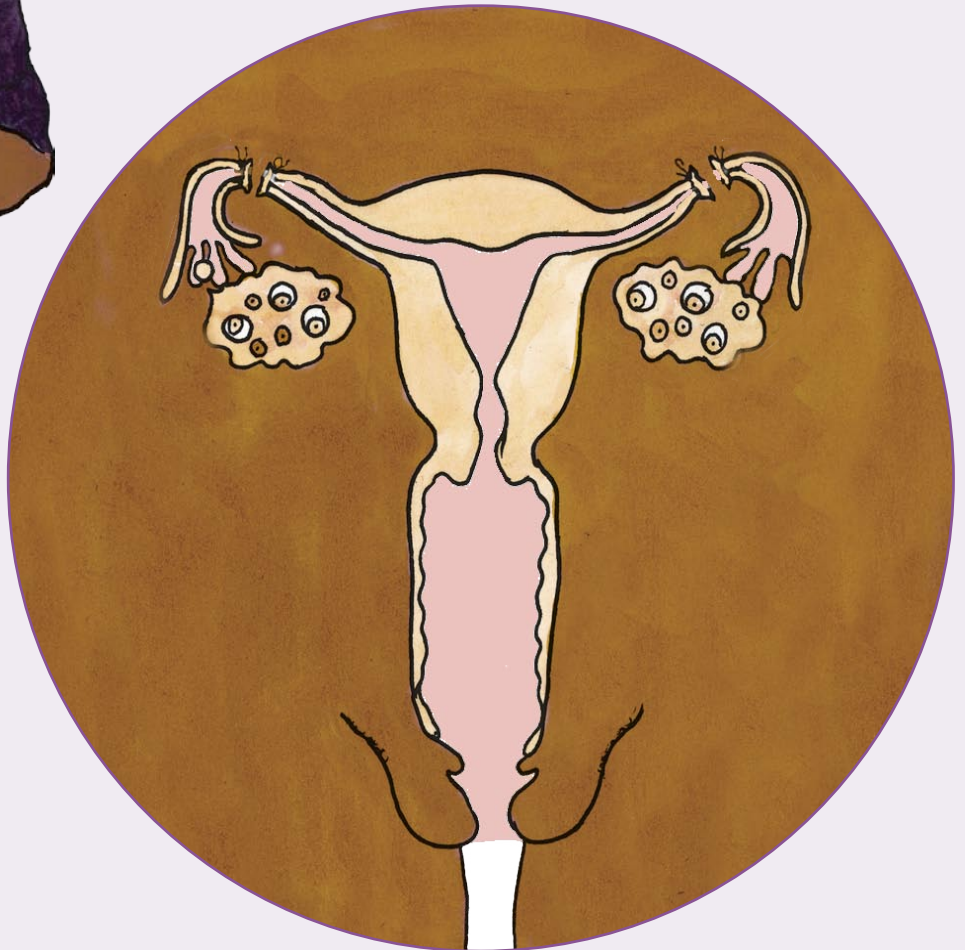
## AIWEN ALILIGEN



Awenio na aliligen nes erai eipone lo elaanakinere auri lo itwasamaete angor, lo da emamei adio ationus kotoma ke, ido erai lo edauni ikaru k'ikaru komam esang. Ekotokin nesi ajengio na edit. Egeuni ber edokita aicumakin aberu episo lo itwatani akoik tetere mam nges epupuni apipil. Kotoma ajengio kanging eweni ber edokita aliligen nu eyangaunete abeei toni auries doodo konye aitub kes.

Epedori aberu abongokin aswamusinei ke ipak idis ekaulo nape edaunio aijeng nes. Edaun aitub aliligen k'aberu mam bobo abeei ke epedorete airiamakin kede adua k'ekiliokit. Nes atemar ebe mam bobo aberu epedori apotuun. Ebuni aberu aiyatakit adumunun adeka na elap. Aberu kede kalowaike kes epote aiyatakit amina aswam aelo kwape lem sek komam aijulakinet.

# TUBAL LIGATION



## VASECTOMY



A vasectomy is a safe and permanent family planning method for men. It involves a simple operation that takes only a few minutes. The doctor first numbs the scrotum so the man will feel no pain. Then the doctor makes a small cut in the scrotum and cuts and closes the tubes that carry the sperm.

The man will be able to resume his normal duties shortly after the operation. When the man has sex after the operation he will still ejaculate the milky liquid just as before. But now the liquid does not contain sperm so the woman will not become pregnant. The man will still want and enjoy sex just as he did before the vasectomy.

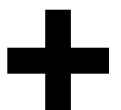
## NGOLO CEKE ICO



Obedo yore acel aber dang ri pi kare me kwo ico ducu. Tye iye ayanga ayot atitidi ame tero dakika atitidi. Dakatal dilo tong man oko wek ico pe winy rem. Dakatal te ngolo ka kanoro atitidi itong mane te dok ngolo kede culo ceke ame tero kwir.

Ico twero cako tiyo tic ame en tiyo didik oyotoyot inge ayanga-ni. Ka ico obutu kede dako iyonge ayanga en pwod twero cwalo kwir ame obed cak cak ca kit acon. Ento aman pii pii no pe kede kwir dong dako pe romo yac. Ico pwod bedo kede miti me butu kede dako mere kit ayam con ame pwod peru ongolo iceke mere.

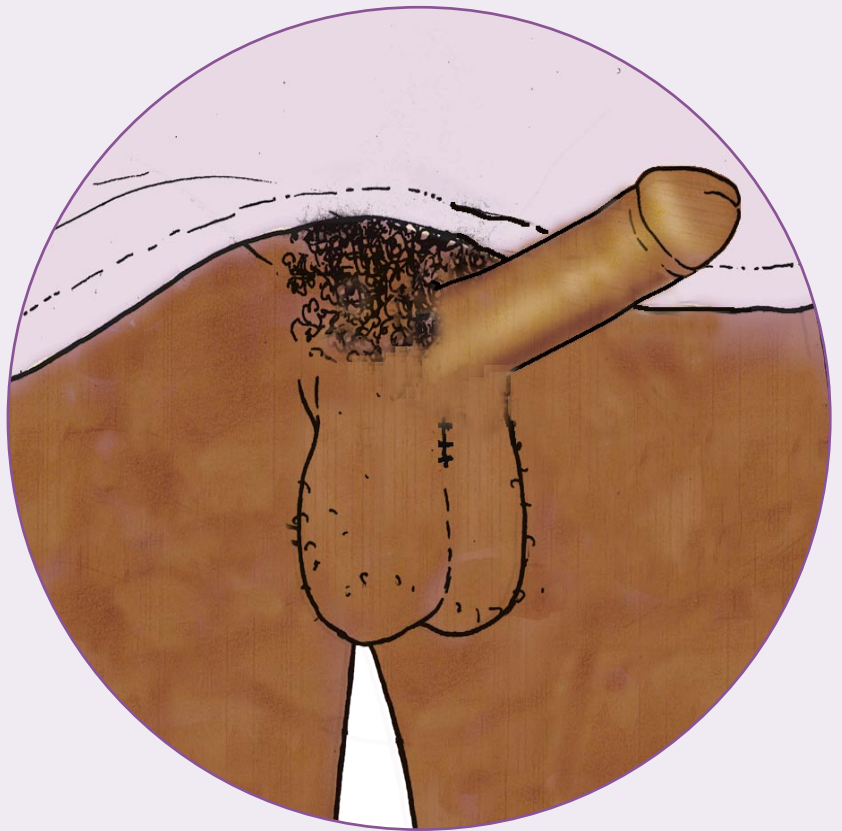
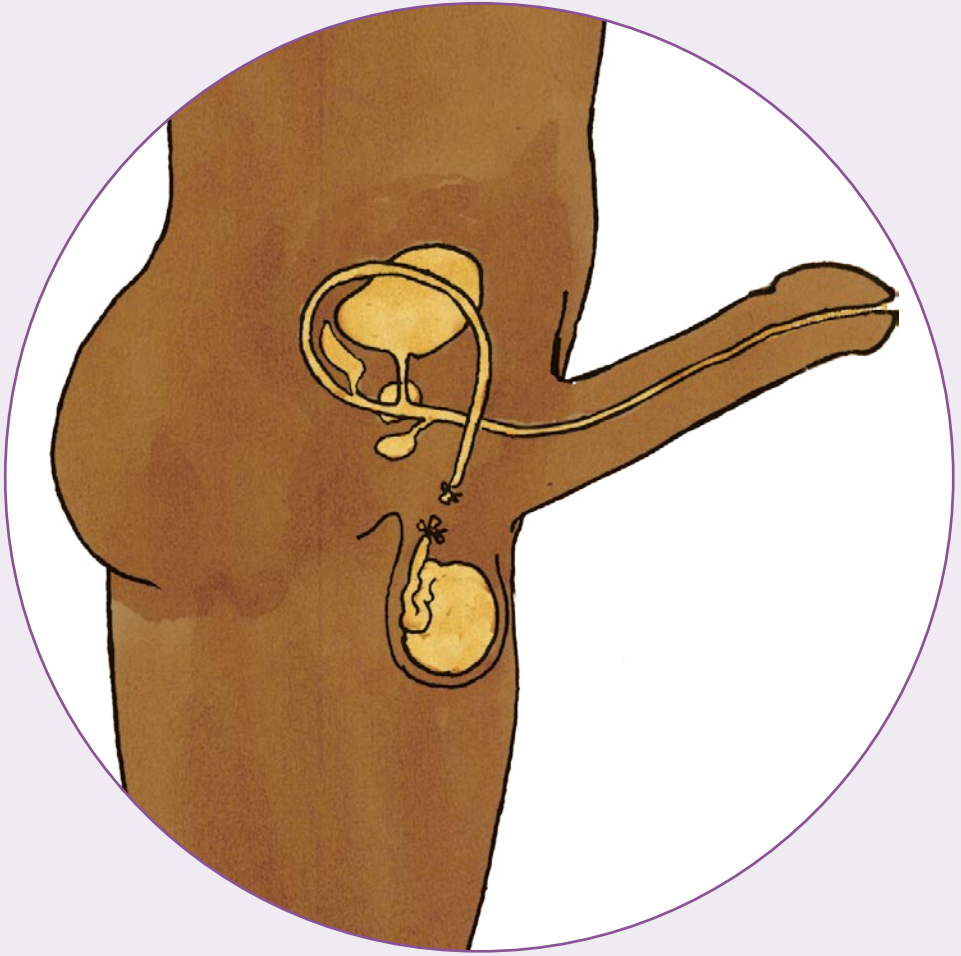
## AIWEN IPIIN K'EKILIOKIT



Awenio na ipiin nes erai eipone lo elaanakinere auri lo itwasamaete ikiliok, lo da emamei adio ationus kotoma ke, ido erai lo edauni ikaru k'ikaru koman esang. Imoriarit nesi ajengio na edit na da edauni idakikan idis. Egeuni ber edokita aitwatan amuny na otou kede ekia lo icumakinio tetere etuan mam epupuni apipil. Ogeuni do konye edokita aibwaikin ijengetait yen edit toma amuny ngin kosodi aitub kede agolokin ipiin lu ibwokitos adua.

Epedori ekiliokit abongokin aswamusinei ke apakio adis ekaulo nape edaunere aijeng nges. Ne iswama ekiliokit aelo ekaulo na ajengio kangin ebuni nesi aiyatakit abukunun ikipi ke lu eputosi kede akile kwape lem sek. Atiaket bon nes na emamiatar adua akulepek kotoma okipi kangul, ibore da yen einakini aberu mam epotuuni. Ebuni ekiliokit aiyatakit akot kede amina aelo kwape lem sek eringa nes ewena ipiin.

# VASECTOMY



# REFERRAL CHART



Fill in the name and location of the referral site in your area.

Service	Where to refer
Tubal Ligation	
Vasectomy	
Implants	
Coil (IUD)	
MoonBeads	
HIV/AIDS testing and counselling	
AIDS treatment (ART)	
PMTCT services	
STI treatment:	
Other: _____	

*Layout & Printing:*



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