

IPHETSHANA NGENGXELO YEZIGULANANGO PLAN B

lipilisi zeLevonorgestrel

Iphetshana ngengxelo yezigulana

Funda lencwadana kakuhle kwaye ukuba uyayithandabuza imiyalelo qhakamshelana nogqirha wakho okanye usokhemesti.

Ukwaziswa kukaPLANB

Ifamakholoji yasekliniki:

Kukholelwa ukuba UPLAN B ilevonorgestrel uthintela ukopha nokuhamba, ukuchumisa kunye nokutyalwa kweqanda.

Ayisebenzi kakuhle yakuba iqalile inkqubo yokuyifaka

Usebenza njani uPLAN B

Kuxhomekeka kwixesha asetyenziswe ngalo uPLAN B kumjikelelo wakho wenyanga, iipilisi zingahambisa okanye zithintele ukuchuma kweqanda okanye ziyekise iqanda elichumileyo ukuba lihlale esibekelwen.

Yakuba yenzekile lento uPLAN B akasebenzi kakuhle.

Famakhokayinethiki):

Ichiza elisebenzayo kuPLAN B ngamadlala okwabelana ngesondo kwabasetyhini: levonorgestrel.

Ukutsalwa kwe levonorgestrel emathunjini kuyakhawuleza. Ukuxutywa kwegazi kuphunyelelwa ngaphantsi kweeyure ezi-2 kubafazi abaninzi. Ngoko ke amaqondo eseram elevenorgestrel ayehla.

Amaqondo eseram ancipha ngesiqingatha kwiiyure ezili-9 ukuya kwezili-14,5. Iimethabolayithi zeLevonorgestrel ziphuma nomchamo nelindle ngoku linganayo.

Ingaba usebenza kakuhle uPLANB?

Emva kwenyathelo lokwabelana ngesondo unyango alusebenzi kwiiyure ezingama-72 emva kokwabelana kwesikolo. Akufunekanga unyango luthathe ixesha kuba xalunokulibaziseka alunakusebenza emva kokuba luseteynziswe kwiiyure ezingama-48).

Ungamsebenzisa kangaphi uPLAN B?

Izinga lokungasebenzi kakuhle kukaPLAN B kusekela ekusetyenzisweni kanye. Ukuba uPlan B usetyenziswa ngaphezulu kunesihlandlo esinye izinga lokunyuka kwayo lizakuba ngaphezulu.

UPLAN B ucetyiswa ukuba asetyenziswe kwiimeko zonzunguphalo ezikuluhlu olubhalwe ngentla ; ayiyonto yokusetyenziswa njenge sithinteli-nzala.

Ngaphambi kokuba usebenzise uPLAN B

UPLAN B uqulethe ilevornogestrel equlathwe luninzi lwezithinteli-nzala. Izizathu zokungasebenzisi izithinteli-nzala eziqulethe ilevonorgestrel zibhaliwe ngezantsi.

Ingxelongemveliso:

Igama leepilisi nguPLAN B:

Liqulethe ntoni ipilisi lakho?

Ipilisi nganye iqulethe ilevonorgestrel ezimiligreme zingu-0,75). Izithako ezingasebenziyo yisilica, colloidalanhydrous, istatchi seetapile, ijelatin, magnesium stearate, talc, isitatshi sombona, ilactose monohydrate.

Ilayisenisi yalemveliso ikhutshweyi:

Elttab Pharmaceuticals

6 Helderberg Bld.

76 Andries Pretorius Street

Somerset West

South Africa

Inombolo ebhaliswe ngayo:36/21.8.2/0212

Iindlela zokuyisebenzisa:

UPLAN B sisithinteli-nzala esinokusetyenziswa phantsi kweemeko zongxamiseko ukuba sithathwe kwiiyure ezingama-72 emva kokwabelana ngesondo ngaphandle kwesikhuseli okanye xakwenzeke ingozi kuthintelo-nzala Kufuneka iipilisi ezimbini zikaPLAN B zithathwe msinyane emva kokwabelana ngesondo ngaphandle kwesikhuseli, zingekadluli iiyure ezingama-72.

Njenge sithinteli-nzala kwimeko yongxamiseko, uPLAN B usetyenziswa emva kokwabelana ngesondo kungekho sikhuseli)kuquka:

· Xakungasetyenziswanga isithinteli-nzala

· Xa indlela yokuthintela inzala ingasebenzanga kuquka:

Ukugqabhuka kwekhondom, ukuphuncuka okanye ukusetyenziswa gwenxa okanye ukuphuma kwesiciko, ukophuka okanye ukukhupha ubudoda msinyane Impazamo yexesha xakucwangciswa ngendlela yokukhupha ubudoda ngexesha lokuchama

Ukwenza imposiso xa kubalwa iintsuku zokungabelani ngesondo

Ukuphuma kweIUD

Ukuphosa iipilisi zothintelo-nzala kwimijikelo emine

· Kwiimeko zokuxhatshazwa ngokwesondo

Izizathu zokungamsebenzisi uPLANB:

· ukukhulelwa okuqinisekisiweyo okanye okurhanelwayo

· kudlule ixesha lokuhlamba

· wabelane ngesondo ungazikhuselanga kwiiyure ezingama-72 kumjikelo odlulileyo wokuhlamba.

ILevenorgestel ayisebenzi kakuhle kwiimeko (nangokwembali) ezizezi:

ukungaxilongwa kokopha kwelungu lobufazi, izifo zesibindi nenyongo,

amathumba esibindi anobungozi nangenabungozi, amahlwili egazi, izifo

zentliziyo, izigulo zenwebu yesibekeko, ukungayi kakuhle endle, uxinzelelo

lwegazi kwezinye izithako zikaPLAN B. Inyongo eninzi neyenza ulusu olutyheli

namehlo atyheli, ukurhawuzelela kolusu, amadyungudyungu aphuma emzimbeni

ngexesha lokukhulelwa, ukukhula kakhulu kwethambo elisecaleni komphakathi

wendlebe.

Okumele ukwazi ngaphambi kokuthatha uPLAN B:

Ngaphambi kokuba uthathe lamapilisi kuza kujongwa amalungu omzimba wakho angasese, amabele kunye noxinzele lolwegazi.

Ezimekozilandelayo zifunaukugadwakakhulu ukubaulandela uPLAN B:

Ukuba unezizigulo zilandelayo: isifo sethromboembolic, ukufa

umzimba/istrowukhu isifuba, isifosentliziyo, uxinzelelo lwegazi, intloko

eqaqambayo, isifo seswekile, isifo sokuxhuzula, izifo zamathumbu, isifo

seswekile, imbali yokuxinzelelo lwengqondo nomphefumlo, lwogula.

Ukuthatha amanye amayeza kunyenoPLAN B:

Amanye amayeza angawanciphisa okanye awatshabalalise amandla nendlela

asebenzangayo uPLAN B. Amayeza anokwenza ukuba uPLAN B angasebenzisi-

antibhayothikhi ezifana (ne-Ampicillin, Rifampicin), Griseofulvin, iPhenylbutazone,

iPhenytoin, iPhenobarbital kunye namanye amayeza asetyenziswa ukunyanga

isifo sokuxhuzula kunye nezinye izifo. Imfuneko yokuselwa kwamayeza alwa

nesifo seswekile kunyene-insulini ingatshintsha indlela umzimba wakho

oyithathangayo iglukhozi. Ngoko ke ukuba unesifo seswekile ugqirha wakho

angawutshintsha umyinge wamayeza owathathayo.

Izilumkiso

Ukuba wabelana ngesondo ungazikhuselanga emva kokusebenzisa uPLAN B akakwazi ukukhusela. Kwixesha elizayo sebenzisa izithinteli-nzala eziqhelekileyo ukuthintela ukukhulelwa. Izithinteli-nzala ezisetyenziselwa imo yonxunguphalo azikhuthazwa ukuba zisetyenziswe qho ngenxa yokuba maninzi amathuba okuba zingasebenzi xakuthelekiswa nocwangciso kuthintelwa kwenzala kunyene zizamva ukugabha okanye ukuhambisa okuphazamisa ukutsalwa kweyeza ligazi kunganciphisa indlela elisebenza ngayo Ngenxa yokuba uPLAN B ekhangeleka enako ukuchaphazela ukukhulelwa okwenziwe ngokuchumisa iqanda ngaphandle komzimba, umntu angakhulelwa kwityhubhu eya esizalweni Yilonto ke kusenzeka ukuba izigulana ezinabantwana abamithelwe ecaleni okanye ngaphandle kwesibekele kwiityhubhu eziya esizalweni, bakhulelwa kusetyenziswa uPLAN B ngoku ngaqhelekanga

Akukho bungqina bokuba uPLAN B uthathwa kwiimeko zonxunguphalo apho ubisi lwebele lucutheka khona. Nangona kunjalo, izixa zezinto ezinamandla asebenzayo zikhutshwa nobisi ngomzuzu

Ngokusekelwe kulwazi olukhoyo, akukho sizathu sokukholelwa ukuba ukukhulelwa kwakho kuzakuba yingxaki kungaqhubeki kakuhle okanye umntwana enzakale ngenxa yokuba ipilisi zithathwa iiyure ezingama-72 emva kokwabelana ngesondo kungekho sikhuseli abe engakhulelwanga owasetyhini ngaphambi kokwabelana kwesondo nokuthatha amayeza.

Kwiiveki ezintathu emva kokuphululwa komoya nengqondo kufuneka ubonane nogqirha ukuze avavanye indlela esebenza ngayo nokuxoxa ngolawulo locwangciso kwixesha elizayo.

Athathwa njani amayeza akho:

Kufuneka usele ipilisi ezimbini zikaPLAN B ngexesha elifanelekileyo kodwa zingadluli iiyure ezingama-72 emva kokwabelana ngesondo ngaphandle kwekhondom)

Wenza ntoni ukuba uyagula?

Kwimeko yokuhambisa kwesisu nokugabha ngenxa yokuncipha kokuthathwa ligazi-ifuthelo kucwangcisa lingacuthwa Kwimeko apho uthe wagabha kwiiyure ezimbini emva kokuthatha ipilisi kufuneka uqhakamshelane nogqirha wakho okanye iikliniki kamsinyane ngaphambi kokuba uthathe ipilisi kwakhona

Ziintoni omawuzilindele emva kokuthatha ipilisi

- Kwenzeka kubantu basetyhini abaziipresent ezingama-25% abathatha uPLAN B
- Ukugabha: Kwenzeka kubantu basetyhini abazipresenti ezi-5% abathatha uPLAN B.

- Ukopha ngamaxesha angesosigxina: Abanye abantu basetyhini babona amachaphaza emva kokuthatha uPLAN B. Uninzi lwabantu basetyhini xa behlamba kwixesha elilandelayo bahlamba ngexesha elilindelekileyo okanye ngaphambi kwexesha; ukuba kukho ulibaziseko kwasekuqaleni lokuya exesheni ngaphezulu kweveki kumele kungacingwa ngoku khululelwa ngeloxesha

Ezinye: Ukuthamba kwamabele; intloko, isiyezi nokudinwa kakhulu Ezi zizamva azithathi xesha lingaphezulu kweeyure ezingama-24.

Ukuthatha iipilisi ezininzi kunezo zichaziweyo:

Akukho zifo okanye zigulo zingamandla ezibangelwe kukuthatha iipilisi ezininzi kakhulu kunezo zichaziweyo xa usebenzisa iipilisi zokucwangcisa. Ukuthatha iipilisi ngaphezulu komlinganiselo ochaziweyo kungakwenza ubenesicaphucaphu ufune ukukhupha, kunye nokungophi kwabasetyhini. Dibana nogqirha wakho okanye usokhemesti ukuba unexhala.

Ukuzigcina:

Zigcine ngaphantsi kweqondo lobushushu elingama-25C. Zikhusele elangeni. Zigcine kwisikhongozeli sazo zidezisetyenziswe.

GCINA ONKE AMAYEZA KUDE NABANTWANA

Ihanjiswa njani:

Ipilisi zikaPlan B 0,75mg yelevonorgestrel zifumaneka ezipakatheni ziphuma ngambini.

Iphantse ibemhlophe, ibesicaba, iipilisi ezibukhulu buzimilimitha ezi-6,5mm

Usuku eyagqityelwa ngalo ukuhlaziywa:

Canzibe 2006

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