



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

PHILA MA

UKUHLOLA UMDLAVUZA WESIBELETHO

UMBONO

Ukuhlola abesifazane ngokusezingeni eliphezulu nokwelapha izimpawu ezingaholela ukuthi owesifazane abe nomdlavuzi kuwo wonke umuntu wesifazane kusukela eminyakeni engu-30 nangaphezulu ukuze silwe nezifo nokufa kwabantu besifazane KwaZulu-Natal.

Uyini umdlavuzi womlomo wesibelesho?

Lolu hlobo lomdlavuzi lujwayelekile kwabesifazane futhi lingamaphesenti ayi 18.5 uma liqhathaniswa neminye imidlavuzi. Yilolu hlobo lomdlavuzi oluhamba phambili ekubaleni abesifazane base Ningizimu Afrika

Izinto ezenza amathuba okuhlaselelwa wumdlavuzi wesibelesho abe maningi kwabesifazane

Maningi amathuba okuthi umuntu wesifazane abe nomdlavuzi uma:

- Eya ocansini nabantu abaningi ngaphandle kwejazji lomkhenyana
- Uzimbandakanya ocansini ngaphambili kokuba neminyaka engu 18
- Ukubhema
- Amasosha akho omzimba ephansi
- Ufaka izitaputapu esithweni sangasese
- Usebenza ngamakhemikhali

Izimpawu zomdlavuzi wesibelesho

- Ukuphuma koketshezi esithweni sangasese okungajwayelekile
- Ukopha kakhulu izinsuku eziningi uma uya esikhathini
- Ukopha okungajwayelekile esithweni sangasese
- Ubuhlungu besibelesho

Ukopha okungajwayelekile kungenzeka

- Ngemuva kokuba ubusugedile ukuya esikhathini
- Ukopha ukade usavaleka ukuya esikhathini
- Ngemuva kokuya ocansini
- Ngemuva kokuhlolwa isibelesho

Ukwelashwa

Izindlela okujwayeleke ukwelashwa ngazo umdlavuzi wesibelesho yilezi:

- Ukuhlinzwa
- Ukushiswa komdlavuzi

UmNyango wezeMpilo ugqugquzela bonke abantu besifazane abasezingeni lokuthola abantwana ukuthi bavakashele izikhungo zezempilo eziseduzane ukuze bahlolwe ngokufanele.

UKUVIKELA KUNGCONO KUNOKWELAPHA

Umdlavuzi womlomo wesibelesho ungavikeleka, uyalapheka uma usheshe wabonakala

Woza uzokwenza iPap smear

- IPap smear indlela elula yokuthi kuxilonga isitho sangasese ukuze kubhekwe ukuthi awukho yini umdlavuzi nokuthi isibelesho siphilile yini
- Umhlangikazi noma udokotela ushutheka isipopolu esibizwa ngespeculum esithweni sangasese somuntu wesifazane ukuze akwazi ukubona umlomo wesibelesho
- Kwengulwa ingxenyana yontwentwesi lwesibelesho oluthunyelwa kohlolwa esikhungweni sokucwaninga ukuthi ubungakhlaselelwa yini umdlavuzi
- Imiphumela yalokhu kuhlolwa ithunyelwa emuva emtholampilo lapho ubuhlolwa khona umdlavuzi. Khumbula ukubuyela kulo mtholampilo uyolanda imiphumela yocwaningo

Kungani kufanele umuntu wesifazane aye kokwenza iPap smear?

- IPap smear iveza lezo zindawo ezonakele nezingaphenduka umdlavuzi womlomo wesibelesho ngokuhamba kwesikhathi
- Ilungelo lakho lezempilo
- Kuvumelekile ukuthi wenziwe iPap smear kathathu mahhala ekuphileni kwakho, uhlolwa kanye eminyakeni eyi 10 kusukela uneminyaka engama 30
- Uma unegciwane lesandulela-ngculazi, unelungelo lokuhlolwa njalo ngonyaka
- Unelungelo lokwelashwa ngesizotha ngenhlonipho futhi kwenzelwe endaweni esekusithakeni uma wenza iPap smear
- Cela udokotela noma umhlangikazi akuchazele ngazokwenza uma enza iPap smear.

Okungumthwalo wakho

- Kumele unakekele impilo yakho
- Kumele uyolanda imiphumela emva kokuhlolwa umdlavuzi wesibelesho
- Kufanele ubuyele emtholampilo yokwelashwa uma welulekwe kanjalo
- Kumele uhlinzeke abasebenzi bezempilo ngemininingwane eqondile ukuze bakwazi ukuxhumana nawe uma kukhona okunye

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