

Fact Sheet - Swahili

UPANGAJI UZAZI WA WAUME KWA NJIA YA UPASUAJI

Vasectomy



Upangaji Uzazi Kwa Waume Kupitia Njia Ya Upasuaji Ni Nini?

Ni upasuaji wa mshipa unaopitisha mbegu za kiume, ili mme asiweze kumpachika mke mimba. Ni njia ya upangaji uzazi ya milele.

Njia Hii Hufanya Kazi Vipi?

Njia hii huzuia mbegu kutoka kwa makende na kuchanganyika na shahawa. Mbegu zikikosekana kwenye shahawa, mwanamke hawezi kushika mimba. Hii haizuii mume kufurahia kitendo cha ngono wakati wa mapenzi.

Njia Hii Hufanya Kazi Kwa Uhakika Upi?

Njia hii hufanya kazi vizuri sana. Ina uhakika wa asilimia 99.

Nini Hufanyika Mwanamume Akifanyiwa Njia Hii Ya Kupanga Uzazi?

Njia hii ya upangaji uzazi ni upasuaji rahisi unaoudumu muda wa dakika ishirini hadi arobaini. Upasuaji hufanyika kama mtu amepoozwa kwa dawa na daktari. Daktari hupasua na kufunga mshipa unaobeba mbegu ya mume kwa makende. Ushonaji hufanywa na ngozi za makende kushonwa pamoja. Baada ya upasuaji mhusika anatulia kwa masaa mawili. Husaidiwa kutuliza uchungu na kusalishwa suruali ya kuzuia uchungu na maumivu.

Baada Ya Upasuaji.

Mwanaume aliyepasuliwa apumzike kwa siku chache na asifanye kazi nzito kwa wiki moja. Daktari atamweleza wakati wa kuoga, kufungua benedeji na kurejelea ngono.

Utendaji Kamili Baada Ya Upasuaji Ni Upi.?

Mume atatakuwa na mbegu kwenye maji ya uzazikwa muda. Mbegu huenda zikaisha baada ya mikondo ishirini. Mhusika achukuwe shahawa kupimwa kwenye mahabara baada ya miezi miwili ya upasuaji. Wakati huo atumie mipira wakati wa ngono mpaka shahawa ionyeshe hamna mbegu.

Kuna Madhara Yoyote Baada Ya Upasuaji?

Kutakuwa na uchungu kiasi na uvimbe kwa siku chache baada ya upasuaji. Madhara makuu ni nadra.

Je Kuna Uwezekano Njia Hii Isitende Kazi?

Mtu mmoja kati ya watu mia tano na elfu moja hufeli, na huyo mtu huendelea kutoa mbegu. Hii hupatikana baada ya uchunguzi miezi mitatu baada ya upasuaji.

Upasuaji Unaweza Badilishwa Mume Arudie Hali Yake Ya awali?

Kuna uwezekano upasuaji usifaulu, lakini hakuna hakikisho kuwa mume anaweza kutoa mbegu ya kupata mototo. Na kama mume angekuwa na haja ya kupata mototo asipasuliwe.

Unaweza Kupataje Upasuaji?

Mipango hii hufanywa na daktari aliyehitimu kupitia kituo cha upangaji uzazi. Mume ahitaji ruhusa kutoka kwa mkewe kwa jambo hili.

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.

www.fpnsw.org.au | [talkline 1300 658 886](tel:1300658886) | [duka la vitabu](#)

huduma za kliniki na habari | elimu na mafunzo | utafiti | maendelo 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-FNPNSW imehakikisha kwamba maelezo yote ni sahihi hadi tarehe ya kuchapiswa. 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

Fact Sheet - English

VASECTOMY



What Is A Vasectomy?

A vasectomy is an operation that men can have so that they cannot make a woman pregnant. It is a permanent form of contraception.

How Does A Vasectomy Work?

It prevents sperm from travelling out of the testes (balls) and into the semen. If there are no sperm in the semen, a woman cannot become pregnant. It does not change a man's ability to enjoy sex or to ejaculate.

How Well Does It Work?

A vasectomy works very well. It is more than 99% effective.

What Happens When You Have A Vasectomy?

A vasectomy is a simple operation that takes about 20-40 minutes. It is usually done under sedation or a local anaesthetic, but it can be done under a general anaesthetic. The doctor makes a small opening in the front of the man's scrotum, and cuts and seals the ends of the tubes that carry the sperm. The opening in the scrotum is closed with a stitch or by pressing the skin edges together.

After the operation, the man may be asked to wait at the centre for up to two hours. Pain-killing medication and tight-fitting supportive underpants can help relieve any soreness.

After The Vasectomy

The man should rest for a few days and avoid any heavy physical exercise for one week. The doctor will tell him when he can shower or bathe, when to remove the dressing, and when he can have sexual intercourse again.

When Will It Be Effective?

A man will still have sperm for some time after the operation. It may take as many as 20 ejaculations to clear. He has to take a sample of his semen to a pathology laboratory for testing two months after the operation. He will need to use another form of contraception, e.g. condoms, until tests show his semen has no sperm in it.

Are There Any Side Effects?

There may be slight soreness, swelling and bruising that lasts for a few days after the operation. Serious side effects are rare.

What If It Doesn't Work?

About one in every 500-1,000 Vasectomies fail and the man may stay fertile or become fertile again. Normally this is picked up in the tests three months after the operation, but it can happen at any time.

Can A Vasectomy Be Reversed?

Sometimes a vasectomy can be reversed but even if the operation is successful, there is no guarantee that the man will then be able to father a child. If a man thinks there is any chance he may want to father children in the future he should not have a vasectomy.

How Do You Get A Vasectomy?

A vasectomy referral can be arranged through a local doctor or Family Planning clinic. A man does not need permission from his partner to have a vasectomy.

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

Reviewed: June 2014 | FPNSW 06/14

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.

www.fpnsw.org.au | [talkline 1300 658 886](tel:1300658886) | [bookshop](#)

clinical services & information | education & training | research | international development

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. FPNPNSW 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