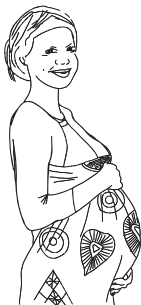


Tarin Tambayoyi da Masu taimako wajen Rarraba Multiple Micronutrient Supplements(MMS) za suyi ga Mata masu ciki

Manufa

Yi amfani da wannan takardar bayani don yiwa mata masu ciki nasiha yayin antenatal care da kuma jagorantar shirin ku don ya shafi mata masu juna biyu wayenda basu da halin karban MMS.

1. menene amfanin Multiple Micronutrient Supplements?



- Multiple micronutrient supplements (MMS) kayan abinci ne mai gina jiki na bitamin da kuma ma'adanai
- Micronutrients, wadanda galibi ake kira da bitamin da ma'adanai, suna da mahimmanci ga ci gaban lafiya, rigakafin cututtuka, da kuma walwala. Kodayake ana bukatan sa a karamin adadi, micronutrient basu ginuwaya a jiki da kansu, suna samuwa ne daga kalolin abuncin da ake ci ko kuma kwayoyin dake taimako wajen gina jiki da ake sha.

2. Shin menene MMS?

- Kowane kwayar MMS yana cike da sinadarin bitamin da ma'adanai 15 (kananan kwayoyin cuta) masu mahimmanci don isarwa da karin abinci da mata ke bukata a yayin da suke da ciki.
- An tsara MMS ne ta amfani da dabara ta UNIMAP (United Nations Multiple Micronutrient Antenatal Preparation) kuma tana kunshe da kananan kwayoyin abuncin gina jiki 15: vitamin A, C, D, E, B1(thiamine), B2 (riboflavin), B3(niacin), B6, B12 and folic acid da kuma minerals iron (Fe), zinc (Zn), copper (Cu), iodine (I), da kuma selenium (Se).
- duba takaddar maganin don samun cikakkun bayanai game da sinadaran.

3. Shin MMS ya bambanta daga Iron da Folic Acid (IFA)?

Eh, MSS nada !5 sinadarin kananan kwayoyin abunci na gina jiki, har da Iron da Folic Acid, sannan kuma IFA tana da kananan kwayoyin abunci na gina jiki 2 kachal (iron and folic acid).

kwatankwacin IFA, MMS yana rage yawan karancin jini a uwa. Duk da haka, matan da basu da abinci mai gina jiki, wato, rashin jini a jiki ko rashin koshin lafiya lokacin da suke da ciki, su suka fi cin moriyar MMS.

Shaidu su nuna cewa shan MMS a lokacin da mace ta take da ciki yana samar da karin cigaba a sakamakon haihuwa fiye da wadanda IFA bayarwa. Amfani dashi ya jawo raguwan wadannan matsolin:

- Low birthweight (LBW)
- Small-for-gestational age (SGA)
- Haihuwa kafun watanni tara(<makonni 37)
- Mutuwar jarirai a watanni 6
- mutuwan jarirai kafun haihuwa

Sinadaren MMS

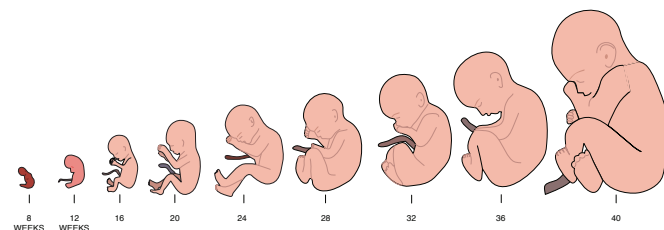
iron(Fe), folic acid, vitamin A, vitamin C, vitamin D, vitamin E, vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B3 (niacin), vitamin B6, vitamin B12, zinc(Zn), copper (Cu), iodine(I) & selenium(Se)

Sinadaren IFA

iron da folic acid

4. Ta yaya mata, yaro dake mahaifa da jarirai za su amfana daga MMS?

Mata masu ciki suna da karin bukata na bitamin da kuma ma'adanai a duk lokacin da suke da juna biyu, wanda gali-bi ba a iya samun shi ta hanyar cin abinci kadai. Bayar da MMS yayin daukar ciki na iya taimakawa da wadannan karin bukatun gina jiki. Vitamin da ma'adanai, kamar waɗanda aka



samu a cikin MMS, na iya taimakawa:

- Rage karancin jini a wurin uwa, makantar dare, da sauran alamomin da ke haifar da karancin bitamin da ma'adinai; kuma
- Rage haɗarin low birth weight (LBW), small-for-gestational age (SGA), haihuwa kafun watanni tara, mutuwan jarirai a cikin mahaifa da kuma mutuwar jarirai.

5. Shin MMS magani ne na haihuwa?

A'a. Duk da de mata masu niman haihuwa zasu iya amfana daga Karin lafiya, Yiwa mata nasiha su nemi taimako wajen kwararren likita don neman shawara kan haihuwa.

6. Shin MMS kwayar hana haihuwa ne (Tсарin iyali)?

A'a. MMS ba kwayar hana haihuwa bane kuma baza'a iya amfani dashi don tsarin iyali ba.

7. Shin anaiya shan maganin MMS bayan haihuwa?

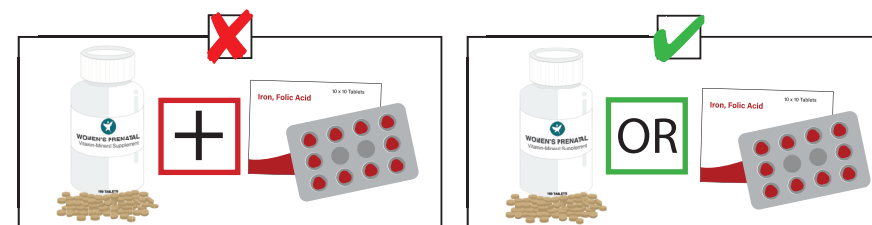
An tsara MMS don biyan bukatun mata masu ciki. Koyaya, idan kowane MMS ya rage bayan haihuwa, to sai a cigaba da shan sauran magungunan a bayan haihuwa / ko yayin shayarwa. Shayarwa ta nonno uwa yana da amfani ajikin jaririn musamman daga haihuwa zuwa wata shida. Bayan haka, gabatar da wadataccen abinci mai gina jiki daga watan 6 tare da ci gaba da shayarwa har zuwa shekaru 2 ko sama da haka



8. Me yasa MMS ke dauke da 30 mg na iron kuma IFA suna dauke da 60 mg?

- Sharuɗɗan lokacin haihuwa na WHO don kwarewar ciki mai kyau (2016) sun ba da shawarar 30-60 mg / rana na karin iron a jiki don hana karancin jinin uwa.
- Ana iya hana karancin jinin uwa ta shan MMS 30 mg na iron a kullum yayin da cikin ya shiga
- Wasu daga cikin bitamin da kuma ma'adanai waɗanda aka haɗa a cikin kirƙirar UNIMMAP na MMS suna haɓaka iron, don haka ba a buƙatar iron da yawa don samun raguwar karancin jini.

9. Mace me ciki zata iya shan MMS da IFA?



A'a. Don dalilan rigakafin, ba shawara mai kyau ba ne ga mace mai ciki ta sha MMS da IFA a lokaci guda ko kuma a rana daya. Wannan na iya haifar da iron sama da 90 mg / a rana guda, wanda na iya haifar da sakamako masu illa irin su makarkashiya, amai, tashin zuciya, da gudawa

Dangane da mummunan karancin jini a cikin mahaifa (kamar yadda hukumomin lafiya na kasa suka bayyana), kwararrun likitocin ne za su iya gano sababin sa da maganin.

10. Su wanene ya cancanta a basu MMS?

- ✓ Mata mas ciki tun da wuri kamar yadda ya kamata.

Wayenda basu cancanta ba:

- ✗ Mazaje, yara da matan da basu da ciki
- ✗ Mata masu ciki wayenda ke kan shan IFA da clinic ta basu



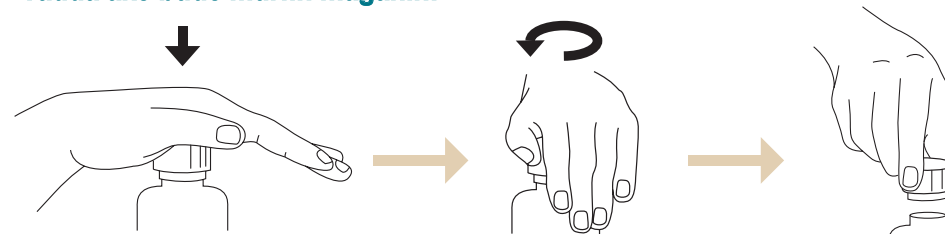
11. Ta yaya za rarraba MMS?

Masu rarraba magungunan suna buƙatar sanin yadda za a ba da MMS ga masu ciki:

- raba wa kowace mace mai ciki kwalba mai ɗauke da 180 MMS don amfani da su yayin da take da juna biyu Don dalilai na aminci da kiyaye MMS daga kaskanci, adana karin a cikin asalin kwalbar.
- Karfafa wa mata su rika shan MMS guda daya a kowace rana kuma a duk lokacin da suke dauke da juna biyu har sai maganin ya kare (misali, kuma za ta iya sha yayin shayarwa).
- Sanar da mata game da addana magani, lokutan shan maganin, illolin, da gargadi, sannan a nuna musu yadda za su buɗe murfin magungunan



Yadda ake buɗe murfin maganin:



Yi amfani da tafi hannu don latsa murfin.

Juya murfin ta hannun hagu

Cire hulan

12. Ta yaya za'a addana maganin MMS lafiya?

Wurin ajiya:

- Addana kwalbar maganin MMS a wuri mai sanyi kuma wuri bushe, tsakanin 15 ° C da 30 ° C
- Kiyaye kwalban sosai kuma a ijiye inda hannun yara baze kai ba.

13. Ta yaya mata za su sha maganin MMS?

- Sha MMS 1 (daya) kowace rana bayan shigan ciki har haihuwa
- Mata ya kamata su fara shan MMS da zarar sun san suna da ciki
- Shan MMS a dare da / ko abinci da ruwa na iya taimaka rage illa.
- Idan akwai sauran MMS da suka rage a cikin kwalbar bayan ciki, sha sauran kwayoyin a lokacin bayan haihuwa / ko yayin shayarwa

Sau nawa



Sha MMS daya - kuma daya kawai - kowace rana har sai kwalban fanko.

14. Shin menene illan shan maganin MMS?

Lokacin da ake shan maganin kamar yadda aka umurta, ba a tsammanin maganin MMS ze haifar da mummunar illa; duk da haka, wasu mata suna fuskantar ciwon ciki (watau tashin zuciya, amai da gudawa), makarkashiya, ciwon kai, ko wani dandano mara dadi a bakinsu bayan shan MMS. Wadannan illolin na kankanin lokaci ne kuma zasu tafi yayin da jiki ya saba da maganin.

Shan MMS da ruwa, abinci, ko lokacin kwanciya na iya rage karfin maganin. Koyaya, idan alamomin suka ci gaba, mace mai ciki za ta yi magana da kwararriyar likita masu kula da lafiyar mata masu ciki.

15. Shin mace mai ciki za ta iya ci gaba da shan MMS bayan ta tsallake 'yan kwanaki?

Eh, amma mace ta mance wata rana, be kamata Ta sha kari biyu ba washe gari, madadin haka, Kawai daya(1) zata sha kowace rana kamar yadda aka saba. Ana shan MMS kowace rana, amma so daya a rana.



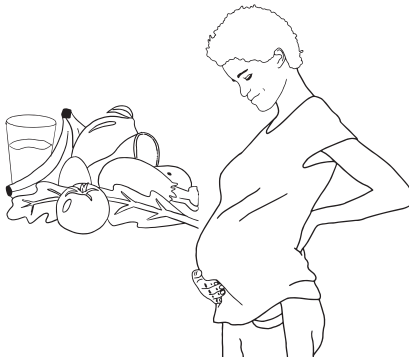
16. Shin shan MMS na iya jawo “manyar jarirai” wayenda suka girma fiye da inda ya kamata wa jarirai?

MMS na inganta habaka mafi kyau da ci gaban tayin. Matan da basu da tsayi (tsayayyiya da kananan tsayi na shekaru) ya kamata a kula dasu a duk lokacin da suke ciki kuma a basu kulawar haihuwa masu dacewa don tabbatar da haihuwa.

Don tabbatar da haihuwa mafi lafiya, mafi sauki, ana ba mata shawara su:



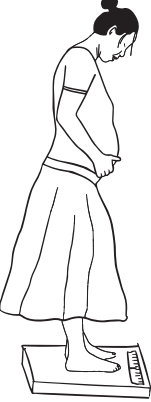
Halarci yau da kullun masu kula da haihuwa



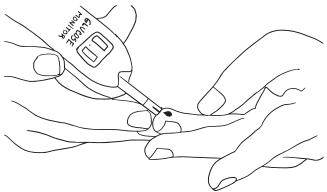
ci abinci masu gina lafiyan jiki



Yi aiki wanda aka saba yi kullum

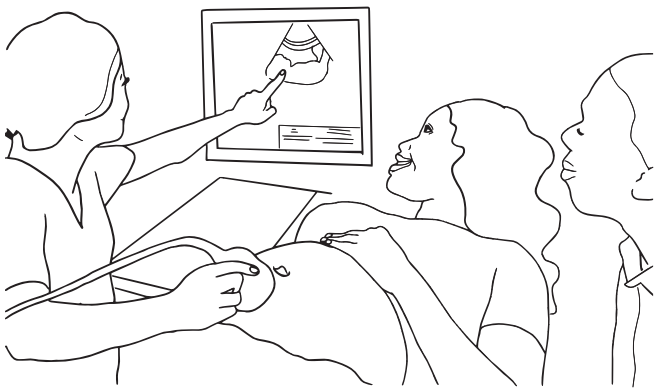


Kula da nauyin jiki yayin daukan ciki



Sarrafa ciwon sukari, harda ciwon sukari na ciki

17. Shin ya kamata mata masu juna biyu su je Antenatal Care Services (ANC) yayin shan MMS?



Eh. Duk mata masu juna biyu ya kamata su ci gaba da halartar Antenatal Care Services (ANC), koda yayin shan MMS. Halartan ANC na yau da kullun yana da amfani.

18. Ta yaya zan iya taimaka wa mata masu ciki su rika shan maganin MMS a kowace rana?

- Ka sa matar ta maimaita maka umarnin shan maganin don ka tabbatar ko ta fahimta ko kuma yi mata tambayoyin don bincika fahimtarta.
- Tunatar da matar kada ta raba MMS da kawaye ko dangi saboda an tsara su musamman don mata masu ciki kuma suna da mahimmanci ga jariri mai girma. Ajiye MMS a cikin amintaccen wuri, daga inda yara zasu isa.
- Don MMS yayi aiki mafi kyau, sha guda ɗaya kowace rana yayin da kike da cikin. ka Tattauna dabarun da za su taimaka wa matar ta tuna ɗaukar MMS yau da kullun. Ga wasu dabaru:
 - ☑ Sha MMS a lokaci guda kowace rana, bayan cin abinci (wannan yana taimakawa gina ɗabi'a, amma maganin MMS na aiki a kowani lokaci ba sai lokaci guda ba).
 - ☑ Saita alarm ko yi amfani da wata tunatarwa don shan maganin MMS kowace rana
 - ☑ Kiyaye kwalban sosai kuma a ijiye inda hannun yara baze isa ba.
 - ☑ Tambayi yan uwa da abokai don taimakawa bada tuni
- Idan mace ta manta wata rana, kar a sha MMS biyu a washegari; kawai ci gaba da daukar daya a kowace rana kamar yadda aka saba.
- Tambayi matan idan tana da wata damuwa game da MMS ko kuma akwai wani dalili da zai iya hana ta sha. Idan haka ne, taimaka wurin amsa kowace tambaya da kuma a magance damuwarta

nassoshi

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