

# Ho Ntsha Mpa *ho a hlaloswa*



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## Ho Ntsha Mpa

### Ho ntsha mpa ke eng?

**Ho ntsha mpa** ho hlaloswa e le phediswa ya ho ima ka ho ntsha kapa ho tejelwa ha embryo kapa fetus ka popelong pele e ka phela ka bo yona. **Ho ntsha mpa ho iketsahallang** ha ngata ho bitswa **miscarriages**, e leng moo embryo kapa fetus e shwang ka baka la ketsahalo tsa tlhaho kapa ka phoso. Ho ntsha mpa ho nkuwa e le **ho ntshuwa mpa ho potlakisitsweng** haebe ho tlile ka sepheo le maikemisetso. Bakeng sa bukana ena, lentsewe *ho ntsha mpa* le tla sebediswa ho bolela ho ntsha mpa ho potlakisitsweng, e seng ho ntsha mpa ho iketsahalletseng (kapa miscarriage).

### Ke efe mefuta e fapaneng ya ho ntsha mpa?

Ho na le mekgahlelo e meraro e ka sehlohong ya ho ntsha mpa ho potlakisitsweng: ya meriana (e tsejwang hape e le chemical), oporeishini, le mekgwa e meng. Ho ntsha mpa ka meriana/chemical ke tshebeletso e seng ya opereishini moo meriana ya ngaka e sebediswang ho tlisa lefu la embryo. Ho ntsha mpa ka oporeishini ke tshebeletso ya ho tlosa embryo le placenta popelong ya mosadi. Mokgahlelo wa boraro, mekgwa o mong wa ho ntsha mpa, o kenyeleditse **abortifacients** tse jewang, ntho tse sa tlwaelehang di kenngwa ka hara popelo, le/kapa tshebediso ya

tshusumetso e kante mmeleng wa mosadi ya immeng.

### Ke ka tlasa mabaka afe moo ho ntshuwa ha mpa ho etsuwang?

Le kante ho melao e fapaneng ka ho ntsha mpa, ho tloha ho thibelweng ho matla ho isa ho dumellweng ho matla, ho ntshuwa ha dimpa ho etsuwa naheng e nngwe le e nngwe lefatsheng. Naheng tse tswelletseng pele haholo, ho ntsha mpa ho ka laolwa ka matla, ka molao, mme hwa etsuwa ka tlasa taolo ya ngaka. Naheng tse ding, moo melao ya ho ntsha mpa e thibelletseng ka matla, kapa moo tlhokomelo ya ngaka e leng theko e phahameng, ho ntshuwa ha dimpa ho ka etsuwa ha ngata kante le ho tlhokomelo ya ngaka.

### Ke nako e kae ho ntshuwa ha dimpa ho etsuwa?

Le ha ketsahalo ya pele e tsejwang e lebisa China ka 2700 BC, ho na le mabaka a ho dumela hore ho ntsha mpa kgale ho etswa ha feela basadi ba kgona ho ima. Le ha tsebo e tswetseng pele ya meriana e tswelapele ho hola le ho fetoha, mekgwa ya ho potlakiswa hwa ho ntsha mpa—ho tlosa embryo ka popelong le ho sebedisa ditlamatlama le meriana ho potlakisa pelehi—e dutse ka ho tshwana diketekete tsa dilemo tsa hisetori e ngotsweng.



### Bakeng sa Babadi:

Phumaneho ena e etseditswe bakeng sa batho bohle ba lefatshe, jwale ntlha tse ding tsa tshebediso tse itseng di ka hlokwa ho lokiswa bakeng sa tulo ya hao. Thuso tse phatlalatsehileng di kenyeleditswe ka tebello ya hore mosebedisi e mong le e mong o tla lokisa puo ho ya ka bamamedi ba hae.

Pontsho tse kenyeleditsweng phumanehong ena, le ha e le tsa nnete ka tlhaho, di bontsha madi a manyane ho feta a ka bang teng nakong ya nnete ya ho ntsha mpa. Hona ho dumella mekgahlelo ya tshebeletso e nngwe le e nngwe—ha ngata ho sa bonahale ka baka la madi le dinama—hore e bonahale pontshong e nngwe le e nngwe.

**Mantswe a ngodilweng ka botenya** ho potoloha a emetse mantswe a ikgethileng moo tlhaloso e kenyeleditsweng ho tlhalosong ya mantswe qetellong ya bukana ena.

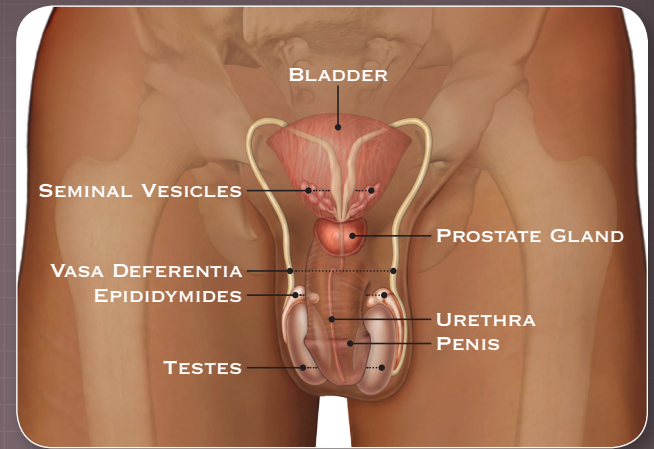


## Karolo ya Monna ya ho Ikatisa

Kamora hoba disele tsa sperm di be teng ka hara di **testes**, di bolokwa ha hara di **epididymides**. Ka nako ya hoikutlwa ho etsa thobalano, **penis** e ya hola mme e otlolohe, hoo ho e dumella ho kena botshehading ba mosadi nakong ya thobalano.

Kgatong ya pele ya **ejaculation**, e bitswang emission, disele tsa sperm di feta ho **vasa deferentia**, moo di kopanang le moro o mong o tswang **seminal vesicles** le ho **prostate gland** ho etsa **semen**. Semen e ya ipokeletsa ka hara masoba a ejaculation, a fumanehang moo qetello ya vasa deferentia e kopanang le seminal vesicles ka hara prostate gland.

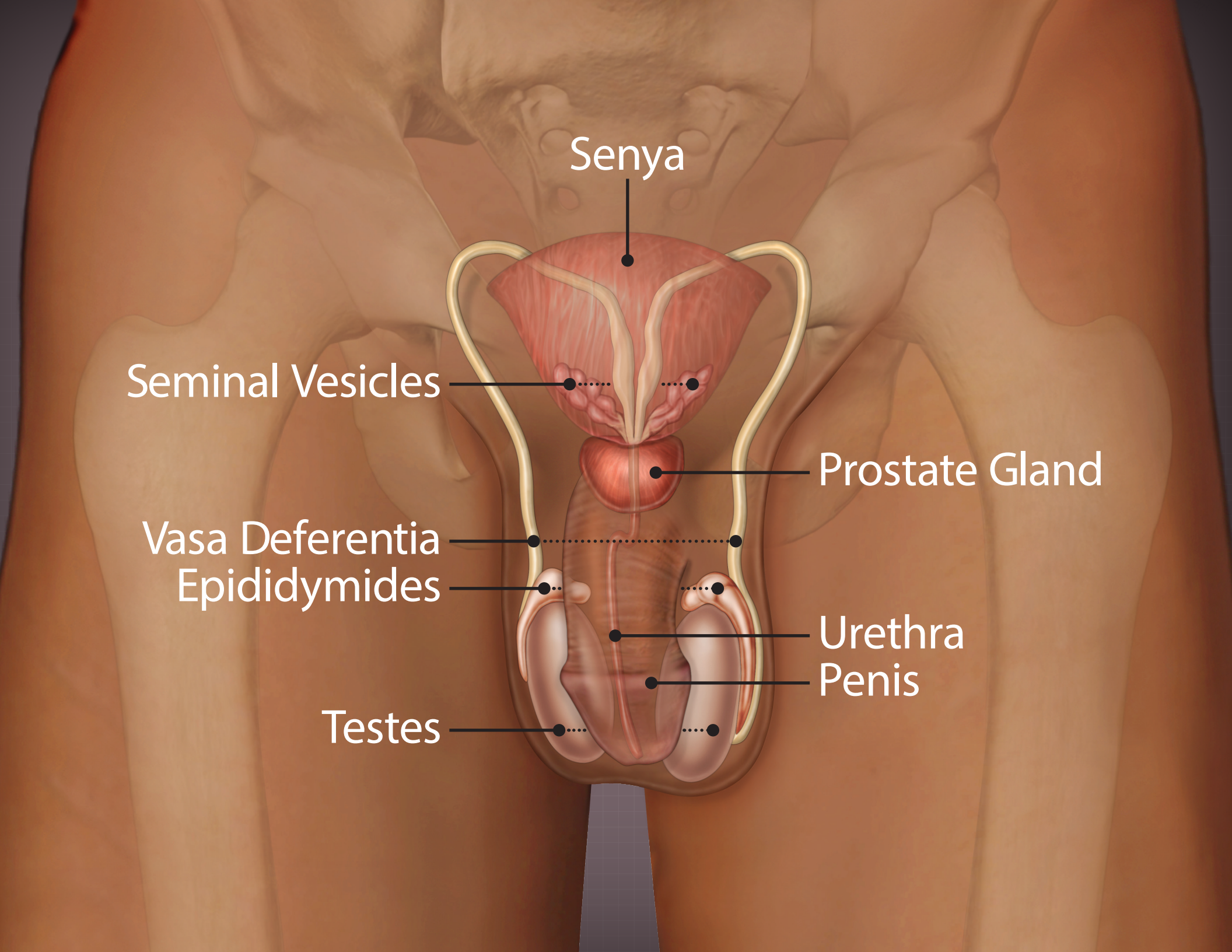
Ka nako eo semen e tswang ho penis, kgato ya bobedi ya ejaculation, tsamao ya mokokotlo e baka phethaphetho ya ho tiisana hwa methapo e paqameng ka hara urethra, penis, le prostate gland, mme di betsetse semen ho tswa ka hara urethra ka qetello ya penis ka ho ipetsa-petsa.



### Notes

Senya ke setho se bokelletsang moroto ho tswa diphiyong pele ho ketso ya ho rota. Moroto o tswa ka hare ho senya ka tsela ya urethra, **empa ketsahalo ena e fapane hole le ejaculation**, mme ha e kopane le ho ikatisa.

Nakong ya ejaculation, thathelo ya methapo e kante ho senya sa moroto e kwetswe ka thata ho netefatsa hore lero la seminal le ya pele, le ho thibela hore moroto o se kopane le semen.



Senya

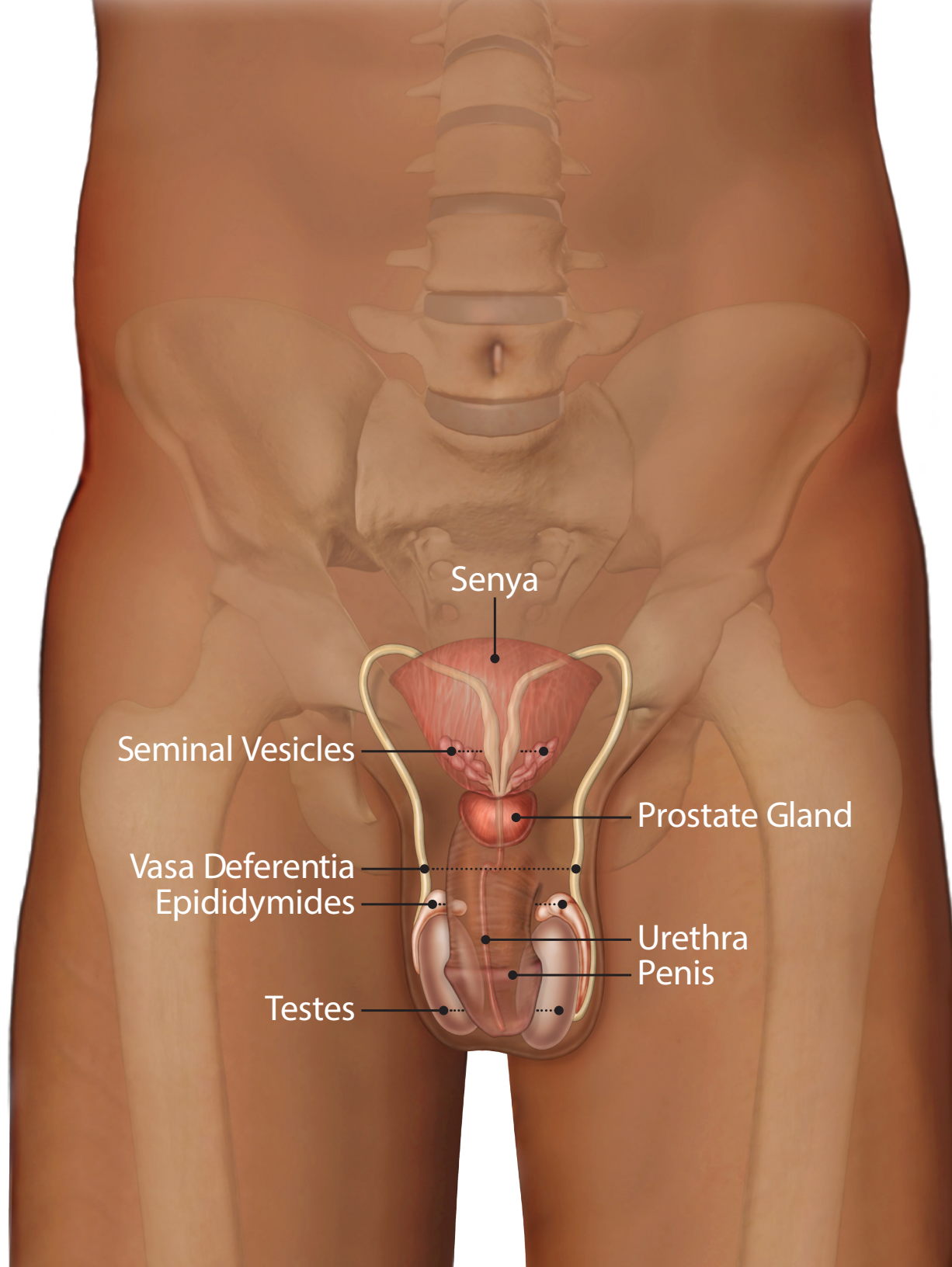
Seminal Vesicles

Prostate Gland

Vasa Deferentia  
Epididymides

Urethra  
Penis

Testes



Senya

Seminal Vesicles

Prostate Gland

Vasa Deferentia  
Epididymides

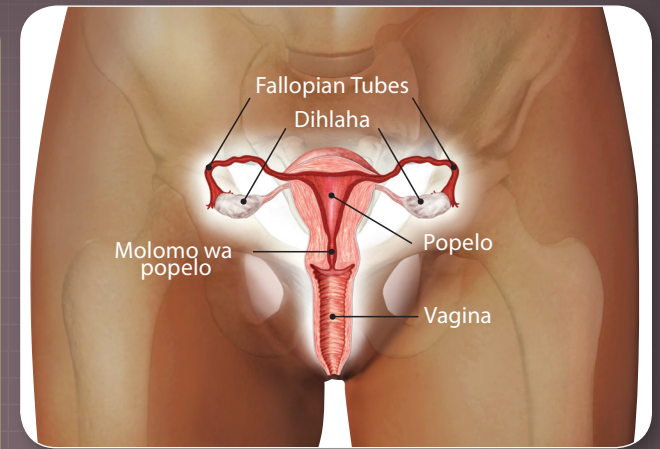
Urethra  
Penis

Testes

## Karolo ya Mosadi ya ho Ikatisa

**Dihlaha** ke karolo tsa ho ikatisa tsa mosadi tse hlalisang **mahe**. Ka nako ya **ho butswa ha mahe**, lehe le ya ntshuwa ho tswa ho enngwe ya dihlahla ho ya ka hara **fallopian tube** e haufi. Ha **ejaculation** e etsahala nakong ya thobalano, **penis** ya monna e otlolohileng e ntsha **semen** ho kena ka hara **vagina** ya mosadi, moo e tsamayang ka hara **molomo wa popelo** ho kena ka **popelong**. **Sperm** se ka hara semen se tsamaya ka hara popelo ho

ya ka hara fallopian tube mme se potapote lehe, le tlang le tsamaya ka lehlakoreng le fapaneng—ho tloha sehlaheng ho ya popelong. Ha lehe le ka kopana le lero, bophelo bo botjha ba motho bo qadile. Beke tse robedi tse qalang tsa bophelo motho enwa o bitswa **embryo**. Ho tloha beke ya borobong ya boimana hofihlela tswalong, motho enwa o tla bitswa **fetus**.



## Notes

Boimana ha ngata bo shejwa ka “gestational age (dibeke/dikgwedi tsa boimana),” e leng moo letsatsi la 1 la ho ima ke letsatsi la pele la mosadi la ho qetela ho tsweng ha madi (LMP). Ho butswa hwa lehe le **fertilization (ho kopana ha lero le lehe)** ha ngata di etsahala ho elleng letsatsi la 14, kapa bekeng ya bobedi, ya beke tse 40 tsa boimana. Nakong eo ho ya matsatsing hwa mosadi ho le morao, mme a nahana hore o mmeleng, ngwana e motjha ya seng a bopehile a ka ba “dibeke tse hlano” jwale, le ha kopano ya lero le lehe e etsahetse beke tse tharo tse fetileng. Nako ya boimana e balwa ka dikotwana tse tharo: ya pele, dibeke tse 1–13; ya bobedi, dibeke tse 14–26; mme ya bone, dibeke tse 27–40.

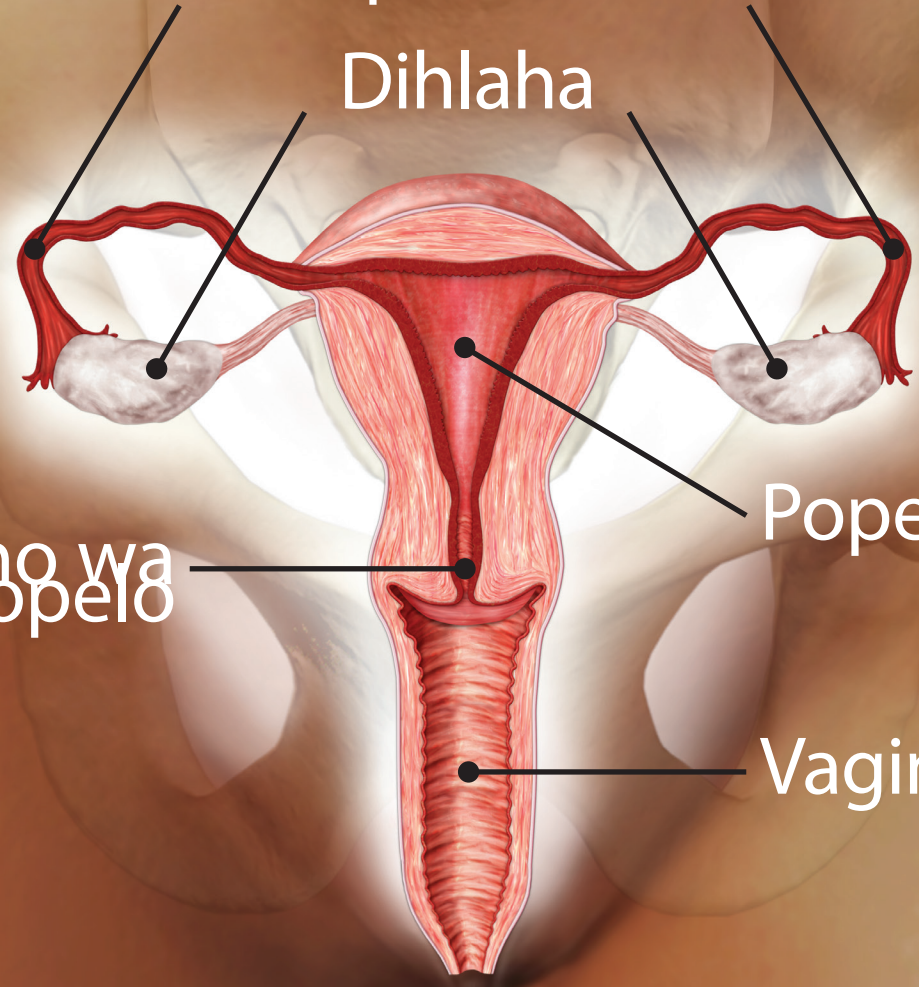
Fallopian Tubes

Dihlaha

Popelo

Molomo wa  
popelo

Vagina





## Fertilization le Implantation (Boemo ba ho Kopanngwa le ho Hong)

Le ha semen e na le dimilione tsa sperm, tse ka tlasa 1,000 ke tsona tse tla fihla leheng. Hloho ya sperm se seng le se seng se na le genetic material ya monna, e bitswang **DNA**, mme mohatla o sebetsa bakeng sa ho tsamaya. Sperm se seng le se seng se kganelwa pele ke ho shapa hwa mohatla ho ya phihlellong ya sona: lehe, le nang le genetic material ya mosadi. Ha sperm se le seng feela se kena letlalong le kantle la lehe, tse ding di thibelwa ho kena leheng.

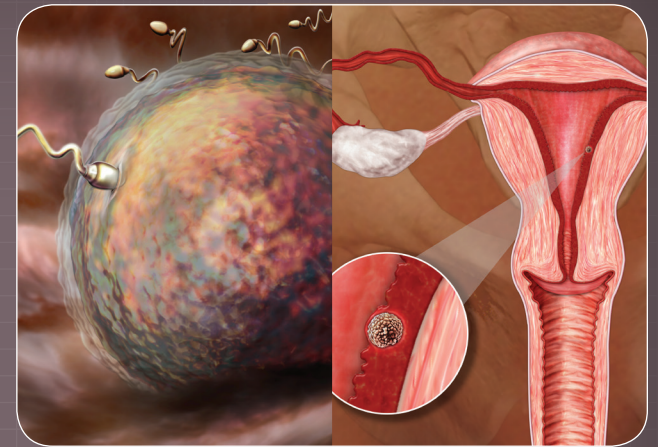
Ha sperm se kena leheng, DNA ya batswadi ka bobedi e ya kopana ho bopa motho ya ikgethileng. Le ha motho enwa, ya tsejwang e le **zygote**, e le sele e le nngwe qalong, ke ntho e ikgethileng e phelang mme e fapane hole le batswadi ba yona. Sele ena e le nngwe e qala ho eketseha hang-hang—ho tloha ho sele e le nngwe ho ya ho tse pedi ho tse nne ho tse robedi, le ho tswelapele.

Ha disele di ntse di eketseha ka hara zygote, bohato bo qalang ba embryo ya motho, e tswelapele ho hola. E tsamaya butle ka hara fallopian tube ho ya popelong, moo e kannang ya kopanngwa leboteng la popelo. Embryo e tla nka matsatsi a mahlano ho finyella popelo, mme e tla tsejwa ka hore ke **blastocyst** karolong ena. Blastocyst e na le disele tse 70–100. Haeba **implantation** e ka

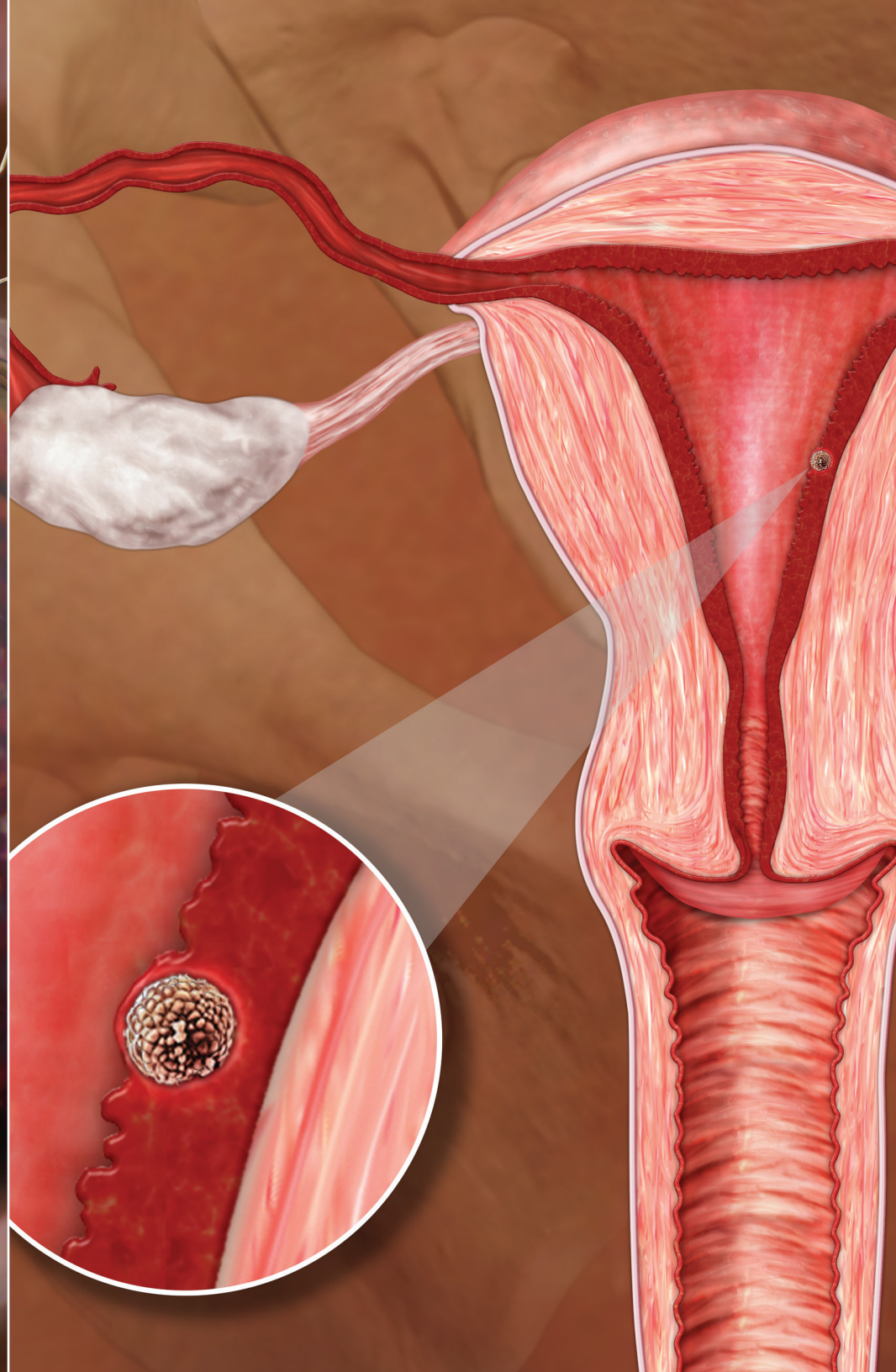
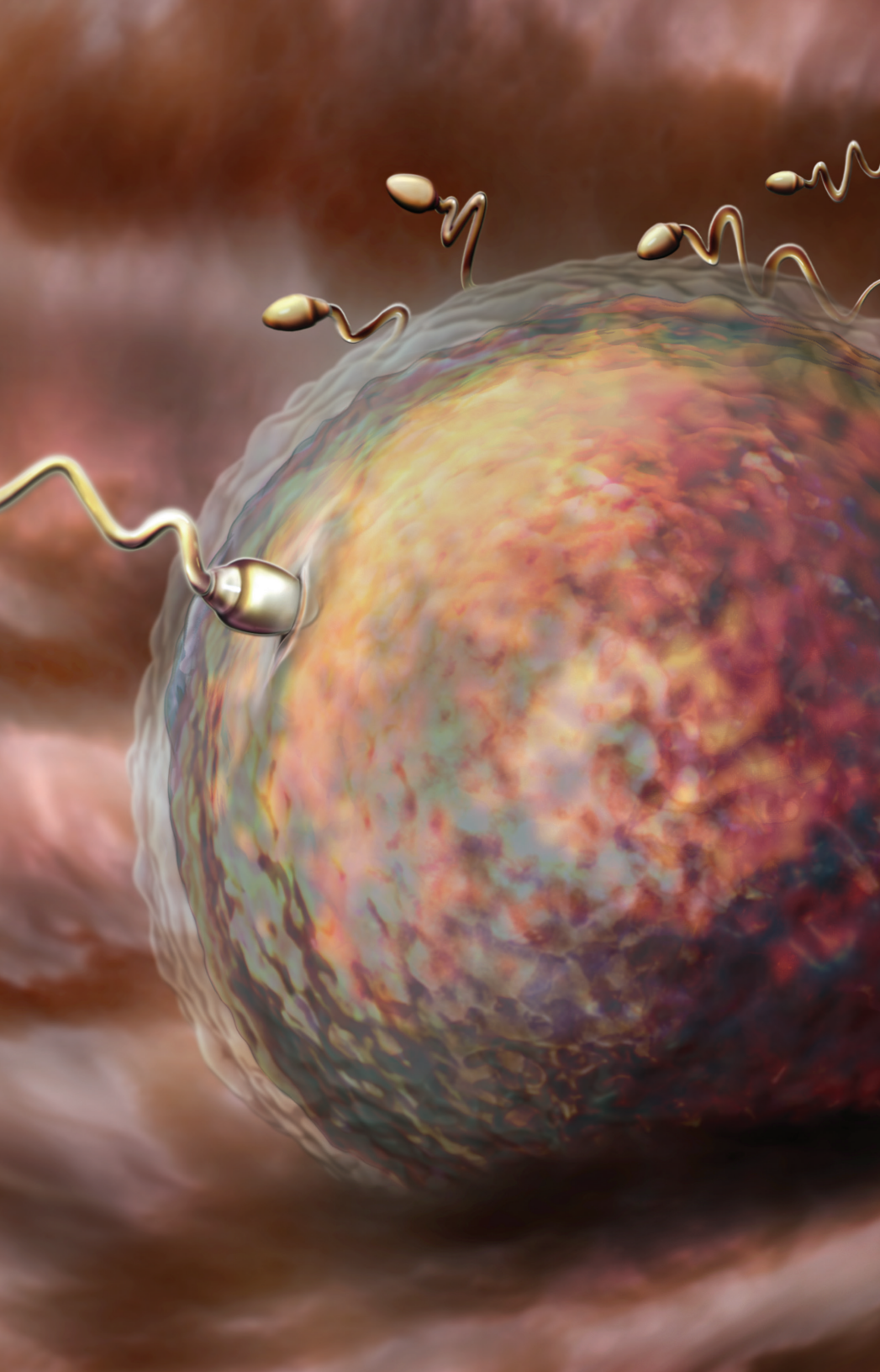
etsahala, ho ima ho tla tswelapele ha ho sena tshitiso. Haeba implantation e sa etsahale, blastocyst e tla feta mmeleng wa mosadi ha a ya matsatsing, e etsa tahlehelo ya ho qaleng hwa ho ima.

### Bakeng sa Puisano e Tswelang Pele

- Ka tlasa maemo a lokileng le kganya, lehe la motho le ka bonwa ka mahlo. Lehe le leholo ho feta sperm se le seng makgetlo a 100.
- Sperm, tse etswang ka hara di testicles, di nka matsatsi a ka bang 70 hore di fihlelle boholo.
- Nomoro e lekanngweng ya sperm e tswang nakong ya thobalano e ka ba ho tloha dimilione tse 50 ho ya ho 500.
- Qetello ya sperm e tshwere di enzymes ho phunya karolo e ka hodimo-dimo ya lehe. Hang ha lehe le qeta ho amohela sperm se le seng, le etsa lebota hona hoo ho thibella di sperm tse ka batlang ho kena .
- Ho kenyeletswa sperm, tse ding tse teng ho semen ke fructose, enzymes, citric acid, free amino acids, prostaglandin, potassium, le zinc.



### Notes



## Ho Ima ho sa Tlwaelehang

### Blighted ovum

**Blighted ovum** (ho tsebahalang hape e le ho ima ho anembryonic) ke ho ima moo blastocyst e dulang leboteng la popelo, empa moo embryo e sa holeng teng. Blighted ovum e etsahala karolong ya pele ya boimana mme ho utlwahala e etsahala ha qaleho ya embryo e shwa, e ka nna ya ba ka baka la ho se loke hwa chromosome. **Trophoblast**, letlalo le ka ntle la sele ya embryo e sa tswa etswa, e tswelapele ho hola beke tse mmalwa.

Ka baka la hore **placenta** e ka qala ho hola le ka ntle ho embryo, diteko tsa ho ima di ka nna tsa bontsha ho ima. Mosadi a ka nna a ba le matshwao a qalang a ho ima a tlwaelehileng jwalo ka ho ikutlwa e ka o tla hlatsa, mokgathala, le matswele a bohloko. Ka baka la hoba ha hona embryo e sebetsang, ha ho le jwalo, ho ima ha ho kgone ho tswelapele mme tahlehelo ya ho ima e tla dula e etsahala ho tswa ho blighted ovum, ha ngata karolong ya pele ya ho ima. Tahlehelo ya ho ima ha ngata e tla tswelapele ho iketsahalla ka tlhaho, empa mosadi a ka kgetha ho thuswa ka meriana. Blighted ova ke mohlodi o ka bang 50% wa tahlehelo ya ho ima karolong ya pele ya ho ima.

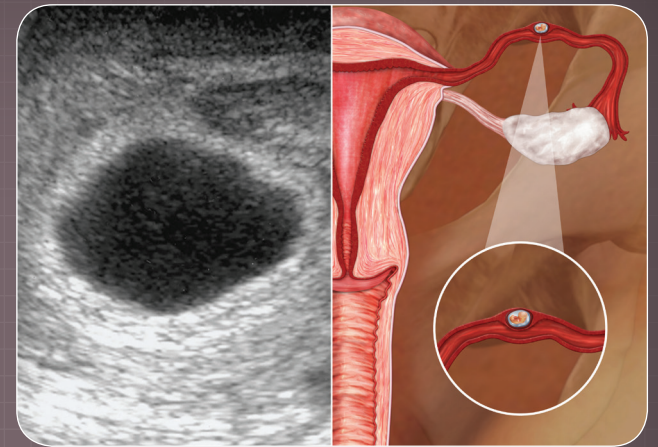
### Ho Ima hwa Ectopic

Ho ima hwa ectopic ho etsahala ha embryo e thibelwa ho finyella ho popelo, ha ngata ka baka la ho lemala ho ka hara fallopian tube, mme e kopanngwe kantle ho popelo. Mokgwa

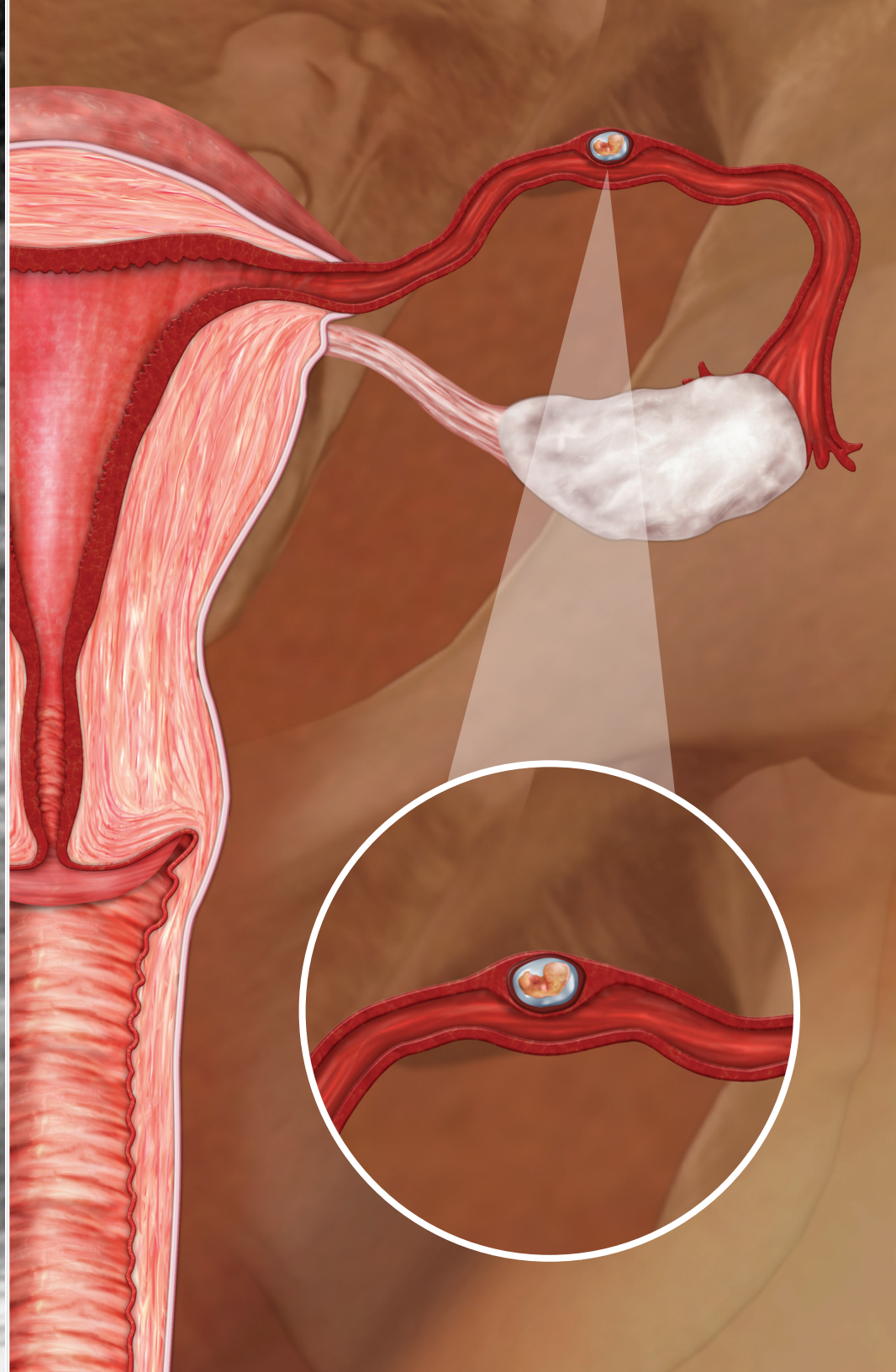
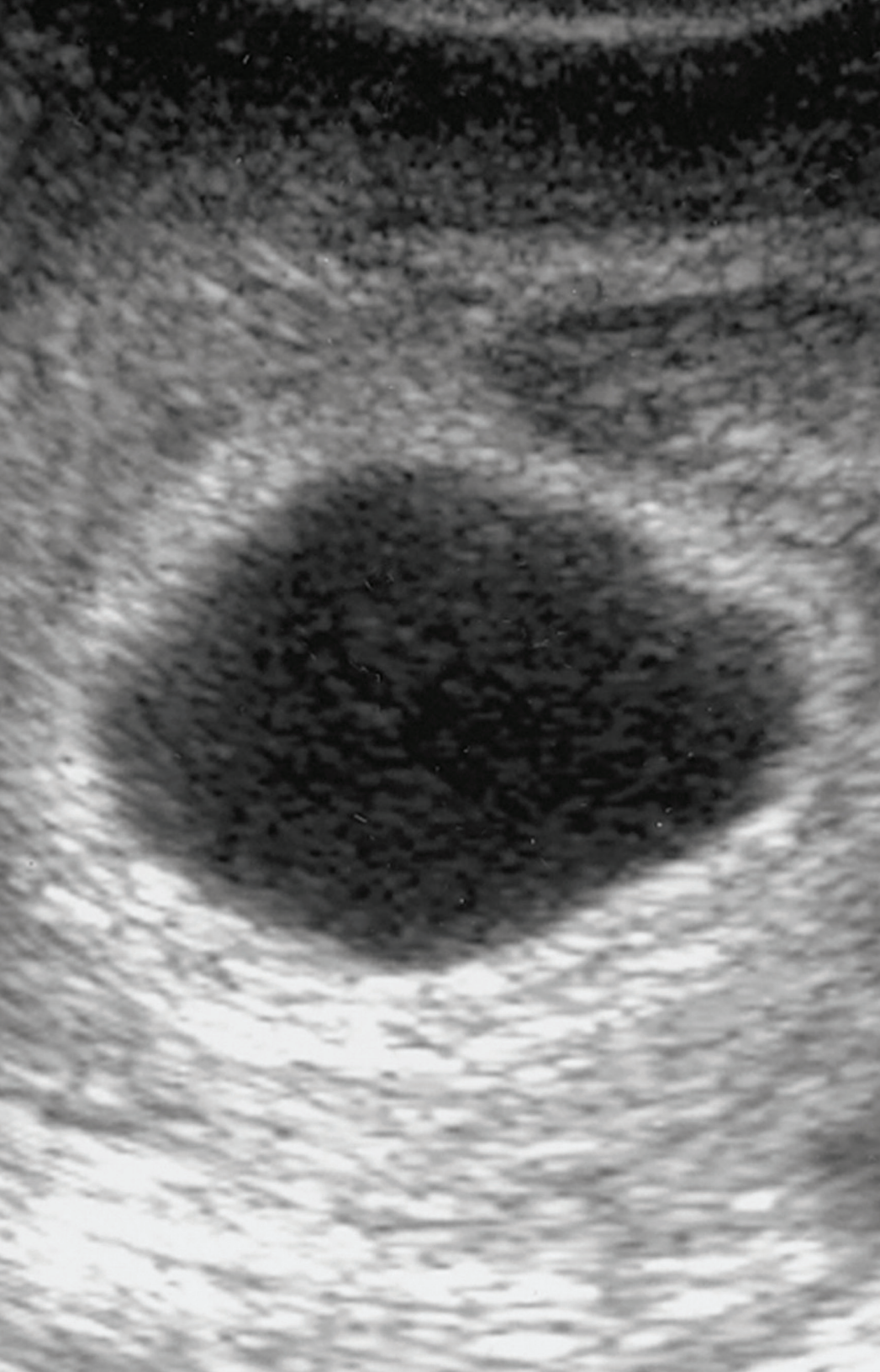
o tlwaelehileng wa ho ima hwa ectopic—ho feta 95%—ke “ho ima hwa tubal,” ha embryo e kopanngwa ka hara fallopian tube. Tse ding kaofela tsa ho ima hwa ectopic di etsahala ka dipopelong, molomong wa popelo, kapa ka mpeng.

Le ha ho ima hwa ectopic ho kekeng hwa kgonwa ho thijwa, kotsi tse ding di ka hafolwa. Dikotsi di kenyeleditse: lefu la ho ruruha ho hofubedi hwa popelo (PID), tshebediso ya ho thibela pelehi ka intrauterine device (IUD), ho tsuba, oporeishini ya tubal, tubal ligation (ho thibela mosadi ho ima), kapa ho ima ho fetileng hwa ectopic. Diponahatso tsa ho ima hwa ectopic di kenyeleditsa ho tswa madi ha karolo ya bosadi ho sa tlwaelehang, ho utlwa bohloko tlase mpeng, bohloko nakong ya ho rota, le ho ikutlwa eka o tla hlatsa.

Ho ima hwa ectopic ho jere kotsi e kgolo ho pheleng hantle hwa mosadi, mme ha ho kgonahale hore embryo e phele kantle ho popelo. Bothata bo tlwaelehileng ke ho taboha hwa fallopian tube, ho ka isang ho tsweng ha madi a mangata ka hare mme—ha e ka siuwa e sa hlokomelwe—lefu. Ho ima ho hong hwa ectopic ho ka iphella kantle le hlokomelo. Haeba embryo e atametse haholo lemating la fallopian tube, e ka nna ya lahlwa ke yona ha e hola, e re ha embryo e se e shwele dinama di nkuwe ka tlhaho ke mmele wa mosadi.



### Notes



## Ho Ntsha Mpa ka Moriana

### Ke eng ho ntsha mpa ka moriana?

Ho ntsha dimpa ka moriana (ka nako tse ding e tsebahala e le ho ntsha mpa ka dichemical) di tliswa ke tshebediso ya meriana eo ha ngata e nkuwang ka tsela ya dipidisi, le ha ho hlajwa sepeiti ka nako tse ding ho sebediswa. Meriana ena e sebetsa ka tsela tse fapaneng ho tlisa lefu la embryo e ntseng e hola kapa fetus. Meriana e isang lefung la embryo kapa fetus e tsejwa ka hore ke di abortifacients.

### Ke meriana efe e sebediswang bakeng sa ho ntsha mpa ka moriana?

Ho na le meriana e mmedi e ka sehlohong e sebediswang bakeng sa ho ntshuwa ha dimpa ka moriana, **mifepristone** le **misoprostol**. Mifepristone ke lebitso la moriana o tsebahalang lefatshe ka bophara e le RU-486, Mifeprex, kapa Mifegyne. Misoprostol ke lebitso la moriana o tsebahalang e le Cytotec. Moriana o mong o sebediswang ha ngata bakeng sa ho ntsha mpa ka moriana, **methotrexate**, ha ngata o sebediswa mmoho le misoprostol.

### Ho ntshuwa ha dimpa ka moriana ho etswa neng?

Mane Amerika, mifepristone/misoprostol e sebediswa hofihlela beke tse robong (matsatsi a 63) tsa **gestation**, le ha hosebetseng hwa meriana ho ka fela ka mora beke tse supileng (matsatsi a 49) tsa

gestation. Tshebediso ya methotrexate/misoprostol ha e sebediswe ha ngata Amerika ka baka la phumaneho e kgolo ya mifepristone, empa e sebediswa ha ngata dinaheng tse ding hofihlela dibekeng tse robong tsa gestation mme le ka nako tse ding ho feta moo. *Tshebediso ya misoprostol feela ha se tshebediso e dumelletsweng kapa e lwaolwang Amerika.* Kantle ho Amerika ho dumelletswa ke World Health Organization ho sebediswa hofihlela bekeng tse 24 tsa ho ima, empa feela moo mifepristone e sa fumaneheng.

### Ke ditlamorao le mathata afe ka ho ntsha mpa ka moriana?

Ditlamorao di kentse bohloko, bohatsu, ho tswa madi botshehading ba mosadi, ho ikutlwa eka o tla hlatsa, ho tshwarwa ke hlooko, motsekelo, mohatsela, ho tjhesa ho itlelang ho itlela ho feta, ho thothomela, ho hloka boroko, ho hlatsa, letshollo, le motjheso. Mathata a kentse tshwaetso, ho tswa madi a mangata (hemorrhage) ho hlokwang ho kenngwa madi, ho ntsha mpa ho sa phethehang (dinama di ntse di setse ka hara popelo), ho ima ho tswelang pele ho hlokwang ho ntshuwa ha mpa ka oporeishene, hape—le ha ese ha ngata—lefu.



### Notes

Ho thibela fertilization ho potlakileng, ka le leng e tsebahala e le “pidisi-ya-hoseng-ho-latelang”—mme e rekiswa Amerika e le *Plan B* kapa *ella*—e ka ba le bokgoni, empa ha e so netefatswe, ba ho ntsha mpa.

E nngwe ya maikemisetso a ketso ya yona—ha ngata e buuwa ditlhalosong e le “ho fetolwa hwa endometrium” [kapa lebotla la popelo]—ke ho thibela ho kopanngwa ha zygote.

Ha zygote (motho a le mong ya ikgethileng) e ka thibelwa ho kopanngwa leboteng la popelo, ho ntsha mpa qalong ho tla etsahala.

# Mifepristone and Misoprostol



Misoprostol



Methotrexate



## Mifepristone/Misoprostol Regimen

Tshebediso ya mifepristone/misoprostol ya ho ntsha mpa ka moriana ho ka kenyeletsa ketelo tse pedi kapa tse tharo ho moaho wa ho ntsha mpa. Ketelo ya pele, mosebeletsi wa kliniki o tla netefatsa dibeke/dikgwedi tsa embryo mme o tla fana ka dipidisi tsa mifepristone. Mifepristone e thibela homounu ya ho ima e bitswang **progesterone**. Ha progesterone e thijwa, lebota la popelo le a nyenyefala mme embryo e ntseng e hola e tloha popelong.

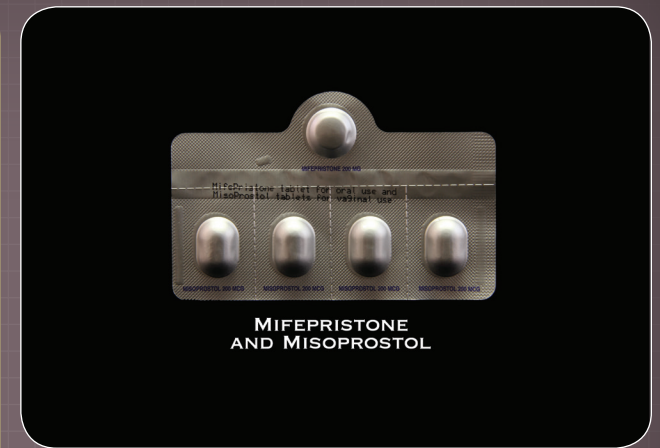
Ketelong ya bobedi, matsatsi a ka bang mabedi kamora ketelo ya pele, mosebeletsi wa kliniki o tla fana ka misoprostol, kante le haeba ho ntsha mpa ho phethahetseng ho se ho etsahetse ka baka la mifepristone. Misoprostol e tla nkuwa ka tsela ya pidisi, empa dipidisi di ka nowa, tsa bewa pakeng tsa lerama le lerenene, kapa tsa kenngwa ka hara vagina.

Beke tse ka bang pedi ka mora ketelo ya bobedi, mosadi o tla kgutlela moahong kgetlo la boraro ho netefatsa hore ho ntsha mpa ho phethahetse. Ha ho ntsha mpa ho sa phethahala, ho hlalosa hore embryo e shwele empa ha e so tswa, mosebeletsi wa kliniki o tla kgothaletsa hore mosadi a tswelapele ho ema ho fihlela ho ntsha mpa ho phethahala, kapa mosebeletsi wa kliniki a ka kgothaletsa

ho ntsha mpa ka vacuum-aspiration. Ha ho ima ho ntse ho tswelapele, ho hlalosa hore embryo e ntse e phela, ho ntsha mpa ka vacuum-aspiration ho tla kgothaletswa ka matla hobane mifepristone le misoprostol bobedi di ka etsa tlhaho e sa bopehang hantle.

### Bakeng sa Puisano e Tswelangpele

- Maemong a ka bang 5%, mifepristone ka boyona e lekane ho ka etsa ho ntsha mpa.
- Kamora hoba tshebediso e qalwe, embryo e ka tswa ka hare ho popelo nako e nngwe le e nngwe. Embryo e ka kgona kapa ya se kgone ho bonahala pakeng tsa dinama le madi a tswileng.
- Ha misoprostol e ka sebediswa ka ho kenngwa ka hara vagina ha ngata ho ntsha mpa ho etsahala ka pele ho feta tshebediso ya molomo.
- Basadi ba babedi ho ba bararo ba ka ba le ho ntsha mpa ho phethahetseng horeng tse nne tsa tshebetso ya misoprostol, mme 75% ya basadi ba tlabe ba ntshitse mpa horeng tse 24.
- Basadi ba lebelletse ho tswa ha madi botshehading bakeng sa matsatsi a ka bang 9–16 kamora tshebediso ena.
- Ho tswa ha madi a matenya ho tlwaelehile nakong ya ho ntsha mpa ka moriana.



### Notes

Tshebediso ya meriana e fapana ka dinaha le dibaka. A mang a meriana e sebediswang bakeng sa ho ntsha mpa e fumaneha ha ngata ka theko e tlase, ho ka kgothaletsang basadi ba bang ho e sebedisa ka bo bona, ho kenyeletsa kapa ho sa kenyeletsa thuso ya ngaka, kapa motho e mong jwaloka mothusi wa pelehi.



# Mifepristone and Misoprostol



## Methotrexate/Misoprostol Regimen

Tshebediso ya methotrexate/misoprostol ya ho ntsha mpa ka moriana ho tla hloka ketelo tse tharo kapa tse nne ho moaho wa ho ntsha mpa. Ketelo ya pele, mosebeletsi wa kliniki o tla netefatsa dibeke/dikgwedi tsa embryo mme o tla fana ka methotrexate, ha ngata ka ho hlaba sepeiti, empa ka nako tse ding ka tsela ya pidisi. Mosebeletsi wa kliniki o tla buisana le mosadi ya immeng ho ntsha mpa ka oporeishini ha ho ntsha mpa ka moriana ho sa sebeta, ka baka la tlhaho e sa bopehang hantle ha ngata e bakwang ke methotrexate le misoprostol. Ka nako ya ketelo ena mosebeletsi wa kliniki o tla fa mosadi ya immeng misoprostol le melao ya ho e sebedisa bakeng sa matsatsi a itseng a latelang. Misoprostol e ka nkuwa ka tsela ya pidisi, empa dipidisi di ka nowa, tsa bewa pakeng tsa lerama le lerenene, kapa tsa kenngwa ka hara vagina.

Ketelong ya bobedi, ka mora beke, mosebeletsi wa kliniki o tla lekola mokudi ho bona hore ho ntsha mpa ho phethahetse. Haeba **gestational sac** e sa bonahale, ho ntsha mpa ho phethahetse. Haeba gestational sac e bonahala nakong ya tekolo, karolo e nngwe ya misoprostol e tla fanwa, ho nkuwa hona moo moahong kapa lapeng la mokudi.

Kamora beke, ketelong ya boraro, tekolo e nngwe e tla etswa. Ha ho pompa ha

pelo ho le teng, ho ntsha mpa ka vacuum-aspiration ho tla kgothaletswa. Haeba gestational sac e le teng, empa embryo e shwele, tekolo e latelang e tla beelwa nako bakeng tsa beke tse tharo ho tloha nakong ena, nakong eo embryo e ka nnang ya tswa ka hara popelo.

Ketelong ya bone e ka nnang ya ba teng, ha ho ntsha mpa ho ntse ho so phethahale le gestational sac e le teng, ho ntsha mpa ka vacuum-aspiration ho tla kgothaletswa. Ho ntsha mpa ha ho no nkuwa ho phethahetse hofihlela gestational sac e tswile kapa e ntshuwe ka vacuum aspiration.

### Bakeng sa Puisano e Tswelangpele

- Basadi ba babedi ho ba bararo ba ka ba le ho ntsha mpa ho phethahetseng bakeng sa beke e le nngwe ya ho fuwa misoprostol ha nngwe.
- Tshebedisong ya bobedi, 80–85% ya bakudi e tla ba le ho ntsha mpa ho phethahetseng bakeng sa beke tse pedi.
- Kamora hoba tshebediso e qalwe, embryo e ka tswa ka hare ho popelo nako e nngwe le e nngwe. Embryo e ka kgona kapa ya se kgone ho bonahala pakeng tsa dinama le madi a tswileng.
- Basadi ba lebelle ho tswa ha madi bakeng sa matsatsi a ka bang 14–21 kamora tshebediso.



### Notes



Methotrexate



Misoprostol

## Tshebediso ya Misoprostol Feela

Tshebediso e nngwe ya ho ntsha mpa ka misoprostol ke e kenngwang ka hare ho vagina, pela molomo wa popelo, ya dipidisi. Ho kenya dipidisi ka hanong, pakeng tsa lerama le lerenene kapa ka tlasa leleme, ke e nngwe ya tsela tse sebetsang. Tshebediso ya bobedi e lekanang ya misoprostol e tla ba hora tse 24 kamora ya pele.

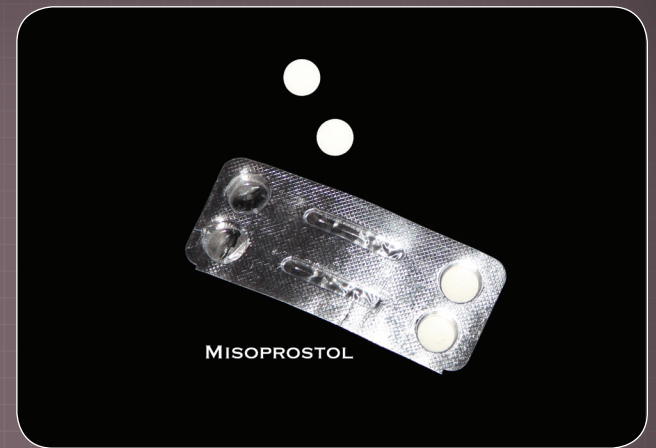
Bohloko ba popelo le ho tswa madi botshehading di ka qala horeng tse mmalwa kamora ho nka misoprostol, mme ho tswa madi ho ka nka matsatsi a 7–10. Basadi ba bangata ba tla ntsha madi a matenya, le embryo e ka nna ya bonahala ka hare ho dinama le madi a ntshitsweng.

### **Bakeng sa Puisano e Tswelangpele**

- Misoprostol e ka etsa tlhaho e sa bopehang hantle e kgolo ngwaneng ha ho ntsha mpa ho sa etsahale kamora tshebediso, mme ho ima ho tswela pele hofihlela tswalong. Ho ntsha mpa ka oporeishini ho tla kgothatswa haholo ke mofani wa ho ntsha mpa haeba misoprostol e sa etse ho ntsha mpa ho phethahetseng.
- Misoprostol e theko e tlase, e le hantle boemong ba motjheso wa kamore (le sebakeng se tjhesang), le ho ba bobebe ba ho tsamaiswa le ho sebediswa. E

sebediswa kgodisong ya phumaneho ya ho ntsha mpa ka meriana naheng tse sotlehileng le tse ntseng di hola.

- Misoprostol e fumaneha naheng tse fetang 100 mme e ka tholwa ka theko e tlase ka poso, mohala, kapa o e reka ka letsoho sebakeng se itseng.
- Misoprostol e ngodisitswe bakeng sa thibelo ya gastric ulcers. Tshebediso ya yona bakeng sa ho ntsha mpa e shejwa e le e “kantle le peelo ya molao” ka ho sebediswa bakeng sa sepheo se seng ntle le seo e dumelletswe sona.



### Notes

Amerika, misoprostol e dumelletswe feela ke FDA bakeng sa tshebedisano mmoho le mifepristone. *Ha e a* dumellwa ho sebetsa e le nngwe, mme tshebediso e jwalo e shejwa e le e “kantle le peelo ya molao,” ho hlalosa hore ha e a kgothaletswa tshebediso e jwalo ke moetsi wa yona, hape ngaka e keke ya re e sebediswe e le nngwe bakeng sa ho potlakisa ho ntshuwa ha mpa.



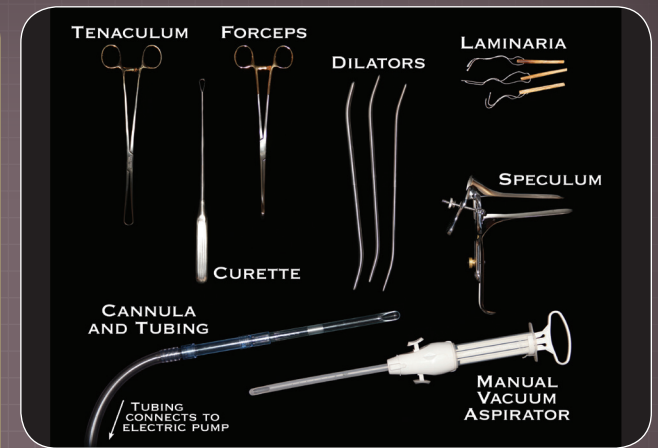
Misoprostol

## Ho Ntsha Mpa ka Oporeishini

**Ho ntsha mpa ka oporeishini ke eng?** instillation (kapa saline).

Ke mokgwa wa ho ntsha mpa moo embryo e ntshuwang ka hara popelo ho sebediswa tsela ya oporeishini.

Tsela tse nne tsa ho ntsha mpa ka oporeishini ke vacuum aspiration, dilation le curettage, dilation le evacuation, le ho ntsha mpa ka



## Notes

Tenaculum



Forceps



Dilators



Laminaria



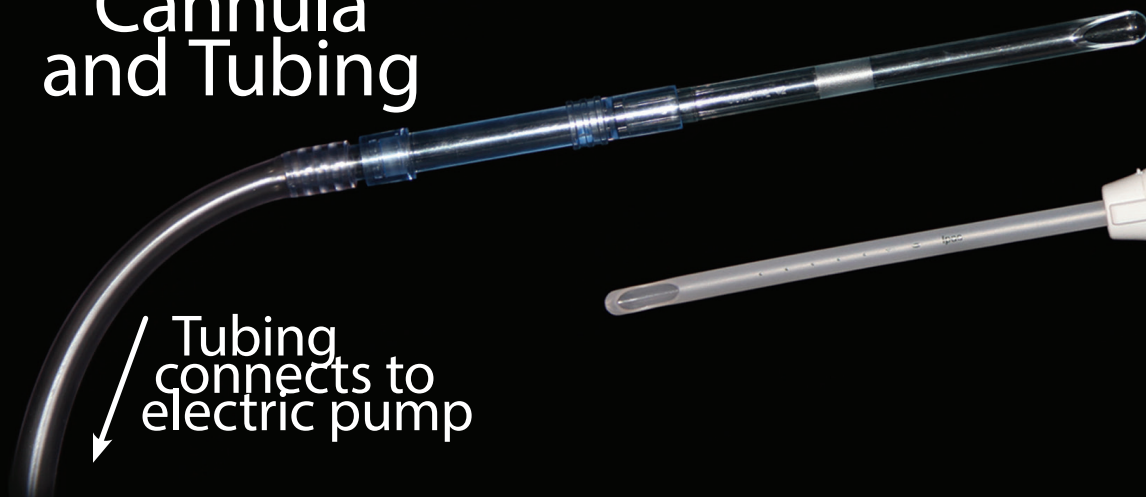
Speculum



Curette

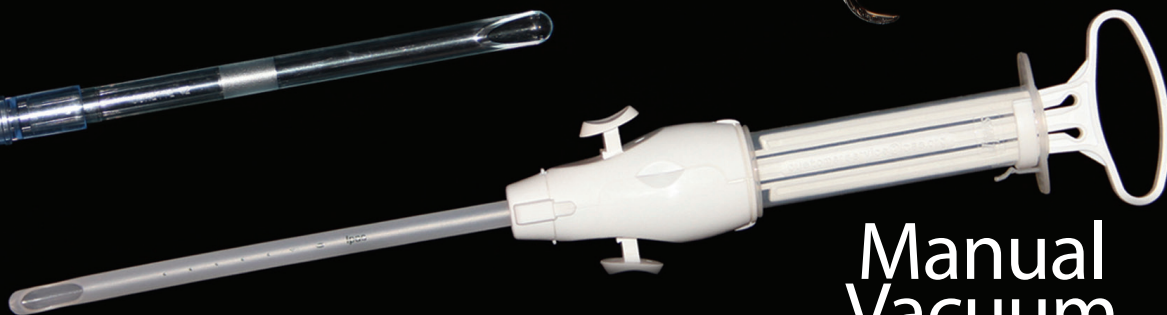


Cannula and Tubing



Tubing connects to electric pump

Manual Vacuum Aspirator



## Katoloso ya Molomo wa Popelo bakeng sa ho Ntsha Mpa ka Oporeishini

### Hobaneng molomo wa popelo o tshwanela ho atoloswa bakeng sa ho ntsha mpa ka oporeishini?

Ka nako ya ho ima, molomo wa popelo o kwetswe ka thata kantle le ha mosadi a tlo beleha. Hore ho fihlellwe popelo, molomo wa popelo o tlameha ho atoloswa, kapa ho buleha. (Kantle le tshebediso e, molomo wa popelo o ka nna wa nolofatswa le ho lokisetswa ho ntsha mpa ka oporeishini ka meriana, e nkuwang ka molomo kapa ka ho e kenya ka hara vagina).

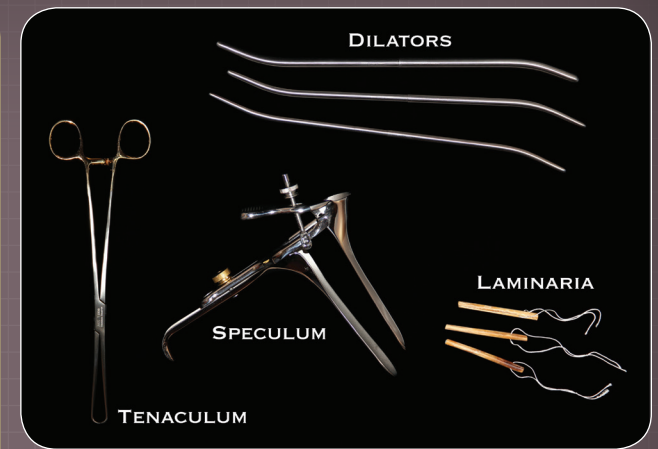
### Mosadi ya immeng o lokiswa jwang bakeng sa hore molomo wa popelo ya hae o atoloswe?

Pele ho katoloso ya molomo wa popelo, mosadi a ka fumana moriana bakeng sa bohloko, hape a ka fuwa kgetho ya moriana o robatsang ho mo phomotsa le hore a iketle, haholo-holo haebe tshebeletso ya ho ntsha mpa e tla hang kamora katoloso ya molomo wa popelo. **Antibiotics**, ha di le teng, di ka nna tsa fanwa ho thibela tshwaetso.

### Molomo wa popelo o atoloswa jwang?

Ho atolosa molomo wa popelo, mosebeletsi wa kliniki o tla sebedisa **dilators**, tse entsweng ka tshepe kapa polasitiki, kapa **osmotic dilators**. Osmotic dilators tse iketseditsweng kapa tsa tlhaho—tse tsejwang ha ngata e le

**laminaria**—di ka nna tsa sebediswa. Pele ho katoloso, **speculum** e tla kenngwa ka hara vagina hore mosebeletsi wa kliniki a lekole molomo wa popelo le ho fana ka tswelopele bakeng sa disebediswa tsa katoloso le disebediswa tse ding. Ka nako ena, pele ho katoloso, moriana o shwedisang bohatsu o ka kenngwa ka hara kapa pela molomo wa popelo. **Tenaculum** e ka sebediswa ho tshwara molomo wa popelo le ho e beha madulong nakong ya tshebeletso ena.



### Notes

Dilators



Tenaculum



Speculum

Laminaria





## Katoloso ya Molomo wa Popelo

### **Katoloso ya molomo wa popelo ho sebediswa dintho tse atolosang**

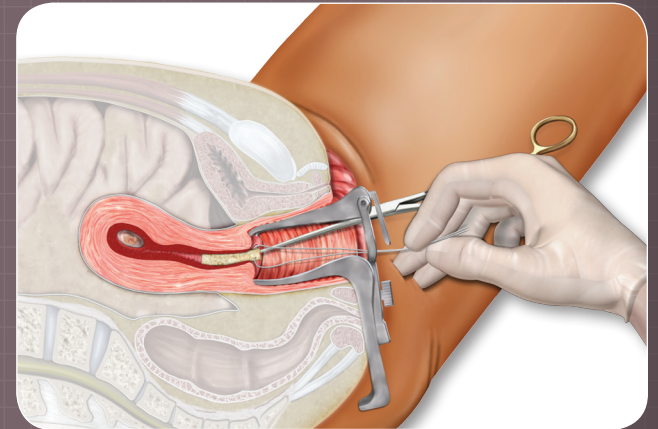
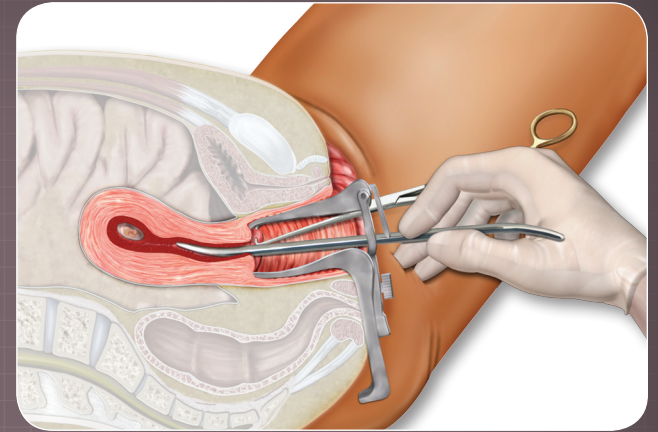
Kamora tlhophiso, molomo wa popelo o tla bulwa butle ka ho kenya sesebediswa se se sesane molomong wa popelo.

Disebediswa tse eketsang bophara di tla kengwa ka bonngwe ho fihlela katoloho e hlokahalang e fihlelletswe.

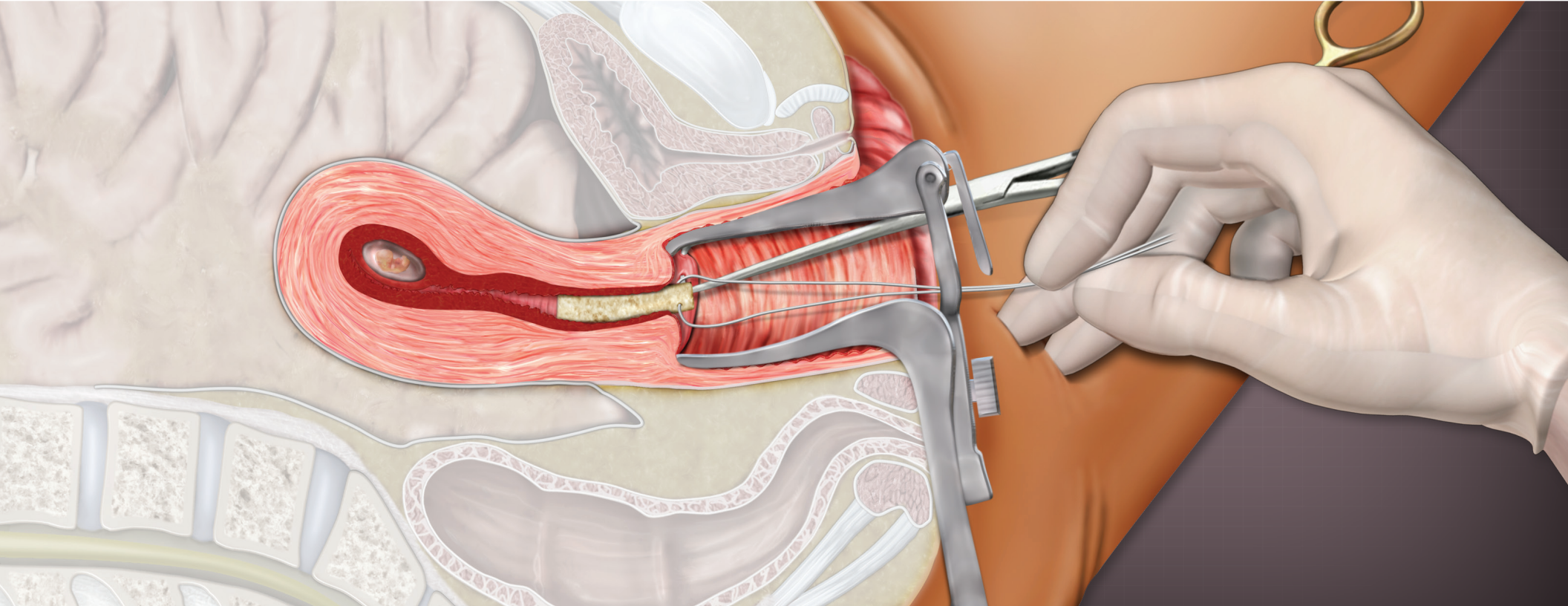
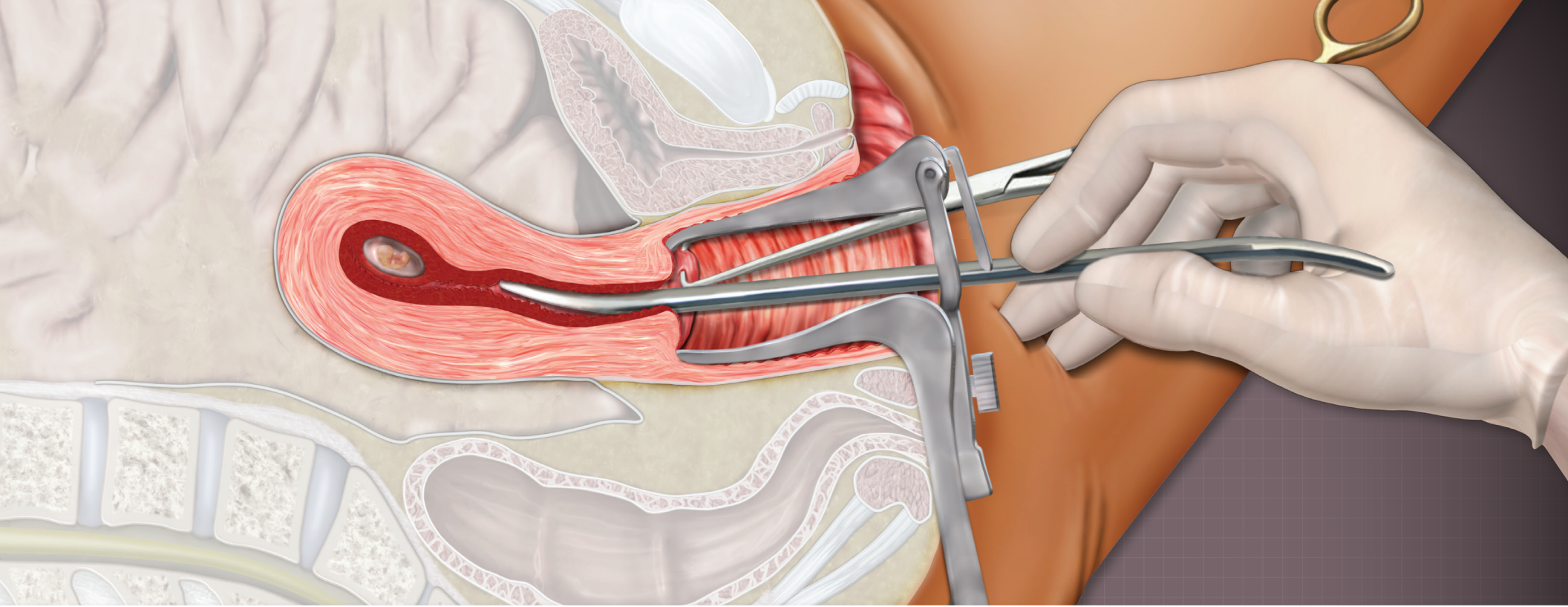
### **Katoloso ya molomo wa popelo ho sebediswa laminaria**

Kamora tlhophiso, thupa e le nngwe kapa tse fetang moo tsa laminaria, tse fumanehang tse fapaneng ka boholo, di tla kenngwa molomong wa popelo. Dithupa tsena di tla monya lero mme di ruruhe, ho etsa katoloso ya molomo wa popelo. Ho mongwa ha lero ho tla

etsahala hanyane-hanyane, jwale dithupa di tshwanetse ho kenngwa molomong wa popelo dihora tse itseng (le ho ya letsatsing) pele tswelopele ya ho ntsha mpa e ka etswa.



## Notes



## Vacuum Aspiration

### Vacuum aspiration ke eng?

Ke mokgwa wa bongaka wa ho ntsha mpa e leng moo dintho tse teng ka hara popelo, ho kenyeleditse le embryo, di tloswang ho sebediswa **cannula** ya polasetiki kapa ya tshepe e hoketswe le ntho e monyang. Ho monya ho etsahala ka ho sebedisa sepeiti se tshwerweng ka letsoho, se tsejwang ka hore ke **aspirator**, kapa pompo ya motlakase. Ho ntshuwa ha dimpa ho sebediswa sepeiti se tshwerweng ka letsoho ho tsejwa ka hore ke manual vacuum aspiration, kapa MVA. Ho ntshuwa ha dimpa ho sebediswa pompo ya motlakase ho tsejwa ka hore ke electric vacuum aspiration, kapa EVA.

### Vacuum-aspiration ya ho ntshuwa ha dimpa ho etswa neng?

Bobedi ba ho ntshuwa ha dimpa ka MVA le EVA ka kakaretso di etswa ha beke ya 14 ya ho ima e fihlile, ka nako eo boholo ba fetus le tswelopele ya yona ho hlokahala tshebediso ya disebediswa tse kenyeleditsweng ho e tlosa ditho e le hore e tloswe ka popelong.

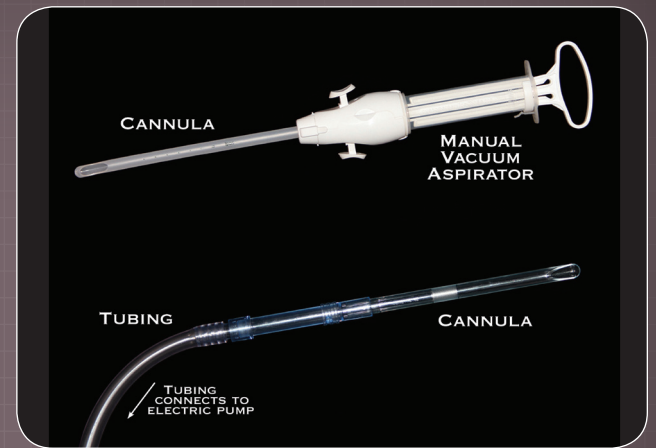
Ha e etsuwa kante le tlišo ya ho ba mmeleng, ketso ena ya vacuum-aspiration e ka tsejwa e le **ho tloswa/ntshuwa ha madi a ho ya matsatsing**, ho laolwa ha madi a ho ya matsatsing, kapa ho lokiswa ha ho ya matsatsing. Ho tloswa ha madi a ho ya matsatsing ho ka sebediswa ho

nyenyefatsa ho ya matsatsing, le kante le ho ba mmeleng.

Haese ho ba dikahare tsa aspirator di hlahlojwe bakeng sa matshwao a ho ima, ha ho ka ke hwa tsejwa haeba ho ntshuwa ha mpa ho etsahetse kapa jwang.

### Ke dife ditlamorao le mathata ka vacuum aspiration?

Ditlamorao di kenyeletsa bohloko, bohatsu, ho tswa madi sethong sa bosadi, letshollo, le ho ikutlwa eka o tla hlatsa le ho hlatsa ho tsamaisanang le tshebediso ya meriana e thusang ditho tsa mmele di dule di sebetse nakong eo o robaditsweng ha o sehlwa (anesthesia). Mathata a kenyeleditse ho kula, ho tswa madi haholo (hemorrhage), temalo ya popelo, ho ntshuwa ho sa fellang ha mpa, ho taboha ha popelo, mathata a anesthesia, le ho ba mmeleng ho tswelang pele.

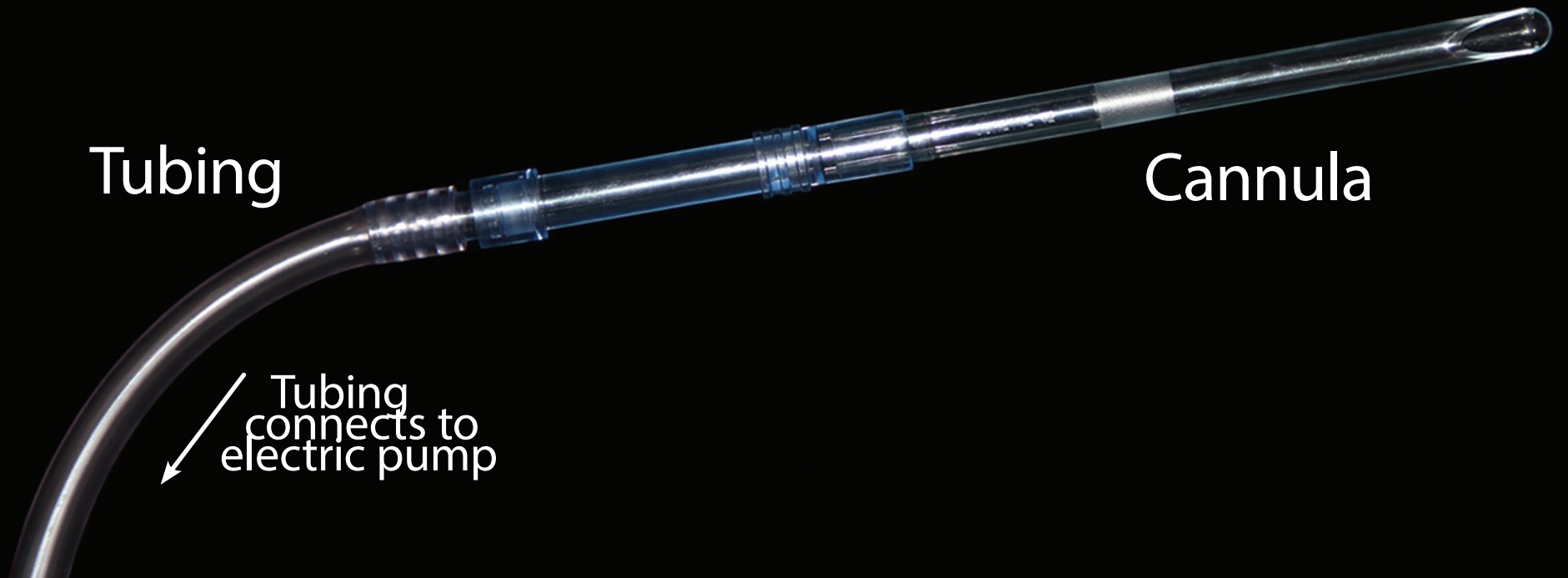


### Notes



Cannula

Manual  
Vacuum  
Aspirator



Tubing

Cannula

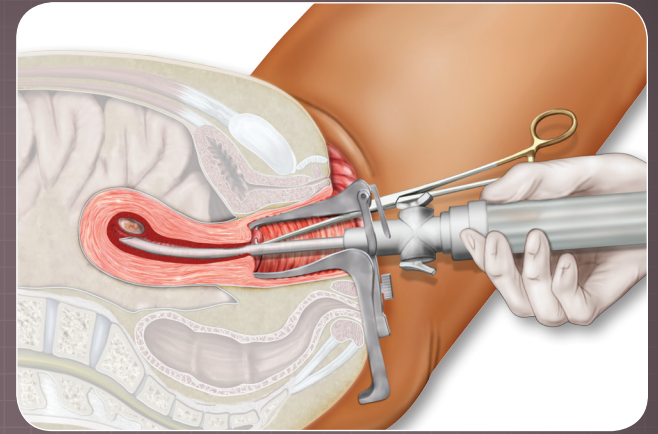
Tubing  
connects to  
electric pump

## Vacuum Aspiration

### Manual vacuum aspiration

Kamora hoba ho fihlellwe katoloso e lenakeng ya molomo wa popelo, Mosebeletsi wa kliniki o tla kenya cannula ka hara popelo ka molomong wa yona o atolositsweng. Qetello e nngwe ya cannula e tla kopanngwa le sepeiti se seholo se tshwarwang ka letsoho se bitswang aspirator. Ho monya ho tla

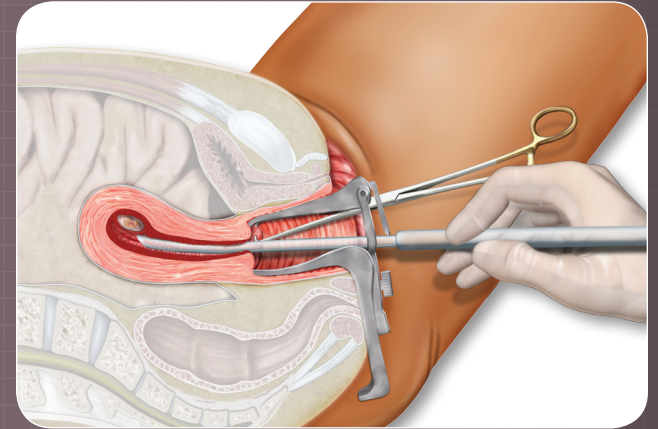
qalwa ka aspirator, mme ho monya ho etswa ka hara popelo. Gestational sac, embryo, placenta, le lebota la popelo di monywa kaofela ho tswa popelong, di fete ka hara cannula, ho ya sepeiting sa aspirator. Mosebeletsi wa kliniki o tla hlahloba dintho tse ka sepeiting ho etsa bonnete hore ha ho letho le setseng popelong.



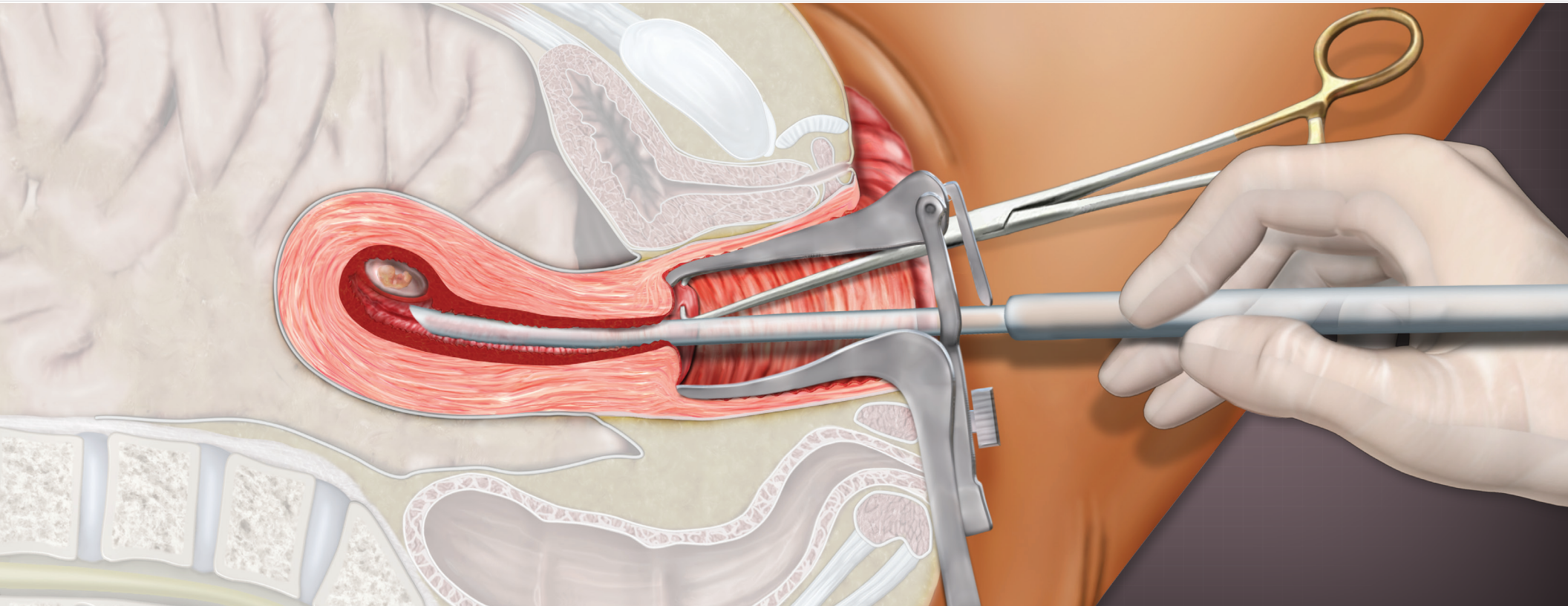
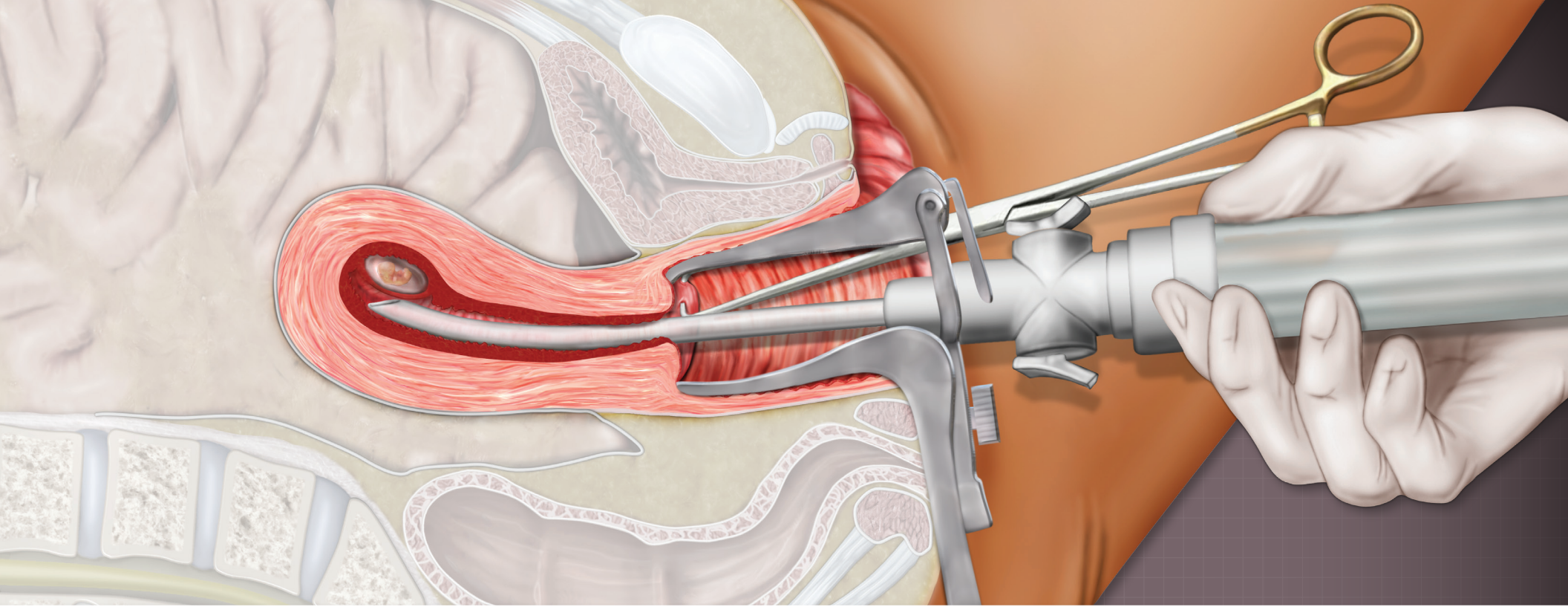
### Electric vacuum aspiration

Kamora hoba katoloso ya molomo wa popelo e lekaneng e fihlellwe, mosebeletsi wa kliniki o tla kenya cannula ka hara popelo ka molomong wa popelo o atolositsweng. Qetello e nngwe ya cannula e tla kopanngwa le e kopantsweng le pompo ya motlakase. Ha cannula e se e le boemong bo nepahetseng ka hara popelo,

pompo e qala ho sebetsa, ho monya ho a etswa, mme ho monya ho etsahala ka hara popelo. Gestational sac, embryo, placenta, le lebota la popelo di monywa kaofela ho tsa popelong, di feta ka hara cannula, ho ya botlolong. Mosebeletsi wa kliniki o tla hlahloba dintho tse ka botlolong ho netefatsa hore tsohle di ntshitswe.



## Notes



## Katoloso le Curettage / Katoloso le Evacuation

### **Katoloso le curettage le katoloso le evacuation ke eng?**

Dilation (katoloso) le curettage (D&C) le dilation (katoloso) le evacuation (D&E) ke mekgwa ya bongaka ya ho ntsha mpa moo dikahare tsa popelo, ho kenyeletsa embryo/fetus, di tloswang ho sebediswa disebediswa tsa bongaka. Vacuum aspiration ha ngata le yona e sebediswa e le mohato wa ho qetela tshebetsong ya D&C/D&E ho netefatsa hore popelong ha ho na letho ka ho phethahala.

### **Ke disebediswa dife tse sebediswang ntshetsopeleng tsee?**

Dintshetsopele tse di fapane le tsa vacuum-aspiration ka ho sebedisa disebediswa tse ekeleditsweng: **curette** le **forceps**. Curette ke sesebediswa sa dingaka se bohale se nang le sehokelli se sebediswang ho tlosa dinama ka popelong. Forceps ke sesebediswa sa dingaka, e tshwanang le dipeks kapa ditong, e sebediswang ho tshwara dintho.

### **Curettage ke eng?**

**Curettage** ke lentswe la bongaka le bolelang ho fala ha bokahare ba popelo. Ho ntsha mpa ka vacuum-aspiration ke mofuta wa curettage, moo cannula—e kopantswe le sesebediswa se monyang—e sebediswa ho fala popelo. Tabeng ya katoloso-le-ho ntsha mpa ka mokgwa wa curettage, curette e ya sebediswa. Ho

fala ha disebediswa tse na tse pedi ho a tshwana, empa sesebediswa se a fapana. Hobane qetello ya curette e le bohale haholo hofeta karolo e nthithi ya cannula, D&C e na le kotsi e kgolo ya ho lematsa molomo wa popelo le popelo hofeta ditswelopele tsa vacuum-aspiration.

### **Phapang ke efe pakeng tsa D&C le D&E?**

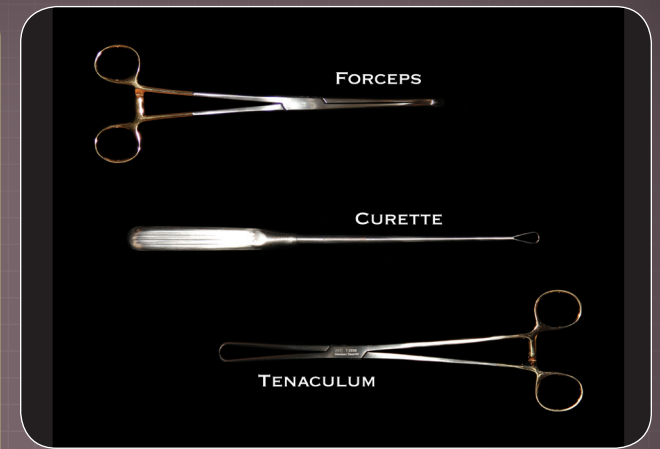
Phapang e ka sehlohong pakeng tsa ntshetsopele tse na tse pedi ke tshebediso ya forceps. Ha curette e ka sebediswa, ntshetsopele e tla bitswa D&C. Ha forceps e ka sebediswa, *ka curette kapa ka ntle le yona*, ntshetsopele e tla bitswa D&E. Forceps di ka ba bohlokwa ho tshwara le ho tlosa dinama le masapo a seng a tiilenyana ho fetus e tswetseng-pele.

### **Ke neng ho ntshuwa ha dimpa ka D&C le D&E di etsuwang?**

Ho ntshuwa ha dimpa ka D&C ha ngata ho etsuwa hofihlela bekeng ya 14 ya boimana, kamora moo disebediswa tsa D&E di ka hloka hahala.

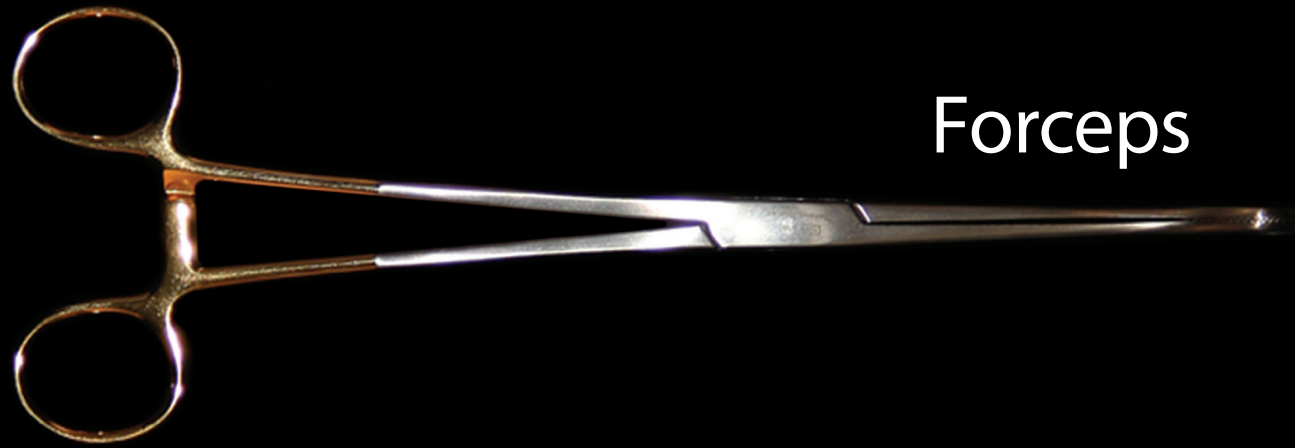
### **Ke ditlamorao dife le mathata afe ka ntshetsopele tse na?**

Ditlamorao di kenyeleditse ho tswa madi sethong sa bosadi, bohatsu, ho ikutlwa eka o ka hlatsa, ho hlatsa, le ho ikutlwa eka o tla akgeha. Mathata a kenyeletsa tshwaetso, mahlwele a madi, temalo ya



molomo wa popelo kapa lebota la popelo, ho taboha ha popelo, ho tswa madi ka hare (ho honyane ho ya ho ho fetisang), le ho ntshuwa ho sa fellang ha mpa.

### Notes



Forceps



Curette



Tenaculum

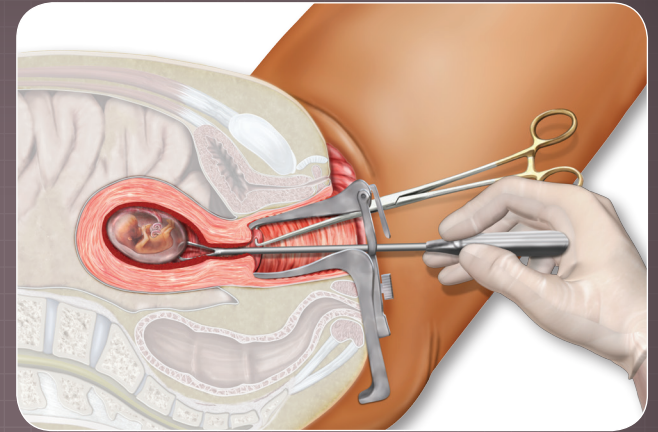


## Katoloso le Curettage (D&C)

### Curettage

Kamora hoba katoloso ya molomo wa popelo e lekaneng e fihlellwe, mosebeletsi wa kliniki o tla kenya curette, kapa sesebediswa se nang le sehokelli, ka hara popelo ka molomong o atolositsweng wa popelo. Curette e tla sebediswa ho fala bokahare ba popelo le ho tlosa dikahare tsa yona: embryo, lebota, placenta,

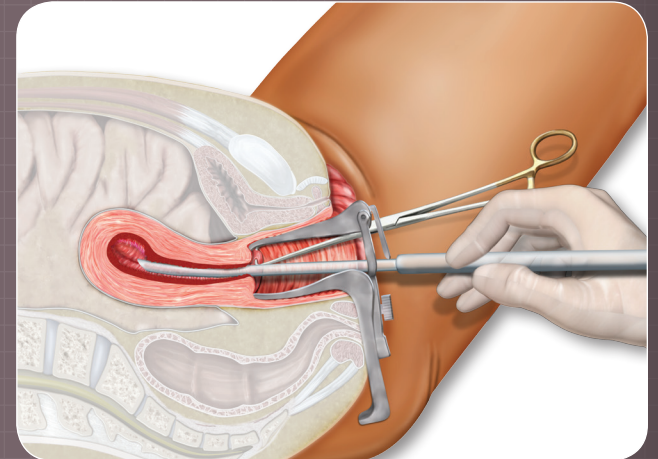
dinama, jwalo-jwalo.



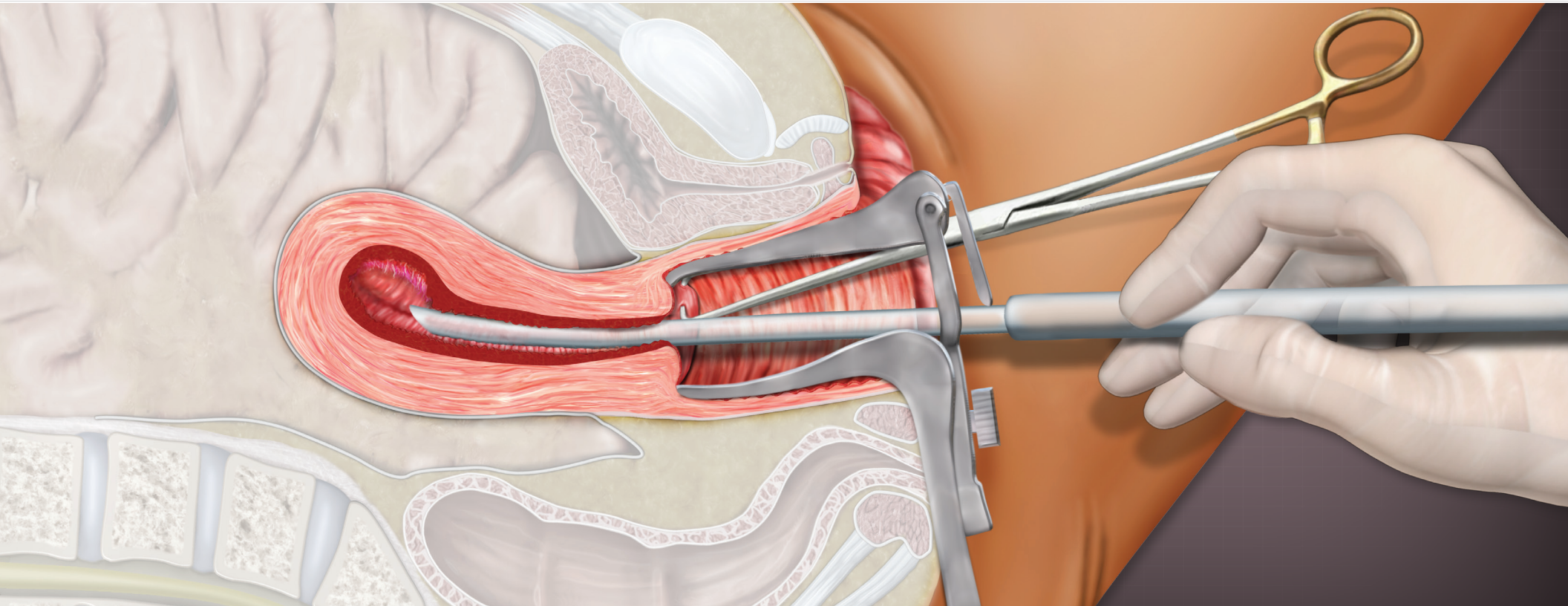
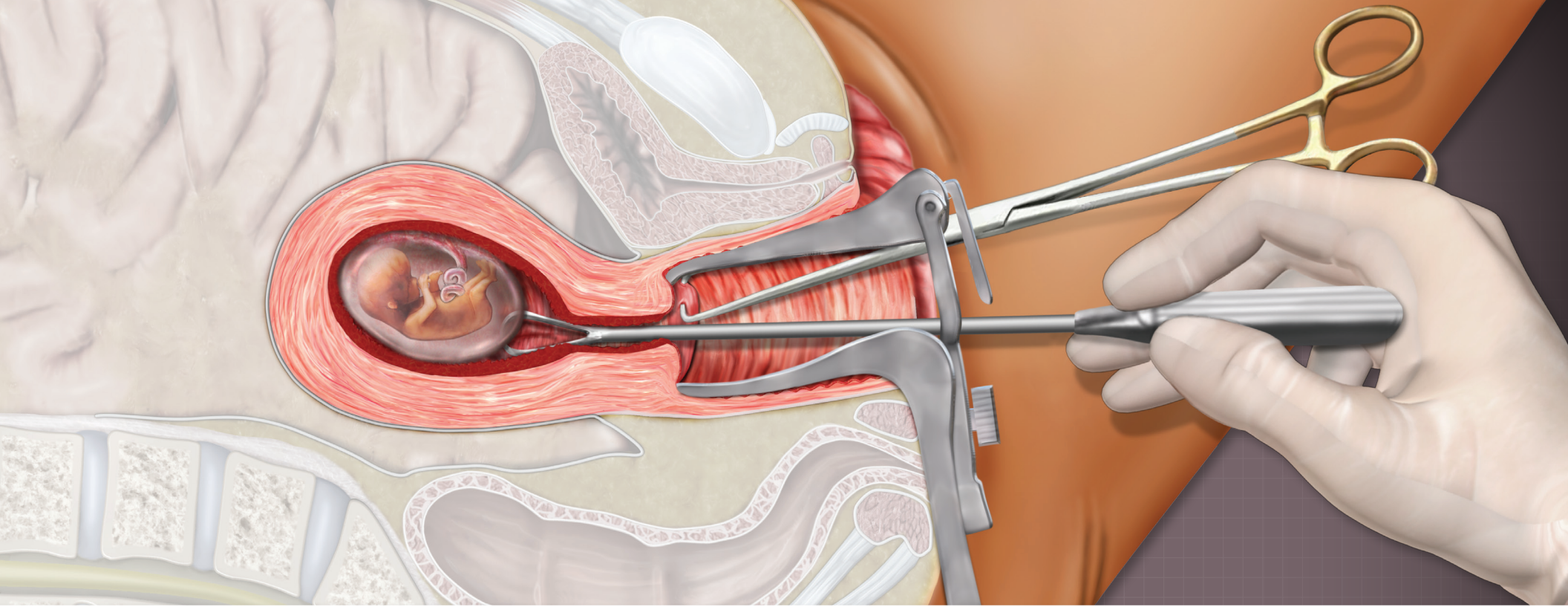
### Aspiration (Ho tlosa se itseng ka tsela ya ho monya)

Kamora hoba popelo e ntshuwe dikahare tse ngata, mosebeletsi wa kliniki a ka kgetha ho monya ho qetella ho ntsha mpa. Mosebeletsi wa kliniki o tla kenya cannula ka hara popelo ka molomong o atolositweng wa popelo. Qetello e nngwe ya cannula e tla kopanngwa le pompo ya motlakase kapa sepeiti se seholo se

tshwarwang ka letsoho se bitswang aspirator. Ho monya ho tla qalwa, mme sebaka se senang letho se tla etswa ka hara popelo. Madi a setseng le dinama di tla tloswa popelong, ditswa ka cannula, ka hara botlolo ya aspirator kapa botlolo e bokelletsang, moo dinama tsohle tse bokelleditsweng di tla hlahlojwa ho netefatsa hore ha ho na ho setseng ka hara popelo.



## Notes

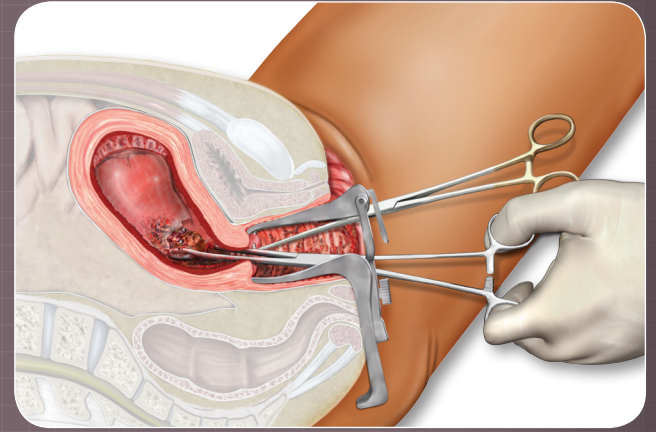
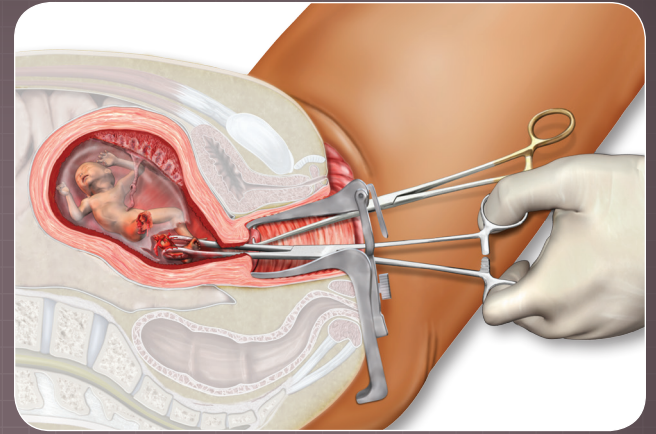


## Katoloso le ho Tloswa ha tse Ngata (D&E)

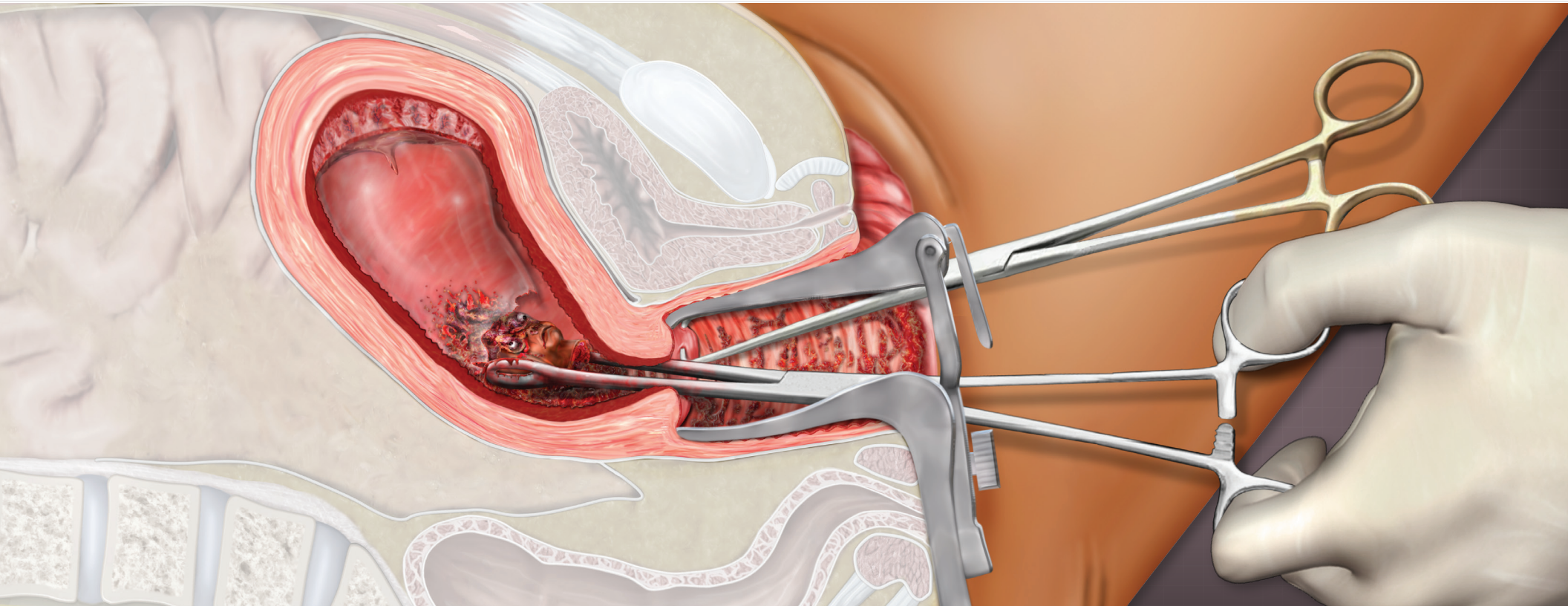
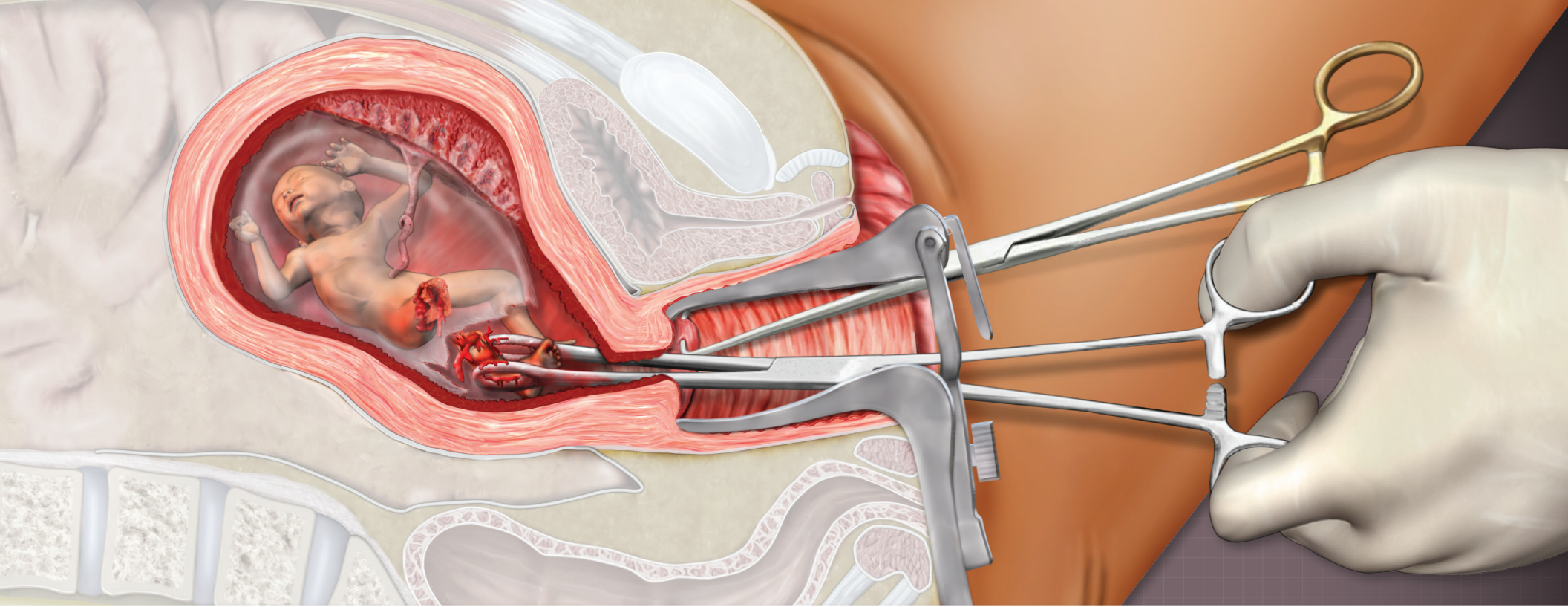
### **Ketso ya ho kgaola**

Kamore hoba katoloso e lekaneng ya molomo wa popelo e fihlellwe, mosebeletsi wa kliniki o tla kenya forceps ka hara popelo ka molomong o atolositsweng wa popelo. O tla sebedisa forceps ho kgaola embryo dikarolo tse lekaneng tse nyane ho feta di bolokehile ka ntle ho popelo. Ho hula embryo ha e ntse e dutse kgahlano

le molomo wa popelo ho kanna hwa fana ka matla a lekaneng ho tlosa dikarolo ka bonngwe tsa mmele, empa a ka hloka ho sebedisa kगतello mmoho le metsamao ya ho suthisa ho kgaola embryo.



### Notes

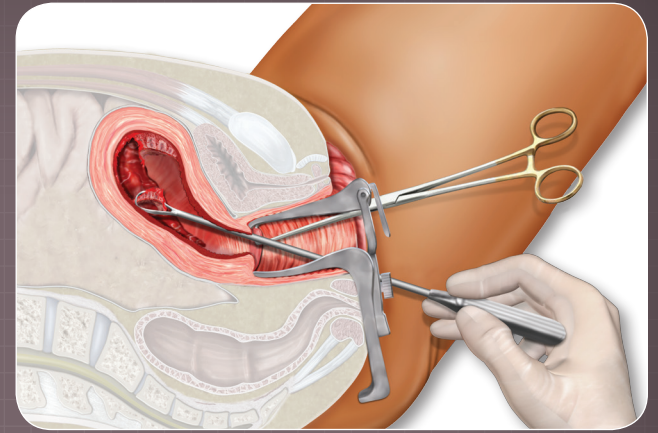


## Katoloso le ho Tloswa ha tse Ngata (D&E)

### Curettage

Kamora hoba fetus e tloswe popelong, mosebeletsi wa kliniki o tla kenya curette, kapa sesebediswa se nang le sehokelli, ka hara popelo ka molomong o atolositsweng wa popelo. Curette e sebediswa ho fala bokahare ba popelo le ho tlosa dinama tsohle tse salletseng: dikarolo tse nyenyane tsa mmele, lebota,

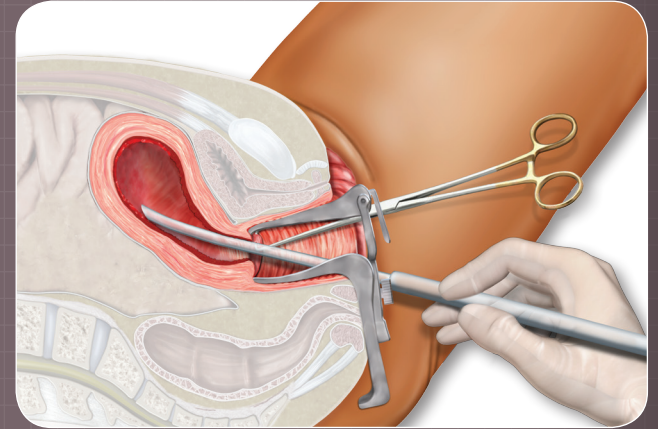
placenta, dinama, jwalo-jwalo.



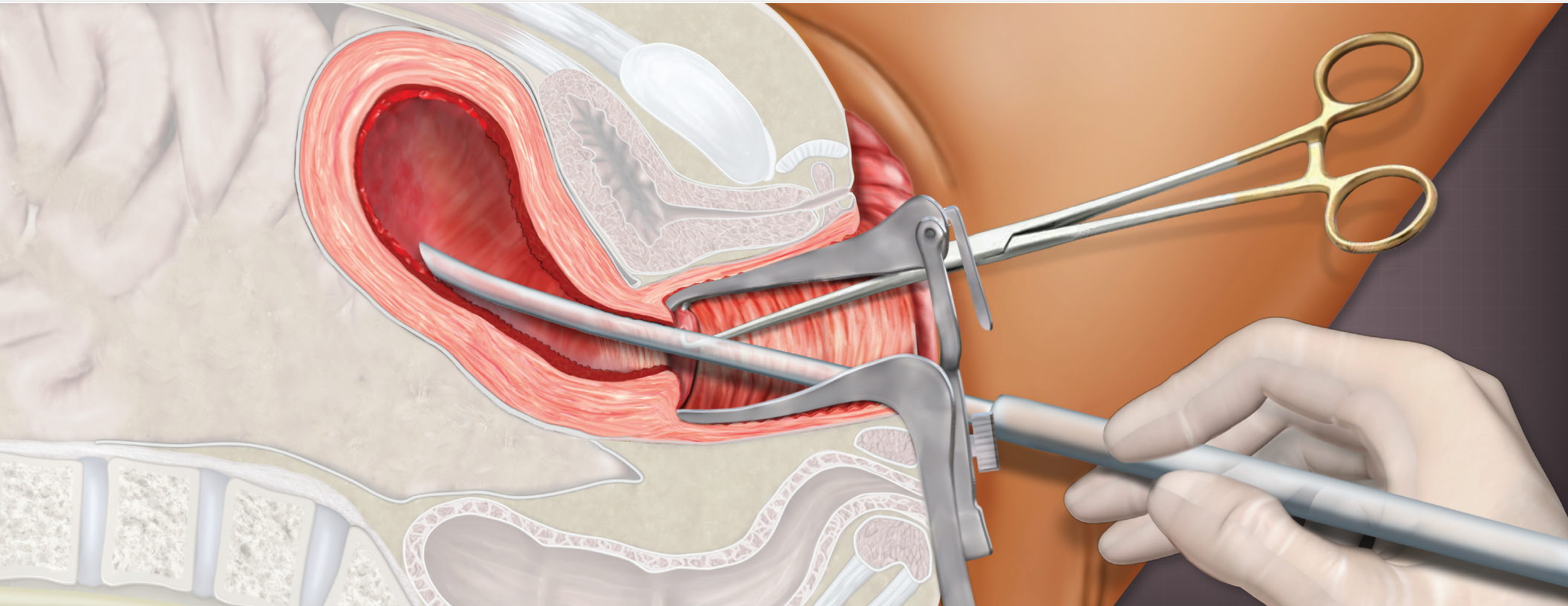
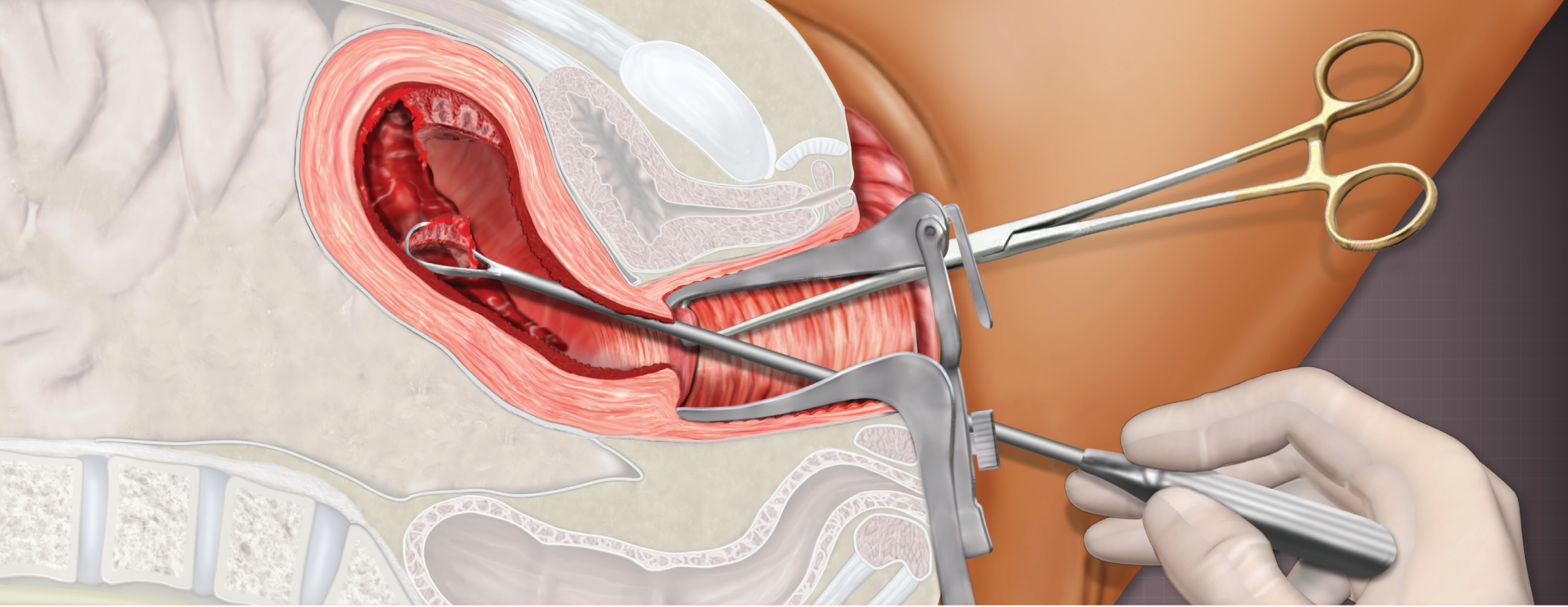
### Ketso ya ho ntsha ka ho monya

Mohato wa ho qetela wa ho ntsha mpa ka D&E ha ngata ke ho sebedisa vacuum aspiration ho netefatsa hore dinama tsohle di tlositwe bokahareng ba popelo. Ha tshebeletso e phethahetse, mosebeletsi wa kliniki kapa mothusi o tla lekola dintho tse tlositsweng ho netefatsa hore ha hona dinama kapa dikarolo tsa

mmele tse siilweng ka hara popelo.



## Notes



## Ho Ntsha Mpa ka ho Rotheletsa se Itseng

### **Mokgwa oo ke eng?**

Ho ntsha mpa ka ho rotheletsa se itseng, ho tsebahala e le ho ntsha mpa ka saline, ke tshebeletso moo kopanyo ya meriana e peitelwa mpeng ya mosadi wa moimana ka hara amniotic sac, letlalo e pota-potileng embryo e ntseng e hola ka popelong. Kopanyo ya meriana e tlwaelehileng e sebediswang ho tshebeletso ena di kenyeleditse saline, hyperosmolar urea, le synthetic prostaglandins.

### **Mokgwa oo wa ho ntsha dimpa o etswa neng?**

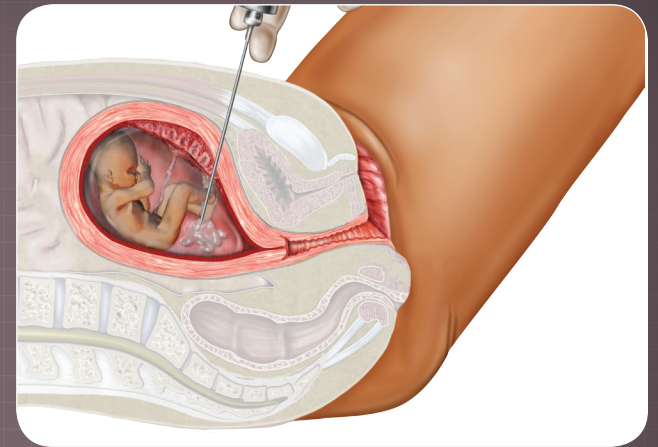
Ho ntshuwa ha dimpa ka ho rotheletsa se itseng, le ha ho se ho sa etswe haholo, di etswa ha ngata karolong ya bobedi le ya boraro ya ho arolwa ha boimana.

### **Ditlamorao le mathata a ho ntsha mpa ka ho rotheletsa se itseng ke afe?**

Ditlamorao di kenyeleditse bohloko, bahatsu, ho tswa madi sethong sa bosadi, sefuba, ho ikutlwa eka o tla hlatsa, hlooho e bohloko, le motsekelo. Mathata a kenyeleditse hemorrhage, tshwaetso, ho peitela kopanyo ya meriana mading a mme ka phoso, le tshenyoy ya popelo nokong eo sepeiti se hlajwang.

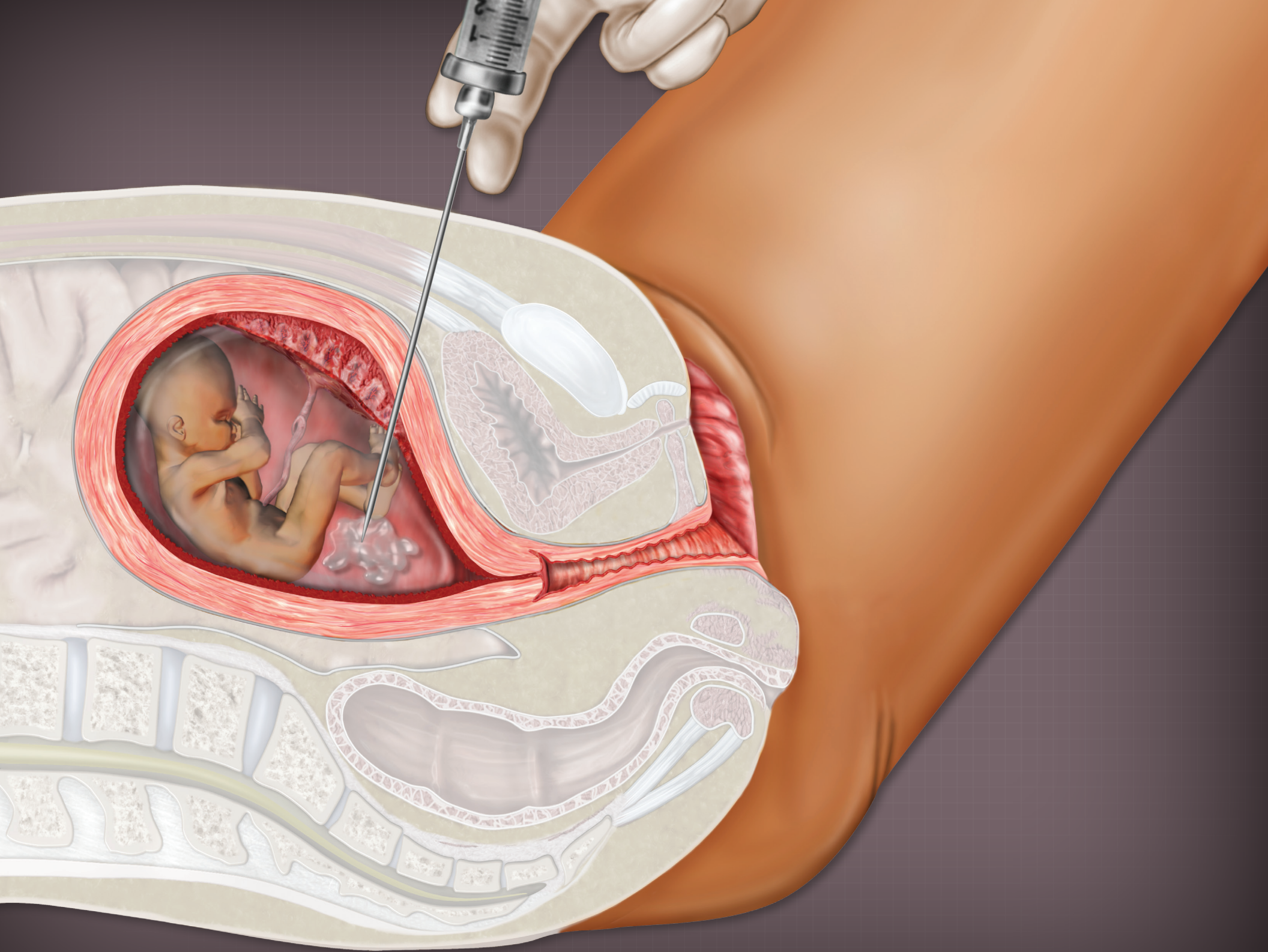
### **Ho etsahalang nakong eo ho ntshuwang mpa ka ho rotheletsa se itseng?**

Hobane embryo e ka popelong e hema, e kwenya, ebile e potapotilwe ke lero ka dinako tsohle, embryo e hula kopanyo ena ya meriana e peitetsweng ka hara amniotic sac mme e kenwa ke tjhefu. Kopanyo ena ya meriana e tla tjhesa le letlalo la embryo.



### Notes

Ho ntsha dimpa ka ho rotheletsa se itseng ho se ho sa tlwaeleha haholo naheng tse tswetsengpele ka baka la hore ditshebeletso tse ding tse fumanehang di fana ka kotsi tse seng kae ho mme.



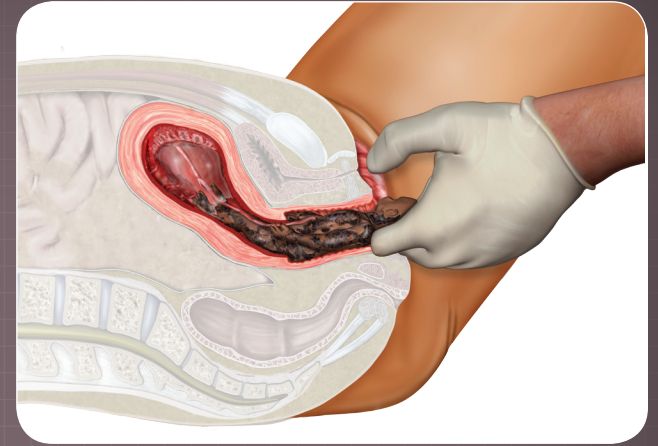


## Ho Ntsha Mpa ka ho Rotheletsa se Itseng

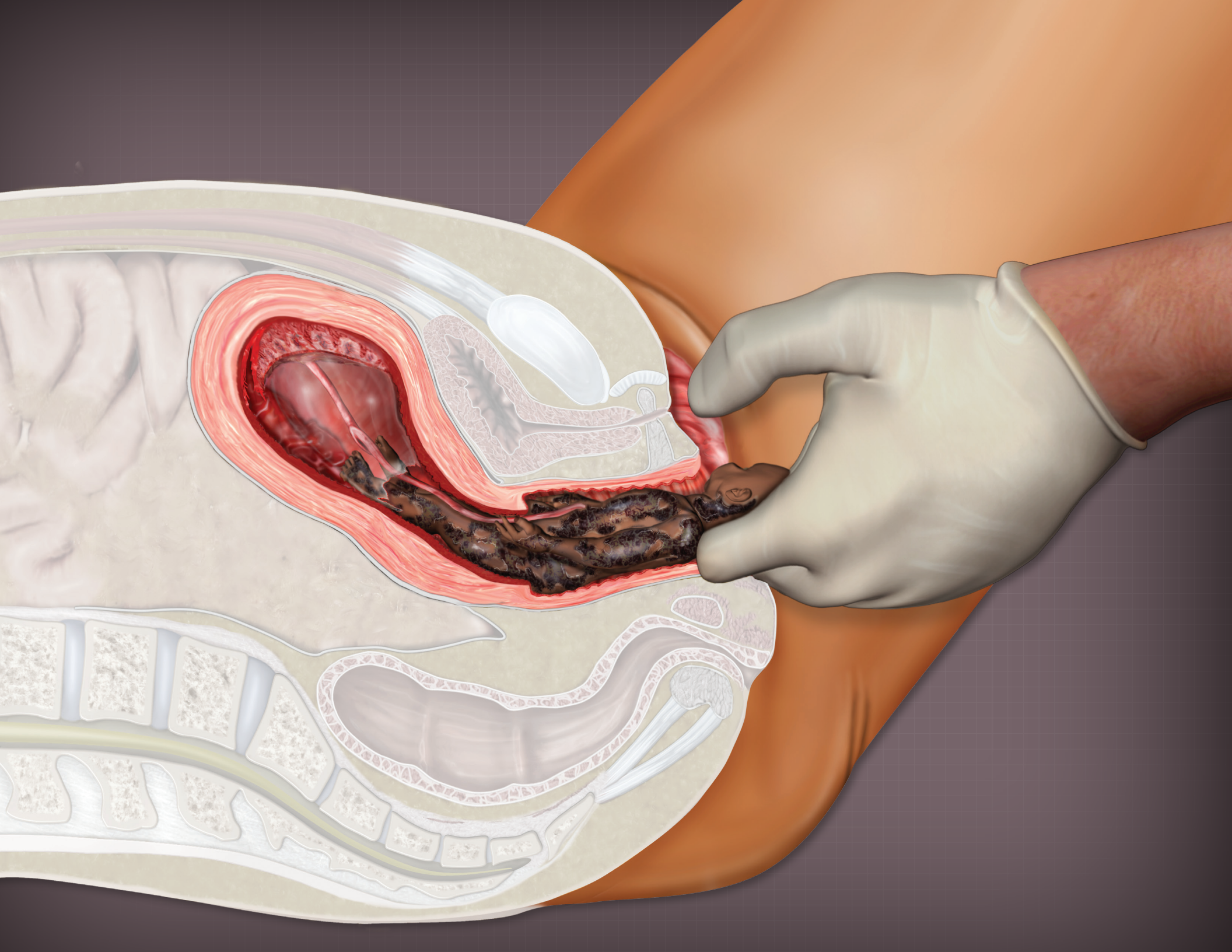
### Ho Pepa

Kopanyo ena ya meriana e peitelwang ka hara popelo ha ngata e bolaya fetus, e qale ho tiiswa ha popelo, mme e ise ho qhaleleng ka ntle hwa fetus. Ka nako tse ding, le ha ho le jwalo, ho tiiswa ha popelo ho tla qala mme fetus e tla hlaha e phela. Bakeng sa ho netefatsa ho shwa ha fetus, dichemical jwaloka potassium chloride ka

nako tse ding di hlajelwa ka hara pelo ya fetus ho e bolaya pele ho hlajwa kopanyo ya meriana ka hara amniotic sac.



### Notes

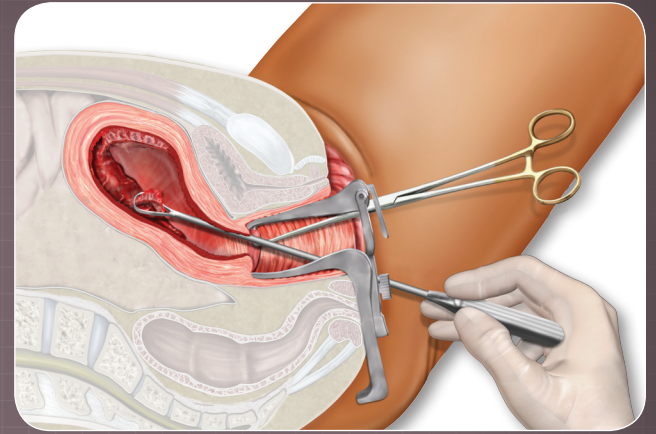


## Ho Ntsha Mpa ka ho Rotheletsa se Itseng

### Curettage

Kamora hoba fetus e tloswe ka popelong, mosebeletsi wa kliniki o tla kenya curette, kapa sesebediswa se nang le sehokelli, ka hara popelo ka molomong o atolositsweng wa popelo. Curette e sebediswa ho falela kantle bokahare ba popelo le ho tlosa dinama tsohle tse setseng: dikarolwang tsa ditho tsa mmele,

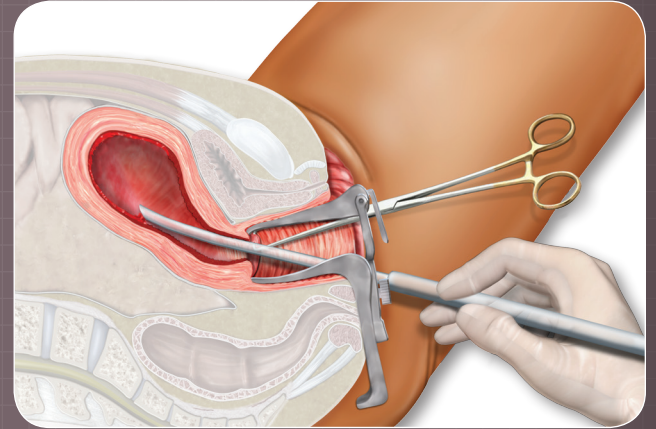
lebota, placenta, dinama, jwalo-jwalo.



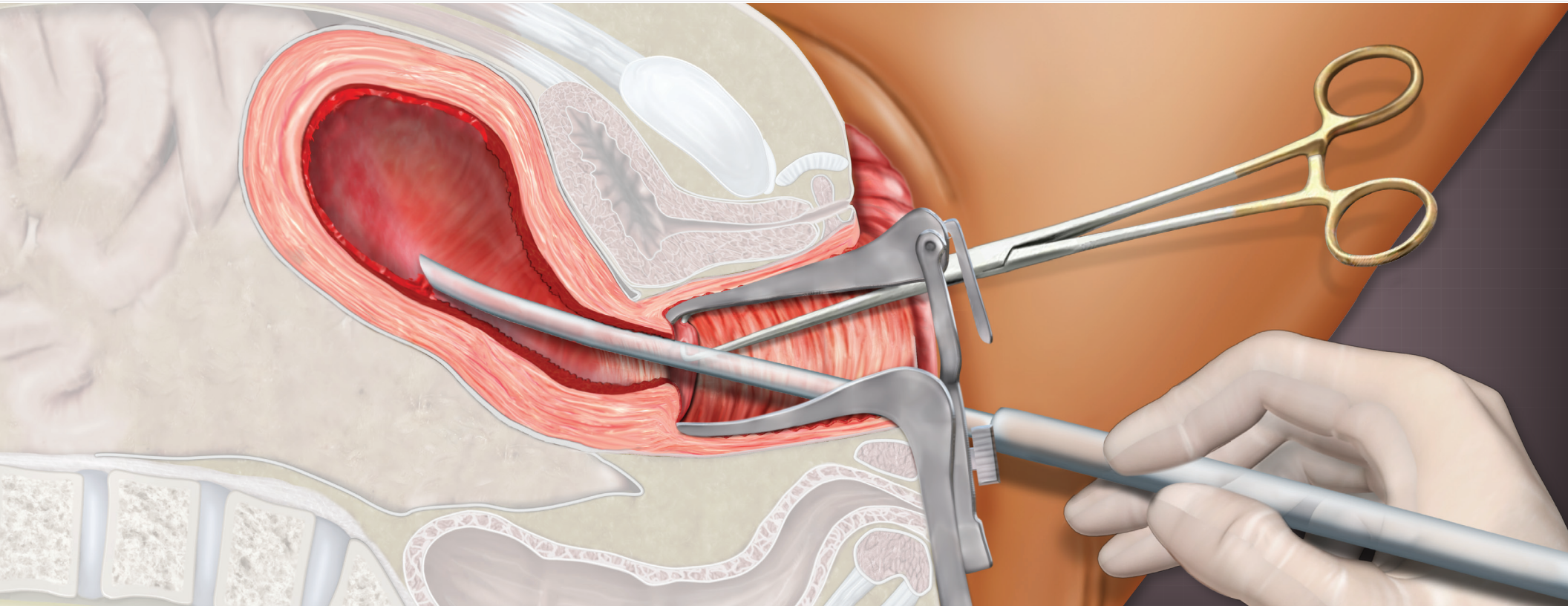
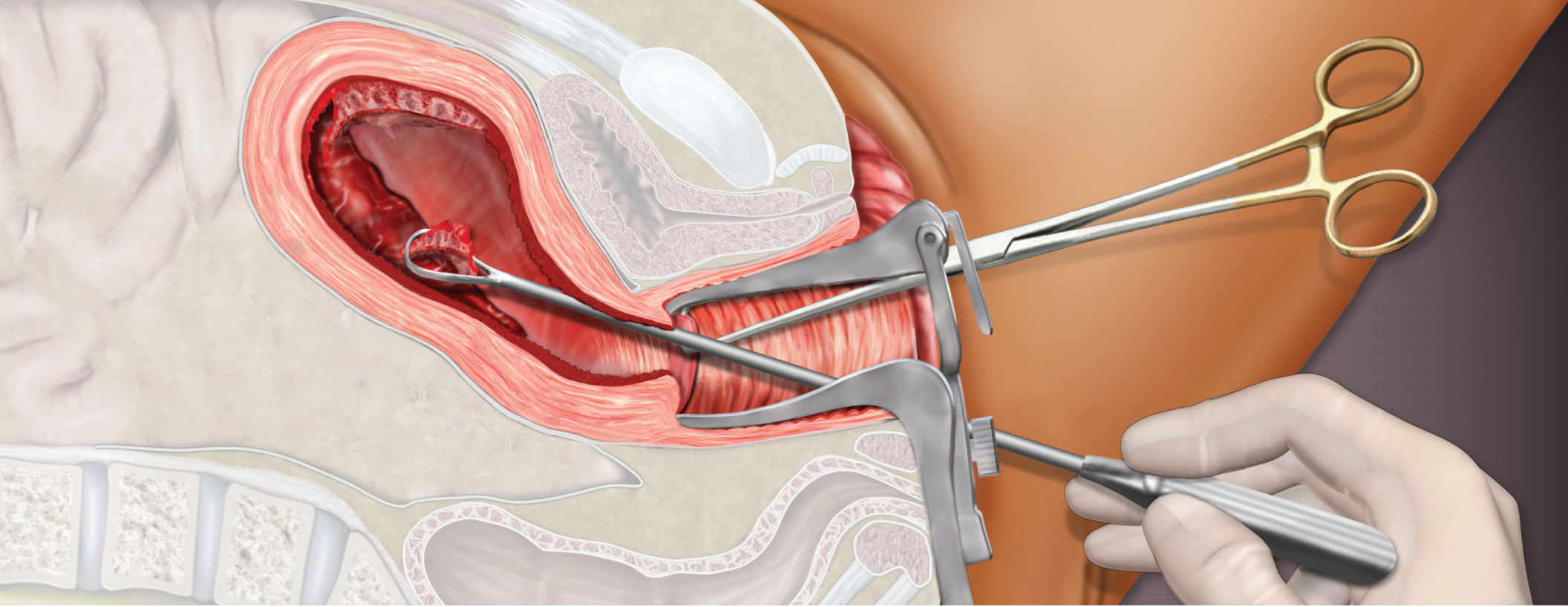
### Aspiration

Mohato wa ho qetela wa ho ntsha mpa ka ho rotheletsa se itseng ke ho sebediswa ha vacuum aspiration ho netefatsa hore dinama tsohle di tlositswe ka hara popelo. Ha tshebeletso e se e phethilwe, mosebeletsi wa kliniki kapa mothusi o tla hlahloba dintho tse tlositsweng ho netefatsa hore ha ho na dinama kapa

dikarolo tsa mmele tse setseng ka hara popelo.



## Notes



## Mekgwa e Meng ya ho Ntsha Mpa

### Ke mekgwa efe e meng ya ho ntsha mpa e tholahang?

Ho na le mekgwa e meng ya ho ntsha mpa e etswang kantle le qaleho tse tsebahalang tsa meriana ka mabaka a fapaneng: ho fumaneha, ditjeho, tsa molao, botjhaba le maikutlo a tsebahalang ka ho ntsha mpa, jwalo-jwalo. Mekgwa ena ya ho ntsha mpa ho ka kgonahala o iketsetse, e leng moo tshebeletso ena e etswa ke moimana ka boyena. Di ka etswa hape le ke motho e mong (ya ka bang kapa ya se nang kwetliso ya meriana) jwaloka mmelehis, leloko, kapa motswalle.

### Kantle le tsela tsa bongaka tsa ho ntsha mpa, ke mefuta efe e meng ya ho ntsha mpa?

Ho na le mekgahlelo e ka sehlohong e meraro e emeng ya ho ntsha mpa: oral abortifacients (*se ka jewang kapa sa nohwa hore o lahlehelwe ke boimana*), ntho tse sa tlwaelehang di kenngwa ka hara popelo, le tshebediso ya tshusumetso e kantle.

### Ditlamorao le mathata ka mekgwa ena e meng ya ho ntsha mpa ke afe?

Jwaloka tsela e nngwe le e nngwe ya ho ntsha mpa, bohloko, bohatsu, ho tswa madi sethong sa bosadi di ka lebellwa. Mathata a kenyeletsa tshwaetso, ho tswa madi a mangata (hemorrhage) ho hloka ho kengwa madi, ho lemala ha molomo

wa popelo, ho ntsha mpa ho sa fellang, le ho ima ho tswelang pele. Bongata ba mekgwa ena ya ho ntsha mpa bo kotsi ka tsela e makatsang bophelong ba mosadi wa moimana. Bongata ba ditlama-tlama le tlhophiso ya dichemical di tjhefu ka tlhaho le mosadi o kenwa ke tjhefu ka boyena. Dintho tse sa tlwaelehang tse kenngwang ka hara popelo di ka lebisa temalong ya molomo wa popelo kapa popelo ka boyona le tshwaetso e ngata, hape, ka tlhaloso, tshusumetso e kantle e fana ka bohloko bo tobileng le bo matla mmeleng wa mosadi wa moimana.



### Notes



## Oral Abortifacients

### **Oral abortifacients ke eng mme di sebetsa jwang?**

Oral abortifacients ka kakaretso ke ditlhophiso tsa ditlama-tlama le dichemical tseo mosadi wa moimana a di jang/di nwang ho potlakisa pelehi. Ditlhophiso tsena di sebetsa ho qaleng hwa ho tiiswa ha popelo, kapa le ho nolofatsa molomo wa popelo, ho etella ho ya matsatsing le ho ntshwa kantle

hwa embryo. Ditlhophiso tsa ditlama-tlama di kenyeletsa tshebediso ya dong quai (*angelica sinensis*), pennyroyal, cotton root bark, tansy (*mugwort*), black cohosh, juniper, rue (*ruta*), kgemere, peo ya celery, birthwort, and vitamin C ka bongata bo phahameng. Tlhophiso tsa dichemical di kenyeleditse bleach, turpentine, le acid.



## Notes





## Ho Ntsha Mpa ka ho Sebedisa Ntho tse sa Tlwaelehang

### **Ho kenya ntho tse sa tlwaelehang ka hara popelo ho baka jwang ho ntsha mpa?**

Ho na le ditlamorao tse pedi tse ka sehlohong tsa ho kenya ntho e sa tlwaelehang—jwaloka cassava root, thupa, terata, nalete ya ho roka, moutlwa, kapa lesapo la kgoho—ka hara popelo. E nngwe ya ditlamorao ke ho phunyeha hwa matlalongyana a pota-potileng le ho sireletsa embryo e ntseng e hola. Ha

matlalongyana ana a phunyeha, ho na le bokgoni ba hore embryo e shwe, mme mmele wa mosadi o tla ntsha embryo ena e shweleng. Setlamorao se seng ke hore kamora hoba matlalongyana a phunyehe, sesebediswa sena se sa tlwaelehang se sebediswa ho seha embryo ka bo yona mme se bake lefu ka ho otlooha—e leng hoo hape ho tlang hore mmele wa mosadi o ntshe embryo e shweleng.



### Notes



## Tshebediso ya Tshusumetso e Kantle

### **Tshebediso ya tshusumetso e kantle e tla jwang bakeng sa katleho ya ho ntsha mpa?**

Dibopeho tse fapaneng tsa tshusumetso e kantle di sebedisitswe ho potlakiseng hwa ho ntsha mpa, ho fapaneng hwa bokgoni, bakeng sa dilemo tse dikete-kete. Ho sebedisa matla a maholo ho dumetswe ke matjhaba a mang hore ho tlisa ho senyeha ha boimana. Diketso tse tobileng—jwaloka

ho otlala ka difeisi, tshusumetso e matla, kapa ho rahwa mpeng ha moimana—le tsona di sebedisitswe, le ho fihlela moo moimana a itihelang faatshe ditepising e le ho potlakisa pelehi. Ho sidilwa ha mpa ya moimana ke mofuta o mong hape, moo e mong a hatellang, pepetang, le ho penya mpa ya moimana e le ho bolaya embryo e ntseng e hola mme a qale ho tiiswa ha popelo.



### Notes



## Tlhaloso ya Mantswe

**Abortifacient<sup>†</sup>**: tshusumeletso ya ho ntshuwa ha mpa

**Abortion, induced<sup>†</sup>**: ho ntsha mpa ho tlisitsweng ka sepheo ke dithithifatsi kapa tshebediso ya meriana

**Abortion, spontaneous<sup>\*</sup>**: ho intshetsa kantle hwa fetus nakong ya dibeke tse 12 tsa pele tsa boimana

**Antibiotics<sup>\*</sup>**: moriana oo e reng ha o kopantswe o kgone ho nka sebaka kapa o bolaye microorganism e nngwe

**Aspirator, vacuum<sup>†</sup>**: sesebediswa sa ho tlosa se tlisitsweng ke ho ima ka ho se monya kamora hoba popelo e atloloswe

**Blastocyst<sup>\*</sup>**: ho fetolwa ha blastula ya lelana le fepang ngwana dijo

**Blighted ovum<sup>†</sup>**: lehe le nontshitsweng (e seng hantle-ntle ovum) moo kgolo e emang ho sa qalwa, mme ho se phethahale ho bonahala

**Cannula<sup>\*</sup>**: phaephe e nyane e kenngwang ka hara mmele kapa sesebediswa

**Cervix<sup>\*</sup>**: qetello e ka hodimo kapa ka tlase e sesane ya popelo

**Curettage<sup>†</sup>**: tloso ya ditlhaiswa kapa tse ding tsa dintho tse leboteng la bokahare ba ntho, jwaloka curette

**Curette<sup>†</sup>**: sesebediswa se bopeileng ka tsela ya ho hokela, lesale, kapa ho kga mahlakore a le bohale, a kopantswe le mohele o sebopeho sa thupa, e sebediswa bakeng sa curettage

**Dilator<sup>†</sup>**: sesebediswa se entsweng ho eketsa sebopeho sa lesoba kapa moo ho buleileng

**Dilator, osmotic**: [sheba laminaria]

**DNA<sup>^</sup>**: se hlalolang hore sele ke ya mofuta ofe/ya eng, e teng ka hara nucleus ya sele e bang karolo ya chromosome mme e nka sebaka sa hoba motshwari wa ditaba tsa mohlodi wa ntho

**Egg (ovum)<sup>\*</sup>**: botshehadi ba sele, kapa sele e bolelang botshehadi kapa botona; [sheba ovum]

**Ejaculation<sup>†</sup>**: ketsahalo ya ho ntsha (semen) lero le letenya le lesweu botoneng ba monna ka nako ya thobalano ho ya kantle

**Embryo<sup>†</sup>**: ho batho, ho hola ha setho ho tloha ha semen e kopana le lehe ho fihlela qetellong ya beke ya borobedi

**Epididymis (pl. epididymides)<sup>^</sup>**: sebopeho seo bolelele bo fetang bophara se kopaneng le karolo e ka hodimo ya mokotla wa bonna, se entsweng ka divesele tse sothilweng le diphaephe

**Fallopian tube(s)<sup>\*</sup>**: e nngwe ya methapo e mmedi e tsamaisang mahe ho tloha sehlaheng ho ya popelong

**Fertilization<sup>†</sup>**: kopano ya disele [lero la monna le sele e ka sehlaheng] ka hare ho mmele wa mosadi

**Fetus<sup>†</sup>**: ho batho, se entsweng ke ho ima ho tloha qetellong ya beke ya borobedi ya ho ima ho ya nakong ya ho tswalwa

**Forceps<sup>\*</sup>**: sesebediswa sa ho tshwara, ho tshwara o tiisitse, kapa tshebetso ya ho tshwara se itseng bakeng sa oporeishini e bohlokwa

**Gestation<sup>\*</sup>**: ho jara ha e monyane ka hara popelo ho tloha qalong ho fihlela nakong ya ho pepa

**Gestational sac<sup>\*</sup>**: letlalo le lesesane le etsang ho kwahelwa hwa di embryo le di fetus tsa dibupuwa mme le kentse le lero

**Implantation<sup>\*</sup>**: tshebeletso ya ho hokelwa hwa embryo ho lebota la popelo

**Laminaria<sup>†</sup>**: thupa e lokisitsweng bakeng sa oporeishini e entsweng ka sehlahla sa metsing se sootho se kgonang ho kopana ha bobebe le metsi, mme, ha e beilwe ka hara molomo wa popelo, e monya mongobo, e kokomohe, e be e atolosa molomo wa popelo hanyane-hanyane

**Menstrual extraction<sup>\*</sup>**: tshebeletso ya ho fedisa boimana e sa le ka nako ka ho tlosa lebota la popelo le lehe le seng le kopane le lero haeba le le teng ka ho di monya

**Methotrexate<sup>\*</sup>**: moriana o tjhofu o tshwanang le folic acid mme o

## Tlhaloso ya Mantswe, e Tswela Pele

sebediswa ho thusa ho kankere tse itseng, lefu le fetelletseng la letlalo, le rheumatoid arthritis

**Mifepristone**<sup>\*</sup>: moriana o nkuwang ka molomo ho potlakisa ho ntsha mpa haholo-holo maqalong a ho ima ka ho thibela mmele hore o se sebedise di homounu tsa thobalano

**Miscarriage**<sup>\*</sup>: ho tloswa ho iketsahallang hwa fetus ya motho pele e sebetsa hape haholo-holo mahareng a beke tse 12 le tse 28 tsa ho ima

**Misoprostol**<sup>\*</sup>: di homounu tse iketseditsweng tse sebediswang ho potlakisa ho ntsha mpa di tsamaya mmoho le mifepristone

**Ovary (pl. ovaries)**<sup>\*</sup>: sehlahla karolong ya mosadi se etsang mahe mme, ho diphoofole tse nang le mokokotso, se etsa di homounu tsa thobalano tse tshehadi

**Ovulation**<sup>\*</sup>: ho tswa ha lehe le butswitseng ho tswa ka hara sehlahla

**Ovum (lehe)**<sup>†</sup>: sele ya mosadi e tswellisang pele, kamora kopano le lero, eba zygote e fetohang ho ba karolo e ntjha ya botho bo tshwanang

**Penis**<sup>\*</sup>: karolo ya ho etsa thobalano le ho rota ho monna

**Placenta**<sup>\*</sup>: karolo e kopanyang fetus le lebota la popelo ho fetisa dijo, moya jwalo-jwalo pakeng tsa embryo kapa fetus le mme

**Progesterone**<sup>\*</sup>: homounu ya thobalano ya botshehadi e ntshuwang ke corpus luteum ho lokisa endometrium bakeng sa ho etswa mme kamorao ke placenta ka nako ya ho ima ho thibela tahlo ya embryo kapa fetus e ntseng e hola

**Prostate gland**<sup>\*</sup>: accessory gland ho banna e thathetseng urethra ha pompo ena e tsamaya ka hara senya sa moroto. Puleho e yang ka hara urethra, gland e ntsha lero le lesweu ka nako ya ejaculation mme ke karolo ya semen

**Semen**<sup>†</sup>: lero le letenya, le lesweunyana le tswang karolong ya ho ikatisa ya monna

**Seminal vesicle(s)**<sup>\*</sup>: e nngwe ya mekotla e mmedi e dutsing mahlakoreng ka bobedi a urethra ya monna, e bokeletsang le ho boloka disele tsa sperm

**Speculum**<sup>\*</sup>: sesebediswa se bulang lemati la lesoba kapa bokahare ho thusa

hlahlobong ya tse ka hare

**Sperm cell(s)**<sup>\*</sup>: disele tsa ho ikatisa botoneng ba monna, tse nang le dikahare tsa genetic tse tliswang ke monna

**Tenaculum**<sup>\*</sup>: huku a sesane e bohale e kopaneng le mohele mme e sebediswa haholo nakong ya oporeishini ho tshwara dikarolo

**Testis (pl. testes)**<sup>†</sup>: karolo e fanang ka disele tsa boikatiso bonneng; e nngwe ya di glands tse sebopelo sa lehe ha ngata e fumaneha ka mekotleng e pela botoneng

**Trophoblast**<sup>\*</sup>: karolo e kante ho blastocyst dibupuweng tsa madi a futhumetseng e fanang ka dijo ho embryo, e hlokomelang ho etsuwa ka ho fedisa dinama tsa popelo tseo e kopanang le tsona ho dumella blastocyst ho nyamella bokahareng bo entsweng ke lebota la molomo wa popelo, mme le fetohe letlalo le lesesanyane la extraembryo le potapotileng embryo

**Urethra**<sup>\*</sup>: lesoba le jarang moroto ho tloha senyeng mme ho monna e sebetsa e le kganng ya semen

**Uterus**<sup>\*</sup>: karolo dibupuweng tsa mosadi bakeng sa ho tshwara le ha ngata bakeng sa ho hodisa ngwana nakong ya kgolo ya hae pele a tswalwa

**Vagina**<sup>\*</sup>: lesoba karolong ya bosadi, le tlohang bokantleng ho ya ho molomo wa popelo, e amohelang karolo ya monna ya ho etsa thobalano nakong ya thobalano

**Vas deferens (pl. vasa deferentia)**<sup>^</sup>: phaephe e sesane e tlohang bobeding ba di testis e feta ho prostate gland ho kopana le phaephe e tswang ho di seminal vesicles ho etsa lesoba la ejaculation

**Zygote**<sup>+</sup>: embryo e sa tswa etsuwa e tswang ho ovum eo lehe le lero di seng di kopane

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