



## IMIDLAVUZA EHAMBA PHAMBILI KUBANTU BESIFAZANE ENINGIZIMU – AFRIKA

# Umdlavuzo womlomo wesibelesho

### UBUWAZI?

Umdlavuzo womlomo wesibelesho  
ngowesibili ovama ukuphatha abantu  
besifazane eNingizimu Afrika

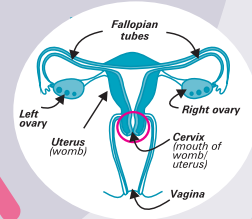


## Vama ukwenza ama-PAP SMEAR

Umdlavuzo womlomo wesibelesho ungalapheka uma usheshe wabonakala

I-Pap Smear = yindlela ethembekile yokuthi kusheshe  
kubonakale umdlavuzo womlomo wesibelesho -  
indwangu yezicutshana zomlomo wesibelesho

Abantu besifazane abaneminyaka ephakathi  
kuka-18 no-25 asebeke baya ocansin kufanel  
benze i-Pap smears njalo emva kweminyaka  
emithathu, noma emva kwemibili ngemva  
kokuqala ukuya ocansini (noma  
yikuphi okuya ngemva kokunye)  
baqhubeke baze babeno-70



### Izifo Ezithathelana Ngokocansi

Cishe yonke imidlavuzo yomlomo wesibelesho ithathela  
ngenyama enyameni, uketshezi lobuntu nangokuya  
ocansini.



### Izimpawu

- ➔ Ukopha ngaphambili okuxakile uma ungekho esikhathini
- ➔ Ukutshezi oluvama ukuphuma ngaphambili
- ➔ Ukuba sesikhathini kuba mandla kudonse kunokuvamile
- ➔ Ukopha ngaphansi nobuhlungu uma uya ocansini
- ➔ Ukuphiswa njalo
- ➔ Ukopha ngaphansi uma ungasayi esikhathini

### Okwandisa Amathuba

- ➔ Ukungazivikeli uma uya ocansini
- ➔ Izifo ezithathelana ngocansi
- ➔ Ukuya ocansini nabantu abanengi nokuya ocansini oluyingozi
- ➔ Ukuya ocansini okokuqala usemncane
- ➔ Ukuba yisidudla nezina eliphansi lokuzivocavoca
- ➔ Ukuphuza utshwala (kungaholela ekuyeni ocansini oluyingozi) nokubhema



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XHOSA, ZULU,  
SOTHO, SIWATI