



# Amabwiriza nyuma yo gukurwa iryinyo

Nyuma yo gukurwa iryinyo hari  
amabwiriza menshi ugomba gukurikira.

## Uyu musu

- Agace ka badanje kashizwe mu kanwa kawe gufasha kubuza kuva amaraso. Ruma cane kuri ako kabandaje umare iminota 30 mbere yo gukuramwo.
- Ntucishe amazi mu kanwa umare amasaha 24 nyuma yo gukurwa iryinyo kubera ibi birashobora kuvuruga gufatana kw'amaraso.
- Nturye canke unywe igihe ugifise ikinya. Ikinya gihejeje gushira urashobora kurya n'ukunywa ukoreshejeje urundi ruhande rw'akanwa kawe, mugabo ntakintu gishushe canke gikonje cane.
- Gira amakenga nturume umunwa wawe canke itama igihe ugifise ikinya.
- Ntukanyweshe umuheha urashobora kuvuruga imibume y'amaraso.
- Ruhuka kandi wirinde ibikorwa bisaba ingufu (inkino canke imimenyerezo) igihe c'umusi gisigaye.
- Ntukanywe inzoga umare amasaha 24.
- Umare imisi 7 utanywa itabi kubera ritinza gukira.

## Ejo

- Shira inusu yakayiko k'icai k'umunyu mu kirauri camazi ashushe gato kandi ucishe ayo mazi iruhande rwaho bavanye iryinyo kandi ucire.
- Bandanya woze gahoro gahoro aho bavanye iryinyo n'amazi y'umunyu nyuma y'ibifungurwa na mbere y'ukuryama umare imisi ndwi.

## Kuva amaraso

- Kuva uturaso duke n'ibisanzwe mu masaha 12 gushika 24 yambere.
- Nimba kuva uturaso duke kubandaniye, karaba amaboko kandi ushire aka bandaje gasukuye canke akenda kakozwe mw'ipamba aha hantu. Ruma cane kuri ako kabandaje umare iminota 30.
- Ruhuka umutwe wawe uri hejuru gato.
- Nimba kuva kubandinije canke gukomeye, shikirana na kiliniki yawe yamenyo. Nimba kiliniki ifunze turagusavye uhamagare 1800 098 818 hagati ya 6:30pm na 8:00am baguhe impanuro.

## Umuti ugabanya uburibwe

- Ushobora kubabara ukamara imisi itatu ikurikira. Fata paracetamol nimba ikinewe, kurikira amabwiriza ari ku ka bogisi.
- NTUFATE Aspirine canke Ibuprofen (akarorero Nurofen) kubera bishobora gutuma uva cane.
- Vugana na faramasie wawe canke GP nimba ufise ibibazo kubijanye numuti wuburibwe.

## Izindi nkuru ku bantu Bakuru nyuma yo gukurwa iryinyo

- Kuvyimba gushobora gushika kandi kuzogera ahakomeye mu masaha 36 gushika 48 nyuma yo gukurwa.
- Kuvyimba kuzotangura kugabanuka nyuma y'imisi 4 - 5.
- Gufasha kugabanya kuvyimba koresha ibarafu ahantu havyimbye umare iminota 20, yivane ho umare iminota 10 hanyuma wongere.
- Ushobora kugira akantu kaja kumera nkagasebe kumye igihe kuvyimba kugabanuka.
- Ryama ku misego 2 kugirango umutwe wawe uzamuke gato.
- Bishobora kukugora gufungura umunwa wawe. Ibi n'ibisazanzwe kandi bizoroha gurusha uko kuvyimba bigabanuka.
- Rya gusa ivyamazi n'india zoroshe nimba ari ngombwa. Gahoro gahoro subira ku ndia zawe mu ndwi ikurikira.
- Ntangura kw'inyugunura amenyo ningoga bishoboka.
- Turagusavye ushikirane na kiliniki ku namba iri hano hasi nimba ufise ikinya kidashira.




## Kuzindi nkuru turagusavye uyage na muganga wawe w'amenyo

### Wipfuzwa izindi nkuru canke gutanga icyumviro ciwawe?

Uru rwandiko rushobora kuboneka muri formats zubundi bwoko nka braille, audio tape canke muburyo bwa elektroniki bisabwe.

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Ishusho izo arizo zose zikoreshejwe muri uru rwandiko nikubera gutanga akarorero gusa, kubera ko ziratanze nk'ubuyobozi muri rusange.



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