

# Ukuthintela phambi kokuba ubeseinciphekweni kubafazi



**IPIlisi ENYE**

**KANYE NGOSUKU**

**IKHUSELA KWINTSHOLONGWANE  
KAGAWULAYO**

Olulwazi lolwabantu abazibiza ngoba bangabafazi abango cis abo ngabantu abanesini sobudoda kodwa bezelwe bengabafazi, itransgender engabantu abanesini sobudoda kodwa bengabafazi bazebenziwa utyando kususwe ubudoda kwenziwe isini sobufazi, kunye nabantu abangathethi ngecala lesini (non-binary), nabathi babelane ngesondo namadoda.

Intsholongwane ka gawulayo lulosuleleko oluthi ludluliselwe ngentlobo zesini (STI). Ukuthintela ulosuleleko phambi kokuba ubesemngciphekweni kukhusela abafazi kwintsholongwane kagawulayo kwabo bathi bangasebenzisi isingxobo sokwabelana ngesondo.

Uthintela waphambi kokuba ubesemngciphekweni yipilisi ekudityaniswe amayeza amabini okuthomalalisa intsholongwane afumaneke kwipilisi yentsholongwane kagawulayo: I Tenofovir (TD) kunye ne emtricitabine (FTC).

# Ingaba ukuthintela phambi kokuba ndibesemngciphekweni kundilungele na?

Ukuthintela phambi kokuba ubesemngciphekweni kusebenza nokuba usesiphi na isini, wabelana ngeyiphi indlela ngezesondo, okanye uloluphi uhlanga.



Kodwa qiniseka ukuba unalo lonke ulwazi olufunayo phambi kokuba uthabathe isigqibo sokuzithintela phambi kokuba semngciphekweni. Funda apha: [www.womenandprep.org.uk](http://www.womenandprep.org.uk)

# **Abafazi abazi transgender nokuzithintela phambi kokuba babesemngciphekweni**

Ukuzithintela phambi kokuba semngciphekweni kuyabakhusela abafazi aba transgender xa:

- Enelungu lobumama elamkela incindi kumngxuma ongaphambili, okanye kumngxuma ongasemva
- Usabelana ngesondo neqabane ngokuthi elinye likhwele ngaphezulu
- Ukuba ubukhe wenziwa utyando oluncinci okanye khangе wenziwe kwatyando.

Isigqibo sobungakanani bomlinganiselo kathintela sixhomekeka kuhlobo owabelana ngayo ngezesondo, kodwa kuyakhuthazwa ukuba ukhethe isigqibo esifanelekileyo.

[www.cliniq.org.uk/pep-prep](http://www.cliniq.org.uk/pep-prep)

[www.dean.st/trans-non-binary](http://www.dean.st/trans-non-binary)

## **Ukuthintela phambi kokuba ubesemngciphekweni kunye nencindi yemizwa-homoni (hormones)**

Ukuthintela phambi kokuba ubesemngciphekweni akukhabani nemizwa yobuni, kwaye kukhuselekile, ungayithatha kunye ne homoni yokuqinisa ubuni bakho ingakumbi kubafazi betransgender, kunye nabo banesini sobudoda kodwa bezelwe bengabafazi (cis gender), nabafazi abangasayiyo exesheni (menopause) kodwa besebenzisa uhlobo lonyango oluthile lokubuyisela incindi olubizwa nge HRT. Ukuzithintela phambi kokuba wosuleleke kukhuselekile kwaye akukhabani nehomoni zothintelo nzala ezinje nge (iringi, isiqwenga, ipilisi okanye i-implant).

[www.hiv-druginteractions.org/checker](http://www.hiv-druginteractions.org/checker)

[www.womenandprep.org.uk](http://www.womenandprep.org.uk)

## **Ukuthintela phambi kokuba ubesemngciphekweni kunye nokukhulelwa**

Ukuba uceba ukukhulelwa, kwaye awusebenzi naluphi na uhlobo lokucwangcisa, ukusebenzisa isithinteli phambi kokuba ubesemngciphekweni ngalo lonke ixesha kungakukhusela ekubeni ungayifumani intsholongwane kagawulayo.

Nangona kunjalo, ukuba uthe wakhulelwa, nceda uxelele ugqirha okanye umongikazi wakho. Ukuba ukumngcipheko wosuleleko lwe ntsholongwane kagawulayo, izikhokhelo ziyacebisa ukuba uqhubekeke usebenzise isithinteli sokuzikhusela saphambi kokuba ubesemngciphekweni.

Ukuzithintela rhoqo ngosuku ngaphambi kokuba wosuleleke, kukhuseleke kakhulu ingakumbi xa uncancisa ibele. Amanqanaba aphantsi amachiza kubisi lwebele awanabungozi.

## Ukuthengisa ngomzimba

Ukuzithintela phambi kokuba ubesemngciphekweni wolosuleleko lungasetyenziswa xa usebenza ngokuthengisa ngomzimba, kubandakanya nakwabo babukela ezesondo.

Inkoliso yabathengisa ngemizimba bayayikhathalela impilo yabo, noxa abathengi babo bangangazikhathaleli ezabo impilo.

Ukuzithintela phambi kokuba ubesemngciphekweni wolosuleleka kukhusela kwintsholongwane kagawulayo ukuba ukuxinezelelo lokungasebenzisi isingxobo sokwabelana ngesondo (khondom).

Inkonzo ezikhethekileyo malunga nezempilo zesondo (apho ungakhululeka kubandlululo nasekugwetyweni) iingcebiso ziyafumaneka.

[www.uglymugs.org](http://www.uglymugs.org)

# Ungasifumana phi isithinteli saphambi kokuba ubese mngciphekweni wokosuleleka eUK

Isithinteli sokosuleleka saphambi kokuba  
ubese mngciphekweni wokosuleleka  
siyafumaneka kumaziko ezempilo  
angezondo eyaziwa ngokuba yi NHS  
eseNgilane, Skotilani, Wales nase Mntla  
we Ireland.





Kwilixa elizayo  
kuzakubakho indawo  
ezininzi ezongezelelekileyo  
nezifikelelekayo  
zokufumana isithinteli  
sokosuleleka  
ngaphambi kokuba  
ubesemngciphekweni,  
njengo Gqirha okanye  
iikhemesti zasekuhlaleni.



## **Omauwukwenze xa ufuna ukuqalisa**

- Thetha nomcebisi wezempilo, ugqirha okanye umongikazi kwiziko lezempilo
- Kunyanzelekile wenze uvavanyo lwentsholongwane kagawulayo ngokuthi kujongwe amajoni omzimba, kusetyenziswe isivavanyi esisizukulwana sesine lwesithwala-sifo (antigen/antibody)
- Kufanele uvavanyelwe intsholongwane ehlasela isibindi (hepatitis B). Amachiza akwisithinteli sokosulekela ngaphambi kokuba semngciphekweni siyayilwa intsholongwane kagawulayo kunye nentsholongwane ehlasela isibindi.

Ezimvavanyo zifumaneka simahla kumaziko ezempilo aphantsi kwe NHS, ukuba ubaxelele ukuba usebenzisa isithinteli solosuleleko ngaphambi kokuba ubesemngciphekweni.

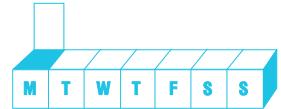
## Indlela yokusebenzisa isithinteli solosuleleko ngaphambi kokuba ubesemngciphekweni

Thatha ipilisi enye ngosuku kangange ntsuku ezisixhenxe phambi kokuba wabelane ngezondo, qhubeka ke uzithatha ntsuku zonke iipilisi zakho. Ukuba uye wafikelela kwisigqibo sokuba uyeke ukuzithintela kulosuleleko lwaphambi kokuba ubesemngciphekweni, khumbula ukuba funeka utye isithinteli solosuleleko phambi komngcipheko intsuku ezisixhenxe emveni kokuba wabelane ngesondo.



\* Khetha ixesha elikungileyo lokuthatha isithinteli sokuzikhusela kulosuleleko phambi komngcipheko, uqhelane nalo.

\* Zenzele ixesha elikukhumbuza rhoqo ngomnxeba wakho okanye usebenzise (iapp) yalemihla.



\* Ibhokisi yepilisi yeyona ndlela ilula yozikhumbuza iipilisi, ngoba iyakubonisa xa sele uzithathile naxa uzilibele.

\* Ukuba uthe walibala ukuthatha ipilisi ngexesha lesiqhelo, zithathe kwangoko xa uthe wazicinga. Ipilisi ethathwe emva kwexesha ingcono kakhulu kunepilisi engatyiwanga





Qhubekeka usitya isithinteli solosuleleko phambi komngcipheko iintsuku ezisixhenxe ungayi ecantsini phambi kokuba uyeke ukuyisebenzisa.

## **Ukubeka iliso**

Kubalulekile ukuvavanyelwa intsholongwane kagawulayo rhoqo xa usebenzisa isithinteli solosuleleko lwaphambi kokuba semngciphekweni. Qhubekeka uhlola intsholongwane kagawulayo nezifo zangaphantsi ezosulelayo rhoqo emva kwenyanga ezi-3-4.

Amaziko ezempilo akuthatha igazi ukujonga izintso (kuyohluka ngokwabantu).

Uvavanyo lufumaneka simahla kumaziko ezempilo ukuba ubaxelele usebenzisa isithinteli solosuleleko lwaphambi kokuba ubesemngciphekweni.

# Imiphumela engaqhelekanga malunga nesithinteli solosuleleko phambi kokuba ubesemngciphekweni

Inkoliso yabantu ayibi namiphumela engaqhelekanga. Kwabo bathi babenayo, ayibikho ngamandla, ithatha ixeshana kwaye iphela kwangoko. Kubalulekile ukuzihlola rhoqo nokujonga izinto ezingaqhelekanga emzimbeni wakho.



Iqondo lokuqhelana komzimba namayeza akwisithinteli solosuleleko phambi kokuba ubesemngciphekweni lifumaneka apha ngezantsi. Ukufumana iinkcukacha ezipheleleyo malunga nalomba, funda apha: [www.i-base.info/guides/prep/pdf](http://www.i-base.info/guides/prep/pdf)

**Isithinteli solosuleleko  
phambi kokuba  
ubesemngciphekweni  
lingakunceda  
ukonwabele  
ukwabelana  
ngezesondo  
ungenalo uloyiko  
lwentsholongwane  
kagawulayo.**

Kuyacetyiswa ukuba wenze uvavanyo lwentsholongwane kagawulayo kunye nezifo ezosulelayo zangaphantsi xa ubuthe wabelana ngesondo usitya okanye ungasityi isithinteli solosuleleko ngaphambi kokuba ubesemngciphekweni.

## linkcukacha ezibanzi

[www.womenandprep.org.uk](http://www.womenandprep.org.uk)

[www.i-base.info/prep-for-women](http://www.i-base.info/prep-for-women)

[www.prepster.info/prep4women](http://www.prepster.info/prep4women)

[www.iwantprepnow.co.uk](http://www.iwantprepnow.co.uk)

[www.bhiva.org/PrEP-guidelines](http://www.bhiva.org/PrEP-guidelines)

Ukufumana simahla amaphepha ashicilelweyo ngolulwazi, thumela i-imeyile ku Sofia Forum apha: [info@sophiaforum.net](mailto:info@sophiaforum.net) okanye ungathenga nakumakhasi a-online ngokungena apha (ufumana nencwadana epheleleyo enamaphepha ayi 24 malunga nendlela yokuzithintela kulosuleleko phambi kokuba ubesemngciphekweni): <https://i-base.info/forms/order.php>



[www.sophiaforum.net](http://www.sophiaforum.net)