**Ukeneye kuronka Amakuru menshi ja kuri:**

*http://www.fda.gov/womens*

*http://www.taketimetocare/mymeds.html*

*http://www.healthyroadsmedia.org*

• • •

*Aka gatabo kanditswe n'imfashanyo y'amakuru be n'uburyo bituruka muri:*

*Ubutegetsi bw'Imfungurwa n'Imiti (Food and Drug Administration)*

*Ibimenyesha Makuru vy'Inzira y'Amagara meza (Healthy Roads Media)*

*Urunani rw'Ibitaro vyo muri Alabama (Alabama Hospital Association)*

*Infashanyo y'amahera yo kwandika aka gatabo yatanzwe n'Igisata c'Ibiro vy'Akazi be n'Amagara y'Abantu bifasha Impunzi muvyo kw'Imukira mu mahanga.*


**U.S. Committee for Refugees and Immigrants**
**2231 Crystal Drive, Suite 350**
**Arlington, VA 22202-3711**
**Telefone: 703 • 310 • 1130**
**Fax: 703 • 769 • 4241**
**www.refugees.org**

# Gufata Imiti Yawe Neza

## Taking Your Medicine Correctly (Kirundi)

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
USCRI

**www.refugees.org**

*Protecting Refugees, Serving Immigrants, Upholding Freedom since 1911*

**KUBAHO NEZA**

Urwaye, muganga azoguha umuti ugufasha kumererwa neza. Birakenewe ko umenya ukuntu, igituma be n'igipimo c'umuti utegerezwa gufata.

## NOBA NKENEYE UMUTI?

Muganga niwe azofata icemezo co uko ukeneye umuti kuri iyo ndwara yawe. Ukeneye umuti, muganga azoguha urupapuro wranditseko imiti kugira ugure imiti nyayo. Hari igihe muganga atokwandikira urupapuro rw'imiti; muri ico gihe imiti iba idakenewe.

## N'IBIKI NOBWIRA MUGANGA WANJE?

Ni vyiza kubwira muganga uko be naho wumva nabi. Muganga akeneye amakuru atomoye kugira ashobore kuguha umuti ukenewe wo kukuvura. Bwira muganga wawe ivyo ufata vyose imbere yuko aguha urupapuro rw'imiti. Igihe woba wumva ko hari umuti wongereza indwara, hamagara mu maguru masha muganga wawe.

## HARI UBWOKO BUNGAHE BW'IMITI?

Hari ubwoko bubiri bw'imiti:

*Imiti yanditswe ku rupapuro* n'igihe muganga yanditse izina ry'umuti ukenewe utangwa n'abahinga bagurisha imiti bivuye k'uburenga nzira uhawe n'urwo rupapuro rw'imiti yakwandikiye. Aho rero, uca ugenda gutora imiti mu nzu badandaza imiti yegereye naho uba.

*Imiti y'imbere y'imeza* n'imiti ugura ata rupapuro rwa muganga bagusaba. Woyigura mu nzu yo kudandaza imiti yegereye naho uba. Ari umuti w'amazi, uzana icupa ryawo rigaragara aho badandaza imiti kugira uronke umuti nyawo.

## NOBAZA MUGANGA IBIBAZO?

Ntutinye kubaza muganga wawe ibibazo. Ukurikije amategeko ya muganga, utegerezwa kumererwa neza. Bidakunze, subirayo wongere uvugane na muganga kandi.

N'ibiki nobaza muganga wanje?

*N'izina nyabaki ry'umuti?*

*N'iminsi ingahe ntegerezwa gufata umuti?*

*Kubera iki ntegerezwa gufata uyu umuti?*

*Noba ntegerezwa gufata uyu muti n'infungurwa canke ata nfungugrwa?*

*Nonywa inzoga nfata uyu umuti?*

*Nogira iki nibagiye gufata umuti wanje?*

*Nogirika iki mugihe umuti utumako ndwara?*

*Nohagarika gufata umuti maze kumva neza?*

## VYOGENDA GUTE NTASHOBORA GUSOMA IVYANDITSWE BIHOMETSE K'UMUTI?

Birakenewe ko usoma n'ubwitonzi ibiri ku gapapuro gahometse k'umuti. Namba udashobora gusoma ivyanditswe ku gapapuro gahometse kw'icupa ry'umuti, saba uwushoboye gusoma Icongereza neza agusomere kandi agusigurire.

## VYOGENDA GUTE NFASHE UMUTI UVA MU GIHUGU CANJE C'AMAVUKIRO?

Vyoshoboka ko wumva bikurwa neza canke ukwumva umenyereye cane imiti y'iwanyu, hari gihe bitofasha indwara yawe. Uyivanze n'imiti yo mu mahanga, hari igihe yokumerera nabi. Igihe uriko uyaga na muganga wawe, mumenyeshe umuti ufise kandi umubaze ko bishoboka kuwufata hamwe n'umuti mushasha yakwandikiye. Hamwe muganga wawe yokubwira ko ukoresha gusa iyo miti yakwandikiye, utegerezwa guhagarika iyo yindi yose warumaze imisi ufata.

## N'IVYAHE BIMWE MU BINTU NTATEGEREZWA GUKORA NDIKO NFATA IMITI?

Ntugasabikanye imiti yawe bakwandikiye n'abandi. Fata imiti yawe mu kiringo cose muganga avuze, naho woba umaze kumva neza. Ntubike imiti ahantu hashushe, ahari mbeho, canke ahakanye kuko vyogira ingaruka mbi kukugene imiti ikora. Bika imiti yawe kure n'abana.

## NOMENYA GUTE KO MUGANGA ATARIKO AGERAGEZA KUNGURISHIRIZA IMITI YIWE?

Muri Leta Zunze Ubumwe za Amerika, abaganga ntibaba barondera amahera ku miti bakwandikiye. Namba muganga ashaka ko ufata imiti, ntaba akeneye kukugurishiriza imiti. Muganga wawe aba ashaka ko gusa ukira; kukaba nkako, akwandikira gusa imiti ugenda kugura asanze uyikeneye.