

## Ngabe yini ukuncelisa ibele lodwa kuphela?

Ukuncelisa ibele lodwa kuphela kuchazwa njengokuncelisa ibele lodwa kuphela kungahlangukiswa nenye inhlobo yokudla (akunamanzi, akunajuzi, akunabisi olungelona olwebele lomuntu, akunabisi lwamathini, akunaphalishi, akuna-yoghurt, kanti futhi akukho okunye ukudla okuthambile okunikezwayo) ngaphandle kwemithi enikezwe ngudokotela/umsebenzi wezempilo lapho kunesidingo sezokwelashwa nemithi.

## Ngabe yini izinto eziwusizo ngokuncelisa ibele lodwa kuphela?

- Ubisi lwebele lunikeza zonke izakhamzimba enganeni yakho ukuze ikhule ezinyangeni eziyisithupha zokuqala. Kanti futhi ubisi lwebele luyaqhubeka nokunikeza ingane yakho izakhamzimba ukusukela ezinyangeni ezingu 6 ukuya kwezingu 12.
- Ubisi lwebela lunamasosha lunama-antibodies ukusiza ukuqinisa amasosha omzimba wengane kanye nokuyivikela kwiziso ezifana nohudo kanye nenyumoniya.
- Ubisi lwebela aluvamile ukwenza ukuthi ingane ibe nezinkinga zokuphefumula noma ukuphathwa zindlebe njengoba ubisi lwamathini lwenza.
- Ubisi lwebele lunama-substance abalulekile enza ukuthi ingaphakathi locwecwana lwangaphakathi luqine, lokhu okusiza ukuthi ingane yakho ingathola-tholi izifo ezingenelelayo.
- Isithubi noma i-colostrum (okuwubisi lokuqala ingane elutholayo ngemuva kokuba izelwe, luthathwa njengesivikeli nogonyo lomzimba lokuqala. Lolu bisi lunotho ngama-substance avikelayo, kanti futhi abalulekile enganeni ekade ivikelekile esibeletweni esiphumela ngaphandle kwesibelethe, lapho ehlangana khona nezifo lapho isizelwe.
- Ingane ngeke yathola lama-substance avikelayo kunoma yilupho olunye ubisi noma okunye ekudlayo.
- Ubisi lwebele yindlela engcono kakhulu yokudlisa ingane yakho kanti futhi isipho esingcono kakhulu kunazo zonke umama angasinikeza ingane yakhe ukuqala impilo ihlomile ukuze isinde kwizifo kanye nama-infection.

## Ngabe ukuncelisa kukhona inzuzo enakho kumama?

- Ukuncelisa ibele futhi kusiza impilo kamama wengane. Kungaphungula izingozi zokungenwa yikhensa (umdlavuzwa) webele noma we-ovarian kumama wengane.
- Ukuncelisa ibele kusiza umama wengane ukuthi abuyele kwisimo sesisindo sakhe sakuqala ngaphambi kokuba akhulelwe, uma encelisa ibele kuphela, nakhona engadli kakhulu ngesikhathi encelisa ibele.

## Ngabe omama bangancelisa ibele uma bene-HIV?

- Ukuncelisa ibele kuyakhuthazwa komama abane-HIV kanti futhi nakomama abangenayo i-HIV.
- Kumele wazi ngesimo sakho se-HIV, kubalulekile ukuthi wazi ngesimo sakho ukuze uvikele ingane yakho ekutholeni i-HIV.
- Uma une-HIV, wena nengane yakho kumele niphuze imithi yama-antiretroviral treatment (ART).
- Ngisho noma omama abane-HIV abancelisa ibele kumele baphuze imithi yama-ART, uma uncelisa kanti futhi ungaphuzi imithi yama-ART, ingane yakho izonikezwa isiraphu ye-nevirapine kanye

ngosuku kuze kube yiviki elilodwa ngemuva kokuba uyekile ukuyincelisa ibele.

- Uma uphuza imithi yama-ART, ingane yakho izonikezwa umuthi we-nevirapine kanye ngosuku amaviki ayisithupha. Udokotela noma unesi angabuye akunikeze neminye imithi yama-ARV yengane, noma kungenzeka unikeze ingane umuthi we-nevirapine isikhathi esingaphezulu kwamaviki ayisithupha.
- Khumbula ukwenza uhlobo lwe-HIV-PCR lwengane yakho kumaviki angu 6 kanti futhi kumaviki angu 6 ngemuva kokuba uyekile ukuncelisa ingane yakho ibele. Ezinye izingane kumele zibuye zihlolwe futhi kwezinye izikhathi, udokotela wakho noma unesi, uzokunikeza olunye ulwazi. Njalo qinisekisa ukuthi uyazi ngokuthi ingane yakho kumele ihlolwe nini futhi.
- Uma uqale imithi yama-ART ngemuva kokubeletha ingane, ingane izonikezwa isiraphu ye-nevirapine isikhathi esingaphezulu kwamaviki ayisithupha.



**Umama oncelisa ingane yakhe ibele kumele azi ngesimo sakhe se-HIV.**

## Ngabe umama kumele aqale nini ukuncelisa ibele?

- Ukuncelisa ibele kumele kuqale masisha ngemuva kokubeletha, okungenani lingakapheli ihora ngemuva kokuba ingane ibelethiwe noma izelwe.

## Kungani kubalulekile ukuqala ukuncelisa ibele masishane kungakapheli ihora ngemuva kokubetha?

- Lokhu kusiza umama ukuthi akwazi ukuqala ukukhiqiza ubisi
- Kulesi sikhathi izingane zizimisele kakhulu ukuncela.
- Ukusheshe uncelise kusiza ukuhlela kahle izinga lokushisa komziba wengane kanye nokuhlela kahle izinga likashukela egazini.
- Lokhu kusiza umama nengane ukuthi baqale basondelane.

## Ngabe kumele ngincelise ingane izihlandla ezingaki kanti futhi isikhathi esingakanani?

- Ingane encane idinga ukunceliswa njalo njalo emini nasebusuku. Ukuncelisa ingane njalo lapho idinga ukunceliswa, lokhu kusiza ukukhiqiza ubisi lwebele. Lokhu kubizwa ngokuthi ukuncelisa ingane lapho idinga ukuncela.
- Ngesikhathi sokuncelisa, ingane kudingeke incele isikhathi eside ngokuthanda kwayo. Ekuqaleni kokuncelisa, ubisi lokuqala luqukethe amanzi enele ukucisha ukoma enganeni, ngisho noma kushisa. Ubisi olulandela kamuva lunenani elibalulekile lamafutha abalulekile kanti futhi aba nokujiya ekugcineni kokuncelisa.
- Yenza ukuthi ingane incele ibele elilodwa iqede ngaphambi kokuba uyinikeze ibele lesibili ukuncela.
- Ingane ingancela izihlandla ezingu 8 ukuya kwezingu 12 ngosuku.
- Ukuncela kwengane akumele kubekelwe izikhathi ezithile noma kuncishiselwe izikhathi.

## Kungani izingane kungamele ukuthi zinikezwe okunye ukudla ngaphambi kokuba ziqede izinyanga eziyisithupha ngaphambi kokuba ukudla kuhlangukanye (ukudla ekudlayo kuxutshwe nokunye)?

- Ezinye izinhlobo zokudla azihlinzeki ingane ngezakhamzimba ezitholakala obisini lwebele ingane ezidingayo ukuze ikhule kanye nokuthuthuka ezinyangeni eziyisithupha zokuqala zempilo yayo.
- Ezinye izinhlobo zokudla kungenzeka zingenwe ngamagciwane angabangela uhudo enganeni kanye nezinye izifo.
- Ezinye izinhlobo zokudla ezifana (nephalishi, amanzi, itiye, ujuzi, ubisi lwamathini) esikhathini sezinyanga eziyisithupha, zingalimaza ingaphakathi lamathumbu engane kanye nokwenza ukuthi kube lula ukuthi ithole ama-infection (abandakanya i-HIV) ukuthi angene emzimbeni wengane.
- Ubisi lwebele luthambile kanti futhi alwenzi ukuthi ingaphakathi lamathumbu engane ahhwayeke ezinyangeni zokuqala eziyisithupha zokuqala.
- Ubisi lwebele lukhiqizeka kumama lapho ingane ilufuna, kanti futhi uma umama wengane eyincelisa njalo, kukhiqizeka ubisi oluningi kumama.

Ukuthola ulwazi olubanzi: [www.hivsa.com](http://www.hivsa.com)



[www.choma.co.za](http://www.choma.co.za)

Choma Magazine on facebook  
Twitter: @Chomamag



[www.hi4life.co.za](http://www.hi4life.co.za)

hi4LIFE on facebook  
Twitter: hi4LIFE101

ISSUE 1 - OCTOBER 2016

● Abantu abakwizithombe ngama-model kanti futhi abanayo i-HIV noma ezinye izimo ezikhonjiswe kule phamfethi noma le ncwajana.



Le phamfethi (le ncwajana) ithole usizo lwemali ngokusekelwa ngabohlelo oluvela kwi-US President's Emergency Plan for AIDS Relief (PEPFAR) oluvela kwabe-US Agency for International Development ngaphansi kwesivumelwano se-Cooperative Agreement No. AID-674-A-00-08-12-00015 ngabe-Anova Health Institute.

Imibono evezwe kule-Phamfethi akuyona nje kuphela imibono yabe-PEPFAR, USAID noma abe-AHI.

**Abenombolo yosizo kazwelonke i-National AIDS Help Line:**

**0800 012 322 (engakhokhelwa)**

**Ungaxhumana nabe-HIVSA ku: Ucingo: +27 11 494 1900**

isi Zulu

Wena okudingeka ukwazi maqondana...

# Nokuncelisa ibele lodwa kuphela

