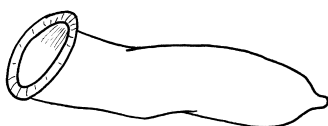




Wanawake juu ya Mawimbi

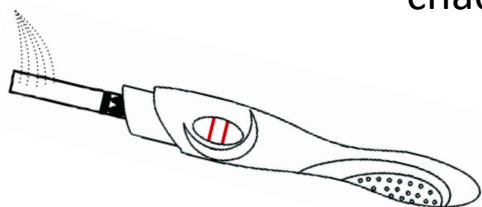
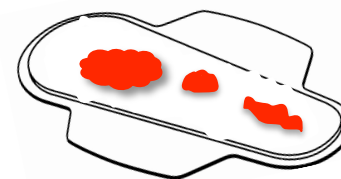
Baada ya mimba yako

Usiweke chochote kwenye uke kwa siku tano



Wakati uta amua kufanya ngono tena tumia njia ya upangaji wa uzazi

Wanawake wengi huona damu kidogo kwa siku chache au wiki chache



Fanya kipimo cha uja uzito baada ya wiki tatu ili uwe na uhakika kuwa uavyaji wa mimba ulikamilika

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