

Hari abantu bashobora kugira isereri nyuma yo gutanga amaraso, cyane cyane iyo hari ubushyuhe bwinshi. Ibi ariko bihita bishira iyo baruhutse umwanya muto.

VI. IYO AMARASO AMAZE GUTANGWA AKORERWA IKI?

Nyuma yo gufata amaraso, abikwa ahabugenewe. Mbere y'uko ahabwa abarwayi bayakeneye, abanza gupimwa ibi bikurikira :

- Ubwoko bw'amaraso (Groupe sanguin/Blood group) kugira ngo umurwayi ahabwe amaraso ahuye n'aye,
- Ubwandu bwa virusi itera SIDA, ubwa virusi itera Umwijima wo mu bwoko bwa B na C (Hepatitis B and C), ndetse n'ubw'indwara ya Mburugu.

Iyo basanze nta bwandu amaraso afite, bayakuramo ibice biyagize hakoreshejwe imashini zabugenewe kuko akenshi hari ubwo umurwayi akenera kimwe muri ibyo bice gusa.

Amaraso ahabwa Ibitaro igihe cyose hari umurwayi bifite uyakeneye kandi ayo umuntu umwe atanze, ashobora gufashishwa abantu 2 cyangwa 3.

IX. IYO AMARASO ABONETSEMO UBWANDU BIGENDA BITE ?

Iyo amaraso yanduye ntabwo ahabwa abarwayi. Uwayatanze amenyeshwa ubwandu bwagaragaye mu maraso yatanze, akagirwa inama kandi akoherezwa muri serivisi z'ubuvuzi kugira ngo yitabweho.

X. ESE GROUPE SANGUIN / BLOOD GROUP NI IKI ?

Groupe sanguin/Blood Group ni kimwe mu bimenyetso by'ingenzi bigaragara mu maraso, kandi abantu babikomora ku babyeyi babo, na bo bakazabiha abo bazabyara. Ibyo bimenyetso ni **A** na **B**; hari n'abatagira ibyo bimenyetso bya **A** na **B**; abo ni bo bafite **O**. Ibi bimenyetso bipimwa muri laboratwari (Laboratory).

Hari abapimwa, bagasanga bafite ibimenyetso bya **A** na **B** byombi. Abo baba ari Group **AB**.

Hari ikindi kimenyetso cy'inyongera cyiba mu maraso cyitwa **Rhesus**. Nacyo gikomoka ku babyeyi. Hari abacyigira n'abatacyigira.

Abagifite bitwa **Rhesus Positive** naho abatacyigira bakitwa **Rhesus Negative**.

Kuba umuntu afite ikimenyetso cya rhesus cyangwa atagifite ntabwo ari uburwayi. Ni ikimenyetso kiranga ubwoko bw'amaraso ye gusa.

TABARA INDEMBE UTANGA AMARASO

GUTANGA AMARASO NI UGUTANGA UBUZIMA

REPUBULIKA Y'U RWANDA



**MINISITERI Y'UBUZIMA
B.P. 84 KIGALI**

**SOBANUKIRWA NO
GUTANGA AMARASO
AHABWA INDEMBE KWA
MUGANGA**

**IKIGO CY'IGIHUGU
CYO GUTANGA AMARASO**



**P.O.BOX 4719 KIGALI RWANDA
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I. IRIBURIRO

Amaraso ni igice cy'ingenzi kigize umubiri w'umuntu. Iyo amaraso abaye make mu mubiri, umuntu agira ibibazo bikomeye bishobora no kumuviramo gutakaza ubuzima.

Kugeza uyu muni, nta kindi kintu kiraboneka cyasimbura amaraso mu gihe umurwayi akeneye kuyongererwa. Ni yo mpamvu hashyizweho uburyo bwo gukangurira abantu gutanga amaraso ahabwa indembe ku bushake kandi nta kiguzi bategereje.

Inshingano zo gufata amaraso ahabwa indembe, kuyapima no kuyakwirakwiza ku bayakeneye aho bari hose mu gihugu zifitwe n'ikigo Gishinzwe Ubuzima mu Rwanda, Ishami ryacyo ryo gutanga amaraso (RBC/ NCBT) kigengwa na Minisiteri y'Ubuzima.

Kugira ngo ayo amaraso aboneke, abatuye igihugu bese basabwa kubigiramo uruhare haba mu kuyatanga no gukora ubukurambaga.

II. NI BA NDE BAKUNZE GUKENERA GUHABWA AMARASO ?

- Ababyeyi bagize ingorane mu kubyara cyangwa bakuramo inda bagatakaza amaraso menshi,
- Abana batarageza ku myaka itanu (5) y'amavuko kubera ko ahanini bakunda

- kuzahazwa n'indwara ya malariya cyane,
- Inkomere zagize impanuka zigatakaza amaraso menshi,
- Imbagwa z'ingeri zose kwa muganga,
- Abarwaye indwara z'ibikatu cyangwa z'akarande nka Kanseri bakagira ibibazo byo kubura amaraso.

III. NI NDE UTANGA AMARASO ?

Umuntu utanga amaraso ahabwa indembe agomba kuba yujuje ibi bikurikira:

- Kuba afite ubushake bwo gutanga amaraso kandi nta gihembo ategereje,
- Kuba yujuje imyaka 18 y'amavuko kandi atarengeje 60,
- Kuba ari muzima ku muni wo gutanga amaraso,
- Kuba apima ibiro bitari muni ya 50,
- Kuba atagendera mu ngeso z'ubusambanyi,
- Kuba adakorana imibonano mpuzabitsina n'umuntu urenze umwe n'iyi yaba akoresha agakingirizo,
- Kuba adakorana imibonano mpuzabitsina n'umuntu ufite ubwandu bw'indwara zandurira mu amaraso n'iyi yaba akoresha agakingirizo,
- Kuba adakorana imibonano mpuzabitsina n'uwo bahuje igitsina n'iyi yaba akoresha agakingirizo,
- Kuba adakoresha ibiyobyabwenge mu buryo ubwo ari bwo bwose,

- Kuba atarwaye indwara zidakira (urugero: Diyabete, Umutima, Kanseri, Impyiko, Igicuri, kuva amaraso ntahagarare, Umuvuduko w'amaraso, Asima n'izindi),
- Kuba adatwite cyangwa atonsa umwana ufite muni y'umwaka,
- Kuba atari mu mihango cyangwa ataramara icyumweru ayivuyemo.

IV. AMARASO ATANGWA ANGANA IKI?

Amaraso umuntu atanga agenwa hakurikijwe ibiro afite. Amabwiriza y'abahanga mu itangwa ry'amaraso avuga ko umuntu atanga amaraso angana na ml 10,5 kuri buri kilo. Bityo umuntu ufite ibiro 50 kujyana hejuru ashobora gutanga ml 450. Umuntu ashobora gutanga amaraso buri mezi abiri. Urugero rw'amaraso umuntu yari afite atarayatanga rusubirana mu gihe cy'amasaha 36.

V. ESE IYO UMUNTU AMAZE GUTANGA AMARASO NTASHOBORA KUMERERWA NABI?

Kubera ko umuntu yemererwa gutanga amaraso abanje gusuzumwa, nta kibazo abatanze amaraso bagira. Iyo barangije gutanga amaraso, basubira mu mirimo yabo isanzwe, uretse isaba ingufu nyinshi cyangwa gukora Siporo aba asabwa gutegereza amasaha 24.