

### **KHA VHA DZHIELE NṘHA:**

U ṡolwa ha vhunna zwi itiwa musi vho ita nzudzanyelo fhedzi, nahone sambula dzi nga iswa kha dziṡwe Ṙaborothari dza ha Lancet. Vha humbelwa u lavhelesa fhethu ha u ṡetshedza thuso na mbadelo dza ndingo afho fhasi. Vha nga kona uri rwela luṡingo nga tshifhinga tsha mushumo uri vha ite nzudzanyelo (Vhanga ri kwama kha zwidodombedzwa zwitevhelaho afho fhasi).

1. Vha songo ita zwa vhudzekani (ho katelwa na u diṡusha nga vhone vhaṡe (masturbation)) lwa maṡuvha mararu, fhedzi vha songo fhirisa maṡuvha a sumbe musi vha saathu u dzhiya sambula.
2. Vha humbelwa uri vha bveledze vhunna hayani. Vha shumise khonthina yo itwaho uri i sa vhe na zwitzhili nahone vha nga i wana kha Ṙaborothari iṡwe na iṡwe ya Lancet ine ya vha tsini navho. Vha humbele khonthina ya u rundela murundo.
3. Sambula dzi tea u kuvhanganywa nga u ita zwa u diṡusha nga vhone vhaṡe (masturbation) na u bvisela vhunna kha khonthina. Vha tea u kuvhanganya vhunna hoṡhe he vha vhubvisa tshenetsho tshifhinga.
4. Vha tea u vala vha khwaṡhisa tshithivho tsha khonthina u itela uri hu si tevhuwe tshithu. Vha songo putela khonthina nga tshithu na tshithi.
5. Vha songo shumisa tshisibe, maṡi, zwa u suvhisa kana khondomu musi vha tshi kuvhanganya vhunna sa izwi zwi tshi nga kwama mvelelo.
6. Vha songo kuvhanganya vhunna nga u ita zwa vhudzekani.
7. Vhunna vhu songo vheiiwa kha thempharetsha dzo fhambanaho. Vhu tea u vhwera kha thempheretsha i yelanaho na ya muvhili (body temperature) u swikela vha tshi vhuisa Ṙaborothari. Zwavhuṡisa hu nga vha khwine u vhea sambula tsini na muvhili wavho (nga ngomu tshikwamani tsha vhurukhu). Vha songo dudedza kana u vhea firidzhini heyo sambula.
8. Sambula i tea u swika Ṙaborothari hu saathu fhela awara nthihi na hafu ya awara musi yo bveledzwa.
9. Arali vho itwa muaro wa u vala mbebo (vasectomy), vha khou humbelwa uri vha dzule hu fhele vhege dza malo vha kone u ṡetshedza vhunna uri vhu ṡoliwe.

### **MBADELO DZA NṘINGO:**

U ṡola vhunna: R1300

Ndingo dza murahu ha muaro (vasectomy): R250

A hu ṡanganedzwi zwikimu zwa dzilafho. Vha humbelwa uri vha ite mbilo kha tshikimu tshavho tsha dzilafho nga murahu.

### **FHETHU HA U ṘETSHEDZA THUSO:**

Arali vha Gauteng vha humbelwa uri vha buke u itwa ha ndingo dzavho kha nomboro itevhelaho: 012 664 8596 (zwi si na ndavha uri vho nanga Ṙaborothari ifhio)

# VHUNNA VHU NGA RUMELWA KHA LABOROTHARI DZITEVHELAHO:

## NGEYI JOHANNESBURG:

<b>Flora Clinic</b>	14th Avenue, Roodepoort	Laborothari ya Lancet i kha fuḷoro ya fhasi (Lower Ground). Kha vha shumise Gethe/ muḅango lihulwane.	Lavhuḅa fhedzi	7H00 – 8H30
<b>Sunward Park Hospital, Boksburg</b>	Laborothari ya Lancet i seli habada ubva sibadela kha tshiḅarata tsha Albrecht, nomboro ya vhuḅa.		Lavhuraru fhedzi	7H00 – 8H30
<b>Morningside Mediclinic</b>	Rivonia Road, Morningside	Laborothari ya Lancet Rochester Place, Buḷoko ya A, fuḷoro ya fhasi (ground floor) – tsini na Morningside Mediclinic	Lavhuḅa fhedzi	7H00 – 8H30
<b>Lancet Corner</b>	Corner Stanley & Menton Road, Richmond, Auckland Park	Vha humbelwa u isa sambula “Patient Reception” ngeyi Menton Road.	Musumbuluwo u swika Lavhuḅanu	7H00 – 8H00

## NGEYI CENTURION:

<b>Unitas Hospital</b>	Lifestyle Management Park	Unit 4, 2nd floor, Room 212 Tsini na vhuongelonil	Musumbulo u swika Lavhuḅanu	8H00 – 10H00
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## NGEYI PRETORIA:

<b>Louis Pasteur Hospital</b>	Corner of Francis Baard & Sisulu st, Pretoria CBD	8th floor, room 835	Musumbuluwo u swika Lavhuḅanu	7H00 – 9H00
<b>Urology Hospital</b>	Corner Grosvenor & Pretorius Street, Hatfield		Musumbuluwo u swika Lavhuḅanu	7H00 – 8H30

**Vha a dovha vha kona u ita ndingo vhuḅoni hu tevhelaho, hune vha nga hu wana nga u foinela nomboro dzo dodombedzwaho hafho fhasi:**

- KZN (Durban) - 031 308 6558/29/00
- Cape Town - 021 673 1700
- Polokwane - 015 294 0400
- Nelspruit - 013 752 8407
- Tzaneen - 015 307 4849
- Rustenburg - 014 597 8510
- Potchefstroom - 018 293 8260