



# Prevent FISTULA

**Continuous leakage of urine, faeces or both from the private parts after a difficult delivery**

- 1 Provide proper nutrition to a girl child for normal growth**
- 2 Delay marriage till after the age of 18 years**
- 3 Attend antenatal clinic at least 4 times during pregnancy**
- 4 Give birth in a health facility with the help of a skilled health worker.**
- 5 Use Family Planning to avoid unintended pregnancy**

**For more information visit the following hospitals:**

- 1. Arua Hospital, Arua**
- 2. Kagando Hospital, Kasese**
- 3. Kamuli Hospital, Kamuli**
- 4. Kitovu Hospital, Masaka**
- 5. Lacor Hospital, Gulu**
- 6. Mbale Hospital, Mbale**
- 7. Mulago Hospital, Kampala**
- 8. Soroti Hospital, Soroti**



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