1. You will be approached by the MSF mobilisation team or a health professional. The MSF mobilisation team or a Department of Health staff will approach you and explain the benefits and limitations of male medical circumcision to you. You will be asked to consent to an HIV test and the male medical circumcision procedure. If you are under 18 years of age, your consent has to be approved by a parent or guardian. You will be given an appointment for your circumcision, and in some cases a time and place close to your home from where you will be picked-up and transported for free to the health facility.

2. You will receive counselling and HIV testing before undergoing circumcision. When you arrive at the clinic or hospital, you will receive group counselling and you can voluntarily test for HIV before undergoing circumcision. You will also be examined for sexually transmitted infections and foreskin abnormalities.

3. Your circumcision will be performed by a trained health professional; it’s painless and quick. The circumcision will be done by a doctor or nurse specially trained to perform this kind of procedure. It is done under local anaesthetic, so besides a small injection, there is no pain and it takes only about 30 minutes. The wound is then stitched and dressed, and you are given painkillers to help manage any mild pain or discomfort you may have when the anaesthetic wears off. You are also given instructions on how to keep the wound clean while it heals, as well as a medical certificate should you require time off from work or studies while you recover.

4. You can go back home the same day. Most times you will not need to stay overnight in the hospital. You can go home, or in some cases may be taken home by the MSF team.

5. You will heal completely in 6 weeks. The healing process takes six weeks, during which time you may not have sex or masturbate. If you do, the wound will take longer to heal completely - and you run a higher risk of HIV transmission. For the first few days, you must keep the bandage on and keep it dry. In 7 days you will return to the health centre for a follow-up visit and to have the bandage removed. After this, you should wash your penis with lukewarm water (previously boiled and cooled), using a soft cloth. The stitches will fall out after 10 to 14 days. In 6 weeks you will have a final check-up.

If you have more questions, speak to us:
MSF: 035 474 1002 or 071 452 7397
Hospital/Clinic: ...........................................

Your Circumcision Appointment
Site: ................................................
Date: .... / ...... / ....... Day: .....................
Time: ........ : ..........
Pick-up place: ........................................
Pick-up time: ........ : ........
Responsible / contact: .............................

WHAT IS THE MEDICAL MALE CIRCUMCISION PROCESS?

Make the right choice
Get medically circumcised

How do you like it?

Reduced risk of HIV
Reduced risk of STIs
Improved hygiene
Medical circumcision is the complete removal of the foreskin, fully exposing the head of the penis. Getting circumcised is the right thing to do for your health as it:

* Reduces your risk of HIV infection as it decreases the risk of tearing and bruising that can be an entry point for HIV, and
* Removes certain cells within the foreskin that act as an entry point for HIV
* Reduces your risk of Sexually Transmitted Infections (STIs) such as chancroid, syphilis, genital warts and herpes
* Improves your hygiene and keeps the head of the penis clean
* Lowers the risk of penile cancer
* Reduces your partner’s risk of cervical cancer

Male circumcision:

* Does not prevent pregnancy
* Provides partial protection against HIV infection
* Does not benefit the partner of an HIV-positive man
* Does not affect your ability to have children
* Does not reduce the risk of HIV infection during anal sex

Certain religions circumcise their boys soon after birth. For some cultures circumcision marks the passage to manhood. If you have been circumcised for religious or cultural reasons you need to make sure that you are fully circumcised to take advantage of the health benefits.

His Majesty King Goodwill Zwelithini ka-Bhekuzulu has called for revival of the practice of circumcision among Zulu men, to be done by health professionals.

If you are HIV-positive, you can also get circumcised, but this does not protect your partner from HIV. If you test positive for HIV you should have your CD4 cell count taken to determine the strength of your immune system and you will be referred to care and support services.

HIV positive men who choose to be circumcised should continue to use condoms at all times to protect their partners from HIV.

All men have the right to safe and hygienic medical male circumcision services, widely available at community health centres and district hospitals all over the country - in our area in Mbongolwane and Eshowe District Hospitals, some clinics and in selected community sites.

WHAT IS MEDICAL CIRCUMCISION?
WHAT ARE THE BENEFITS?
WHAT ARE THE LIMITATIONS OF CIRCUMCISION?
WHAT DOES IT LOOK LIKE?