

SEXUAL HEALTH

We've got you covered

Whether you're looking to prevent a pregnancy, are worried about an STI or are considering an abortion, at **Marie Stopes South Africa** we've got you covered. We provide a range of holistic sexual and reproductive health services.

For more details, or to make an appointment at one of our centres, book online at: www.mariestopes.org.za or call 0800 11 77 85 to speak to a consultant.

Marie Stopes South Africa is the country's largest non-profit provider of sexual & reproductive healthcare services.

As part of the 38 country-strong Marie Stopes International Global Partnership, we have access to the latest innovations and expertise in the field of sexual and reproductive health.

In South Africa, we operate a network of centres across South Africa which offer:

- Safe abortion care
- Post abortion care
- A range of short & long-acting contraceptives
- Emergency contraception
- Pap smears / cervical cancer screening
- Women's wellness exams
- HIV counselling and testing
- Screening and management of STIs
- Pregnancy tests and scans
- Vasectomy*

*Available at selected centres.



For more information on our services, pricing and centre locations or to make a booking:

0800 11 77 85



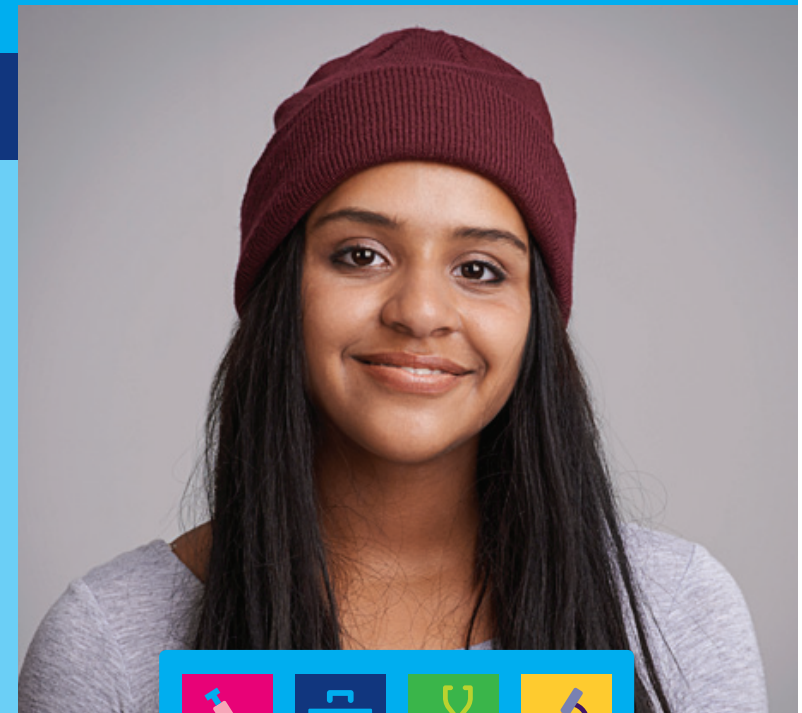
or Whatsup 062 595 2446

www.mariestopes.org.za



MARIE STOPES SOUTH AFRICA

Children by choice, not chance



Sexual and Reproductive Health

Because women's health matters

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Standard sms rates apply

Pregnancy Care

Pregnancy Testing

A professional nurse will do a urine test or scan which will confirm whether you are pregnant, and if so, let you know the stage of the pregnancy.



Consultation and Assessment

A professional nurse will conduct a pregnancy test as well as an ultrasound scan. A comprehensive consultation and pre-counselling session on all the available options will then be provided.

Safe Abortion Care

We offer two methods of safe abortion:

1. Marie Stopes Procedure (4 to 20 weeks) is a simple, same-day method. The appointment includes a consultation with pre and post care. The procedure itself takes between 5 and 10 minutes and you will have to spend some time in the recovery room afterwards. We offer pain medication as required and a sedation option at selected centres.

2. Marie Stopes Medical Process (4 to 9 weeks) is a combination of tablets, where the first tablet is taken at the centre on the day of your appointment and the second set of tablets is taken later at home.

Safe abortion services include a pregnancy assessment, a pre-counselling session, a free contraceptive method and aftercare services.

Marie Stopes South Africa has payment options available for women who would like to access services without delay. Talk to us for assistance with a payment plan.

While it doesn't need to be taken the actual "morning after" the sooner you take it the effective it is. It is effective up to 120 hours after unprotected sex.

Emergency Contraception

a.k.a "the Morning-After Pill"

An IUD aka "THE LOOP" is a small plastic or copper device fitted into the uterus for 5 or 10 years depending on the model you choose. It can also be inserted as an emergency contraceptive up to 120 hours after unprotected sex.



The implant: Is a matchstick sized rod under the skin of the upper arm. It can stay in place for up to 3 years.

Short-Acting Methods

The injectable: Is an injection (in the arm or buttocks) every two to three months at the clinic.

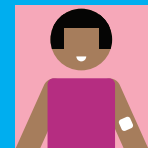
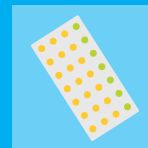
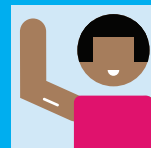
The pill: Is a tablet taken daily. It doesn't affect periods.

The patch: Is a one 'plaster-like' patch worn on the skin for three weeks [one week patch free]. It doesn't affect periods.

Permanent Methods

Sterilisation: Is a permanent method for women who have completed their families or do not want any children.

Vasectomy: Is a permanent method for men who have completed their families or do not want any children. It is a quick & easy procedure with no effect on sexual function or performance.



If all of the options seem overwhelming, don't stress. One of our nurses will be happy to sit down & discuss your options with you during a contraceptive consultation. This will involve a few questions about your previous contraceptive use & medical history. This is done to make sure you choose a method that suits your health & lifestyle.

Sexual Health Services

HIV counselling and testing: Options include a rapid test while you wait, or blood results sent to our laboratory.



STI screening and treatment: Can help diagnose a troublesome symptom such as sores on the genitals, discharge from the vagina, itching or burning during urination. Many people have sexually transmitted infections and never know it because there are no symptoms.

You can still get or spread infections without symptoms, so opt for regular screenings.

A pap smear: Is a pelvic exam that screens for infections and abnormal cells that can lead to cervical cancer. Recommended annually for women who are sexually active or over the age of 21.

Women's Wellness package: Includes a contraceptive consultation, breast exam and pap smear along with an optional STI screening.

