PSZ Family Planning Clinics

Belvedere Centre

Chimanimani Centre

Chimanimani Tel: 070- 23936,:026-3388,

Chitungwiza Centre

Chinhovi Centre

cell: 091 2 289 741

Gokwe Centre

Stand No. 385A Tel: 059-2922

Mutare Centre

Mpopoma Centre

Block Number 76/2321 Bulawayo

Gweru Centre

2283 Mkoba 7

Kadoma Centre

Stand No. 6726 Mupamombe rd Rimuka Cell 091 2 289 741

Mbare Centre

No. 4. 3rd Ave Tel: 04-2900473 Cell: 091 2 399 116



Spilhaus Centre (Headquarters) Harare Hospital Grounds P.O Box ST 220 Southerton Harare Tel: 620 281/5/7/8/9

Mashonaland East province 16 FifE avenue P.O Box 232 Harare Tel: 700405/722 306

Midlands P.O Box 549 74 9TH Street Gweru Tel: 221902/3

Mashonaland Central 101/102 Second street P.O Box 926 Bindura

P.O Box 626 1 Bradburn Street Tel: 262 237, 263 889

Manicaland P.O Box 374 Stand No. 257-8-9 5th street Mutare Tel: 62 981/26 923

Matabeleland North P.O Box 1045 Lister House 88a Samuel Parirenyatwa St

Matabeleland South P.O Box 265 Jahunda Township Gwanda Tel: 2604/2368

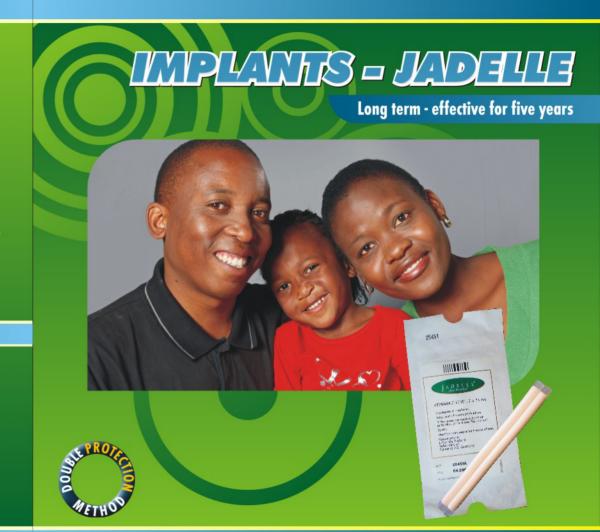
Tel: 70584/69410

Mutare Youth Centre 73 First street Mutare Tel: 66410



STREET.

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WHAT ARE THEY?

 Implants (Jadelle) are long-acting hormonal contraceptives. Small rods or capsules, about the size of a matchstick, are placed under the skin of the upper arm.

HOW EFFECTIVE ARE THEY?

- · Provides long-term protection from pregnancy for 5 years.
- The pregnancy rate in the first year of use is less than one percent.

HOW DO THEY WORK?

- The implant is a long-acting hormonal contraceptive.
- Suppresses the ripening of the female egg (ovulation).
- · Thickens cervical mucus to prevent sperms from reaching the female egg.

WHO CAN USE IMPLANTS?

- Nearly all women at any age can use implants
- Women living with HIV can use implants, but should inform their doctor if they are on ART, as there might be interferences between ART and implants
- · Safe for women who are breast-feeding. You may start using implants 6 weeks after giving birth

WHAT ARE THE POSSIBLE SIDE EFFECTS?

- Irregular bleeding or spotting
- Cessation of menstruation
- Headaches
- Abdominal pain
- Weight change
- Breast tenderness
- Dizziness
- Mood changes
- Nausea

WHO SHOULD NOT USE IMPLANTS?



- · Women with uncontrolled high blood pressure
- · Women who delivered less than 6 weeks ago
- · Pregnant women
- Women with other serious health conditions such as stroke, clotting disorder, heart attack, heart failure
- · Women with diabetes (uncontrolled and severe)
- Women with breast cancer
- · Women with any kind of liver disease
- · Women with unexplained bleeding between menstrual periods
- · Women with severe joint pain

REMEMBER!

Implants do not protect against HIV and STIs. They should therefore be used together with either the female or male condom.



THINK DOUBLE PROFESSIONS