

**I CHOOSE**

# CIRCUMCISION

*I choose to be safe*

*I choose to be healthy*

*I choose to respect my partner*



health

Department:  
Health  
REPUBLIC OF SOUTH AFRICA



PEPFAR  
U.S. President's Emergency Plan for AIDS Relief



CENTERS FOR DISEASE  
CONTROL AND PREVENTION



South Africa  
Health Solutions

DESIRELine

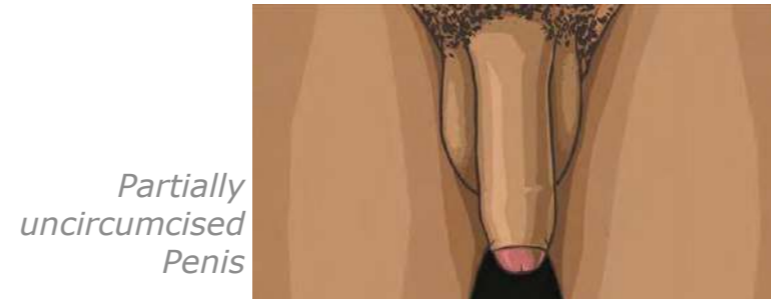
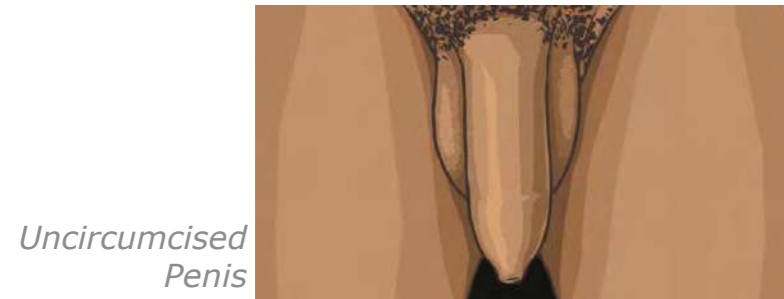
# Identifying Men's Barriers for VMMC

Probing questions to listen for barriers:

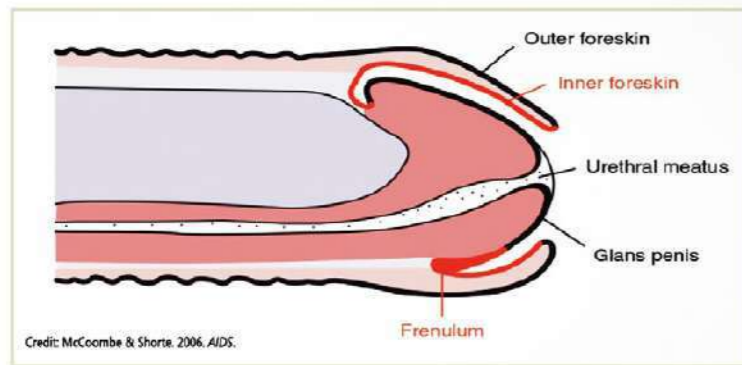
1. *Have you heard about VMMC?*
2. *What do you know about VMMC?*
3. *Have you thought about getting VMMC?*
4. *Why haven't you gotten VMMC yet?*

Lack of Benefit Relevance	Anticipated Pain	Anticipated Loss
VMMC not relevant for couples	Concern about pain of procedure	Can't take time off work
Don't need protection from HIV/STIs	Concern about pain during healing	Can't afford loss of wages
Don't understand how VMMC benefits	Any mention of concern about pain	Not sure about 6 weeks of abstinence
Uncertainty	Anticipated Shame	Distrust
Myths about outcomes after VMMC	Anticipate shame going for procedure	Distrust partner talking about VMMC
Unsure of the process for VMMC	Anticipate shame during healing	Distrust NGOs promoting VMMC
Unsure of the healing for VMMC	Anticipate shame when MC status known	Distrust govt. promoting VMMC

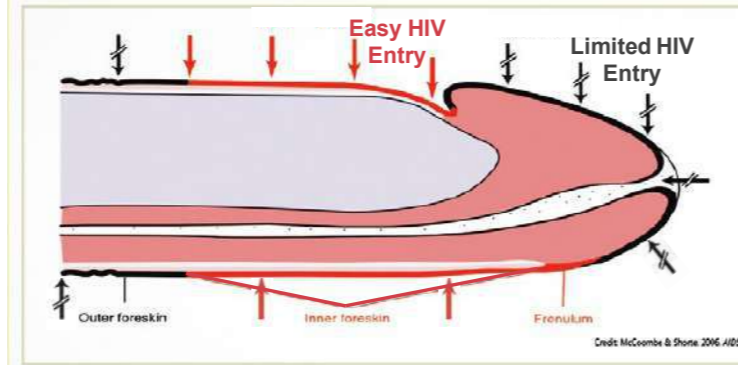
# Before Circumcision



## Foreskin Over Glans



## Foreskin Pulled Back



- Bacteria **collect** and **grow** under the foreskin
- STIs and infections are **more likely**

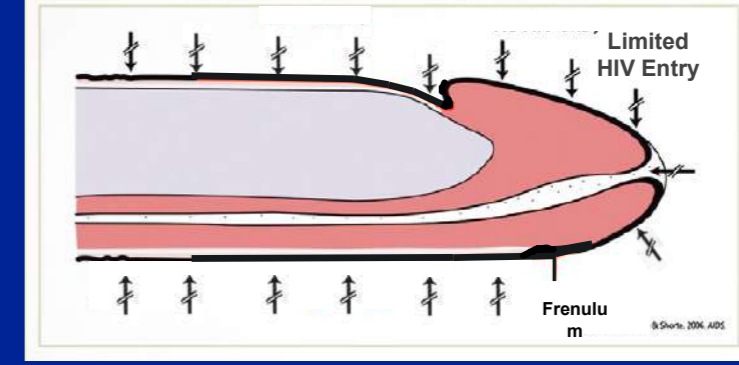
- Inner foreskin allows for **easy entry** of HIV
- The inner foreskin also **easily tears** and **bruises** during sex

Consider also adding images from previous flip chart either on this page or next (see slide 5 below), or an additional page to show what it looks like – before, after and partial

# After Circumcision



## Foreskin Removed

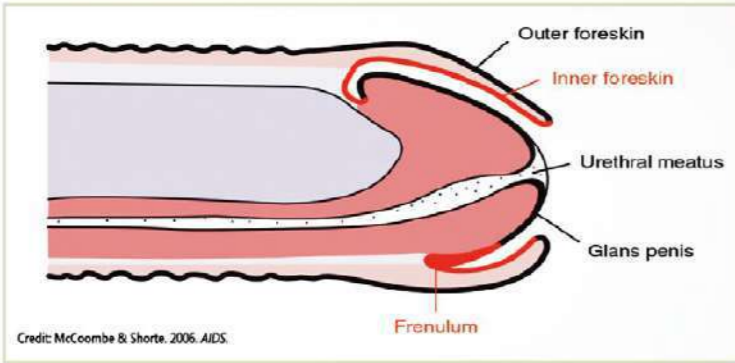


- Circumcision removes the foreskin **only**
- You can still get an **erection** and your size stays the **same**
- **Sensation** is still felt (in the frenulum) for pleasure
- VMMC **does not affect your fertility**
- When healed, you have **reduced risk** of entry of HIV + STIs

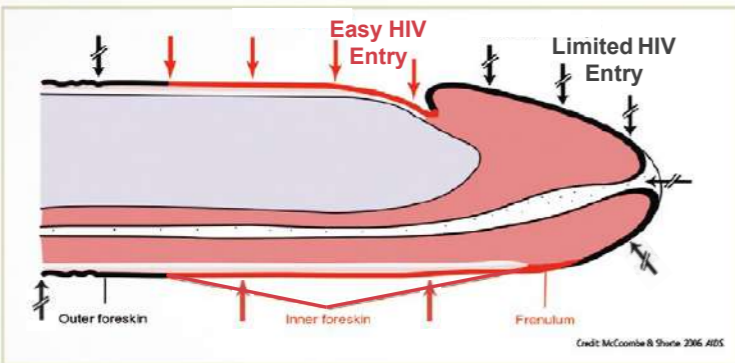
# What is VMMC & How does it work?

Before Circumcision

## Foreskin Over Glans

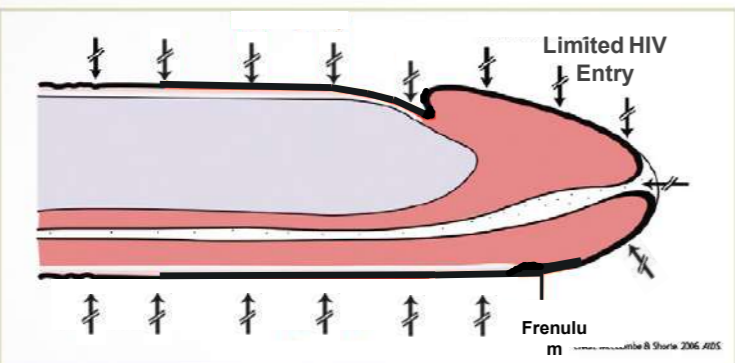


## Foreskin Pulled Back



After

## Foreskin Removed



- 1 **VMMC only removes the foreskin that covers your penis**  
The **size** of your penis **won't change**, and you can **still get an erection**.
- 2 **The inner foreskin is soft and moist and traps bacteria**  
It **easily tears** and **bruises** during sex allowing for **entry of HIV, STIs and infections**.
- 3 **The foreskin also contains many "target cells" that allow HIV to enter the body easily**
- 4 **After circumcision, the skin on the head of the penis becomes slightly thicker and is less likely to tear or bruise**  
This helps **reduce risk of HIV and STI infections**, but also allows for **more frequent sex**
- 5 **Sensation is still felt for pleasure, especially in the frenulum, at the bottom tip of the penis**  
**VMMC does not affect your fertility** – you can still father children

# Why VMMC?

Some women prefer a circumcised man

Reduces risk of HPV & cervical cancer for partner

Reduces risk of penile cancer

Reduces risk of HIV infection

Reduces risk of genital warts

Reduces risk of infection from other STIs

Lower risk of urinary tract infections

Better hygiene

# Benefits of VMMC

Some women prefer a circumcised man

Did you know that **many women prefer a circumcised man**?

He is **cleaner and appealing**. It shows he takes care of himself and he respects her.

Better hygiene

Men who circumcise find it **much easier to keep their penis clean**

Lower risk of urinary tract infections

Protection from other STIs

Protection from penile cancer

Circumcised men are **less likely to get UTIs or get STDs like syphilis or cancer of the penis**

Protect partners from HPV & cervical cancer

Circumcised men also **protect their female partners from HPV and cervical cancer**

VMMC + Condom protects from HIV

**Double your protection!**

**Together, VMMC + condoms provide doubles your protection from HIV**

# Transmitted Infections (STIs)

## Ghonorrea or Chlamydia



*Burning / pain when urinating and / or discharge / drop*

## Syphilis or Herpes



*Sores / blisters / rashes*

## Genital Warts / Penile Cancer



**STIs can result in infertility and penile dysfunction if not treated early**

# Double your defences with VMMC!

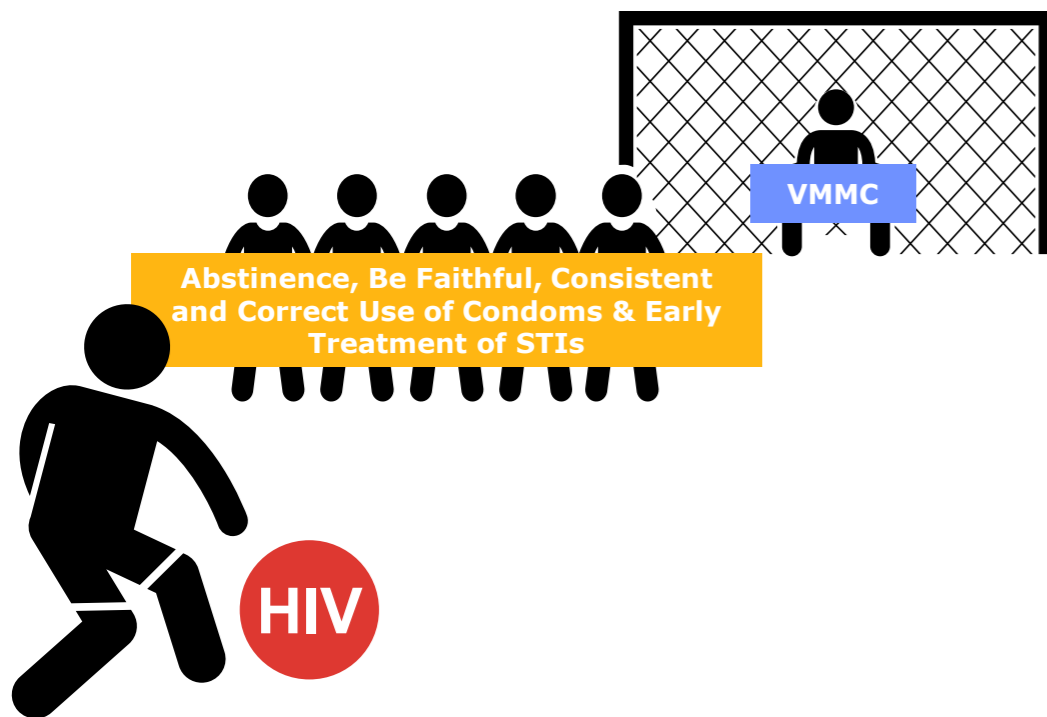


Add pages on how to use male and female condoms (slides 11-12 below)



## VMMC + Condoms = 99% protection

### Protection from HIV



Using a condom inconsistently and incorrectly, **does not protect you** from HIV infection

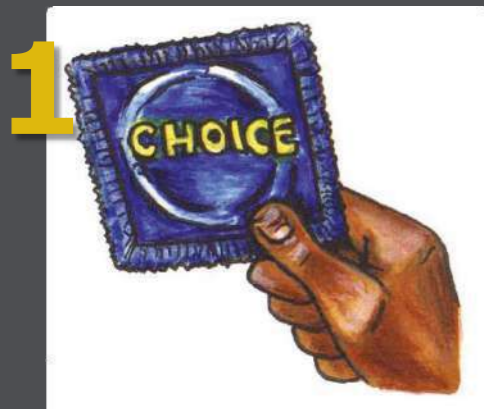
Being circumcised protects from HIV by **60%**

And when **combined**, being circumcised and using a condom doubles up your defences

As we would not leave our keeper to defend the goal by himself – **double up your defence** by using a condom and getting circumcised

Get circumcised and use a condom **to get double protection**

# How to use a Male Condom



1 Check the expiry date and make sure the package is sealed with no air escaping from it



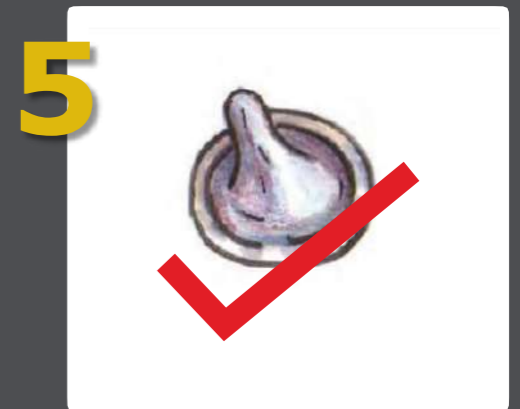
2 The penis must be erect before you roll the condom on



3 Open the package carefully, make sure not to damage the condom. Do not use teeth or nails for this



4 For an uncircumcised penis, make sure the foreskin is pulled back



5 Make sure the condom is the right way out in order to 'unroll'



6 Pinch the air out of the tip of the condom as this may cause a bubble which can burst while having sex



7 Unroll the condom as far as it will go to cover the shaft of the penis



8 Use only water based lubricants such as KY Ge. Non-water based lubes may cause condom breakage. Only apply lube after the condom is on – never before



9 When pulling out hold the condom at the base and pull out while you are still erect to stop it from slipping off your penis



10 Wrap the condom in toilet paper and throw away the rubbish bin. Do not flush it down the toilet

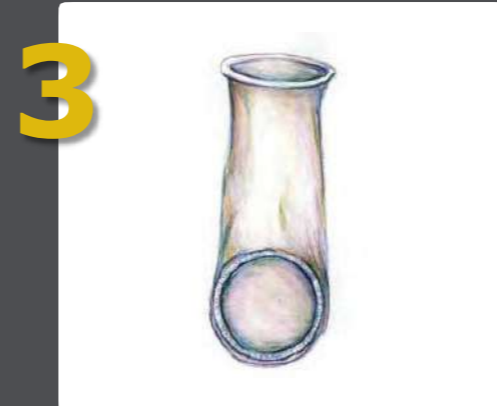
# How to use a Female Condom



*Check the expiry date and make sure the package is sealed with no air escaping from it*



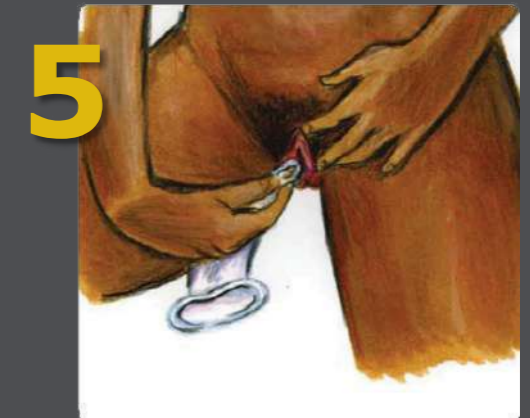
*Open the package carefully, make sure not to damage the condom. Do not use teeth or nails for this*



*Rub condom to spread lubricant*



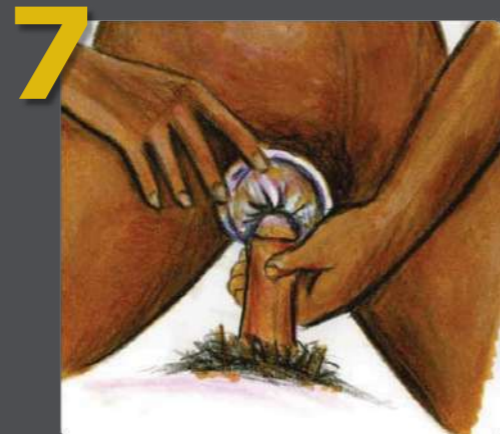
*Hold ring and squeeze into figure eight*



*Insert as far as it will go*



*Do not twist condom*



*During sex guide penis into the condom*



*To remove, squeeze and twist outer ring, and pull out*



*Wrap the condom in the toilet paper and throw away in the rubbish bin. Do not flush it down the toilet*

**Together, we decided for VMMC.  
I supported him throughout the healing  
so we can enjoy the mutual benefits.**

**I'm a confident  
circumcised man!**

**It's so easy  
to be clean now.**

**It's a pleasure  
for me and I know  
I satisfy her.**

**I am so happy  
with my VMMC!**



**He looks and feels  
so good now.**

**I enjoy every  
moment with my  
circumcised man!**

**He is always clean  
and satisfying.**

**I am so happy  
with his VMMC!**

## IPC Talking Points for Mutual Benefits

Theme	Messages	Why It's True
<b>You will be cleaner</b>	<ul style="list-style-type: none"> <li>• Some women <b>feel respected</b> because you are cleaner now</li> <li>• Your penis <b>won't smell bad</b></li> <li>• You <b>can be spontaneous</b> in sex – she doesn't need to wait for you to wash</li> <li>• Some women prefer oral sex on a clean, circumcised man</li> </ul>	<ul style="list-style-type: none"> <li>• The foreskin traps bacteria causing your penis to be dirty and smell bad</li> <li>• Without your foreskin, your penis will be cleaner</li> </ul>
<b>You will last longer and satisfy her</b>	<ul style="list-style-type: none"> <li>• Some women say they appreciate a man who <b>lasts longer</b> because it gives them more pleasure</li> <li>• You can <b>both be satisfied</b></li> </ul>	<ul style="list-style-type: none"> <li>• You will still feel pleasure, but you won't be so sensitive, so you will last longer before orgasm</li> <li>• Longer sex for women can mean she also is satisfied with orgasm</li> </ul>
<b>Some women prefer the look and feel of a circumcised man</b>	<ul style="list-style-type: none"> <li>• Some women think a circumcised penis <b>looks better</b> and is more desirable</li> <li>• Some women <b>prefer the feel</b> of a circumcised penis during sex</li> </ul>	<ul style="list-style-type: none"> <li>• Some women like the look</li> <li>• Without the foreskin, the woman feels more friction during sex</li> </ul>

# Male circumcision is not against religious teachings



The covenant between God and the Jewish people includes **male circumcision**

**Male circumcision** is practiced in many communities as part of their culture (passage to manhood)



Jesus was **circumcised**

## What about **Deuteronomy 23:1**?



It is **not** referring to cutting off the foreskin (**male circumcision**) but cutting off the penis (**castration**)

Safe Male Circumcision is done for **HIV PREVENTION**

# Male circumcision is not against religious teachings

But, what about Deuteronomy 23:1?

Let's look at **several different scriptures**, which each refer to circumcision being accepted biblical

- It is **not** referring to cutting off the foreskin (**male circumcision**) but cutting off the penis (**castration**)

## Genesis 21:4

"when his son Isaac was eight days old, Abraham circumcised him, as God commanded him"

## Luke 2:21

"on the eighth day, when it was time to circumcise the child, he was named Jesus, the name the angel had given him before he was conceived"

## Galatians 6:15

"Neither circumcision nor uncircumcision means anything; what counts is the new creation."

Deuteronomy 23:1 is **not** speaking of **male circumcision**, but of **castration**

Safe Male Circumcision is done for **HIV PREVENTION**

## What about the Pain?







## IPC Talking Points for Mutual Benefits

We hear a lot of men Considering going for VMMC say they worry about the pain and want more detailed information about it.

We are going to tell you about all of the stages in this process and where you might feel pain.

People experience pain differently, but we can give you an idea of what to expect.



*Injection*



*Procedure*



*First Two Days*



*Bandage  
Removal*



*Erections*



*Keeping It Clean*



*1-2 Weeks After  
Procedure*



*Injection*



*5 seconds*



*Procedure*



*First Two Days*



*10 minutes*



*Bandage Removal*



*10 seconds*



*Erections*



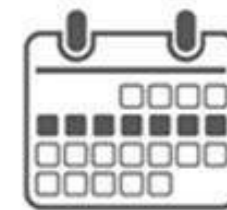
*2 minutes*



*Keeping It Clean*



*30 seconds*



*1-2 Weeks After Procedure*



## IPC Talking Points for Mutual Benefits

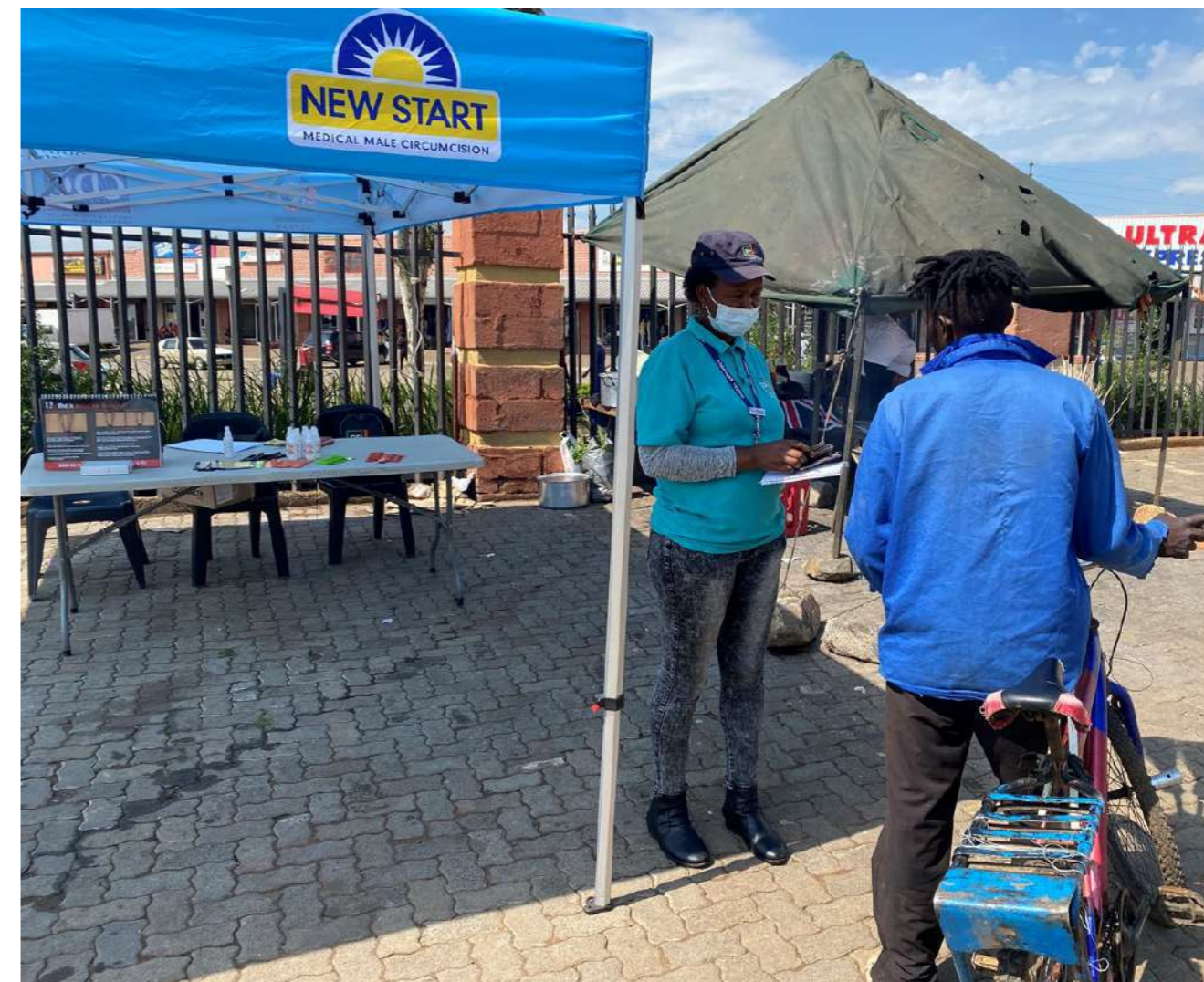
Stages of Pain	Explanation	Pain Analogy	What should you do?
<b><i>Injection</i></b>	You will get a numbing injection in the base of the penis to numb the area. The purpose is to make sure you can't feel the area.	The Injection can feel like a thorn prick	It will not be very painful, and it will be very brief. Try to think about other things, or focus on how the injection will ensure you don't feel any pain during the actual procedure
<b><i>Procedure</i></b>	After the numbing injection the health care provider will begin the procedure.	There won't be any pain at this stage.	While the numbing injection is working, you should not feel any pain. If there is pain, let the doctor know so they can give more numbing medication.
<b><i>First Two Days</i></b>	The wound will remain wrapped in the bandage	Generally, Pain at this stage can feel like a mild headache.	Make sure to rest around the house and take the pain-killers as directed.
<b><i>Bandage Removal</i></b>	You will need to come back to the health facility on day two to have the bandages removed.	Bandage removal feels like removing a plaster bandage.	This pain will be brief and minimal. Think about other things, and focus on the fact that after this the worst pain is over.
<b><i>Erections</i></b>	During the first 1-2 weeks, getting an erection with stitches will be a painful part of the healing process	Erections during the first 1-2 weeks feels like a throbbing headache but won't last long.	You will be able to take paracetamol to relieve the pain. To stop the erection, you can do the following: Try urinating if you have a full bladder; Wash your face with cold water or stand barefoot on a cold floor; Do some light exercise or flex your large muscles, like your thigh muscles, or take a short walk; Relax, think about other things and wait for it to go away.
<b><i>Keeping it Clean</i></b>	It is important to regularly clean the area by soaking it in warm water with some salt	Keeping it clean can feel like the burning sensation of a chili pepper when the salt water comes in contact with the wound	Dry the wound with a clean cloth. Doing this regularly will decrease the pain and help the stitches dissolve faster.
<b><i>1-2 Weeks After Procedure</i></b>	Signs of healing will be seen in one to two weeks after the procedure	There won't be any pain at this stage.	Even though you won't be in any pain, it's important to refrain from sexual activity and make sure to go back to the clinic for your 7 day and 6 week check-ups.

# Step-by-step to getting VMMC



## 1. Setting an Appointment

- Our mobiliser will identify clinic close to you
- You choose a day and time of service
- Transport will be arrange for pick up on chosen day
- After procedure you shall be transported back home



## Step-by-step to getting VMMC

Action	Things A Man Should Know	How the Experience Will Remain Confidential
<p><b>Follow-up after Circumcision</b></p>	<ul style="list-style-type: none"> <li>You will need to return to the facility to check the progress of your healing</li> <li>You will return to the center 2 days after the circumcision</li> <li>You will return again 7 days after the circumcision</li> <li>You will have a final check-up after 6 weeks</li> </ul>	<ul style="list-style-type: none"> <li>You can visit the facility anytime you have questions or concerns about your healing progress</li> <li>You will continue to receive instructions for caring for the wound</li> <li>You will be served in private for the check-up visits</li> <li>During the first few days, you will be able to do basic work tasks without affecting recovery (no heavy lifting or rigorous exercise)</li> </ul>
<p><b>Abstain from sex for 6 weeks</b></p>	<ul style="list-style-type: none"> <li>Talk to your partner about the importance of abstaining from sex for 6 weeks so that you can recover fully</li> <li>Talk about the mutual benefits of VMMC you will both enjoy after you fully heal</li> </ul>	<ul style="list-style-type: none"> <li>Only your partner and those you tell will know you got VMMC</li> <li>Be an advocate for VMMC to your friends so they can also experience the benefits!</li> <li>You can tell them to talk to me if they have any questions.</li> </ul>

## Step-by-step to getting VMMC

<i>Action</i>	<b>Things A Man Should Know</b>	<b>How the Experience Will Remain Confidential</b>
<b>Call or visit the facility to make an appointment</b>	<ul style="list-style-type: none"> <li>▪ Select a facility, set a date and time to access the service. You can also call the toll free number to ask questions and make an appointment.</li> </ul>	<ul style="list-style-type: none"> <li>▪ All your information will be kept confidential. No one will know if you called the facility or made an appointment</li> <li>▪ You can choose the facility that you think is best for you</li> <li>▪ You can arrange with the service provider the time and day you see fit to visit the facility for the procedure</li> <li>▪ The process for registration and counselling are private, so your visit will remain confidential</li> </ul>
<b>Plan Transport</b>	<ul style="list-style-type: none"> <li>▪ Examine the modes of transportation that you can afford</li> <li>▪ You can use any means of transportation to get to the facility</li> <li>▪ You can contact service providers to find out if the facility can provide transportation</li> <li>▪ If you need more help ask me or call the toll free number to ask questions</li> </ul>	<ul style="list-style-type: none"> <li>▪ You will be free to choose and use the transportation that suits you</li> <li>▪ Transportation will not be marked to identify it is for VMMC, and no one will know where you are going</li> <li>▪ You will be free to decide where the facility car will pick you up or drop you off</li> </ul>
<b>Preparation Before Going to the Facility</b>	<ul style="list-style-type: none"> <li>▪ You are advised to wear clean clothes</li> <li>▪ Make sure your penis is clean</li> <li>▪ It is best to urinate before being circumcised</li> </ul>	<ul style="list-style-type: none"> <li>▪ You can visit the center to find out more about circumcision</li> <li>▪ Counselors and service providers are available to answer any questions you have</li> </ul>

# Step-by-step to getting VMMC

## 2. When you arrive at the facility

- Registration
- Counseling and education
- HIV testing – voluntary
- Medical examination

## 3. The service itself

- The VMMC procedure
- Post-Circumcision Instructions





## Step-by-step to getting VMMC

Action	Things A Man Should Know	How the Experience Will Remain Confidential
<b>Registration</b>	<ul style="list-style-type: none"> <li>When you arrive at the facility, your personal information will be registered</li> </ul>	<ul style="list-style-type: none"> <li>The information you provide is kept completely confidential</li> <li>No one except the facility staff will know you visited the facility</li> </ul>
<b>Counseling (Group or Individual)</b>	<ul style="list-style-type: none"> <li>After registration you will receive education and counseling on VMMC and HIV testing.</li> <li>You will be given the opportunity to ask any questions during the group or individual counseling</li> </ul>	<ul style="list-style-type: none"> <li>If you are worried about asking questions in a group counseling session, you can wait and ask the counselor or service provider individually</li> <li>Counselors are professional and experienced in listening to men and giving them answers</li> <li>Your questions and information will be kept confidential</li> </ul>
<b>HIV testing is Voluntary</b>	<ul style="list-style-type: none"> <li>The service provider will recommend HIV testing</li> <li>Be free to be tested for HIV voluntarily</li> <li>You will be offered counseling and your test results will be kept confidential</li> </ul>	<ul style="list-style-type: none"> <li>Test results are confidential</li> <li>Only the service provider will know your details to help you with the results</li> </ul>
<b>The VMMC Procedure</b>	<ul style="list-style-type: none"> <li>You will be given an anesthetic injection to avoid pain during the procedure</li> <li>The procedure will be done to remove the foreskin</li> <li>Your penis will be properly positioned to reduce pain</li> <li>After the surgery is completed you will rest to check your condition before you leave</li> <li>You will be able to walk as usual</li> </ul>	<ul style="list-style-type: none"> <li>Providers will ensure confidentiality to see and hear your conversations</li> <li>You will not be stripped of your clothes in front of other customers</li> <li>Ask if you can choose a male or female provider</li> <li>Afterwards, you will be able to wear your clothes as usual, and walk around without anyone knowing if you are circumcised</li> </ul>

# After VMMC...

## 4. Relax and heal the wound

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- Use painkillers as needed

## 5. Recovery Check-ups

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- Return to the center after day 2 and 7 to check how you are healing.
- Then a final check-up after 6 weeks
- You should return to the facility at any time if have questions about your healing or see any signs of swelling or infection

## 6. Complete recovery in 6 weeks

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- Start light work after 2 days
- Abstain from sex for 6 weeks



*Keep your penis in an upright position*



*Clean your wound twice a day*



*Your clinic is there for you*


# Scheduling your VMMC

- There are a **number of facilities** in each region that **offer VMMC**
- **How can I help you plan for it?**
- **Here is my phone number so you can reach out to me for more information or support**
- **You can book an appointment by calling the facility**
- **Transport to and from the facility may be available to help you get there and home**


*Where would you prefer to go for it?*

*Let me know how I can support you*


*I can help you make the call if you like*


 **BEFORE VMMC**


Why I choose VMMC:


 **PROCEDURE DAY**


Location:  
Date:  
Time:


 **1<sup>st</sup> WEEK AFTER**


 **2+ WEEK AFTER**


-   Think about how VMMC will make you clean and healthy
- Consider getting voluntary HIV test when going for VMMC


-   Discuss healing plan with your partner
- Elevate penis with clean underpants


-   Attend check-ups on Day 2 and Day 7 after VMMC
- Call provider in case of any problem


-   Call provider in case of any problem
- Attend check-up after 6 weeks


-   Discuss time off work with your supervisor
- Set a plan for light work when you return to work


-   Remind your supervisor that you will be away
- Remind your supervisor of your plan for light work


-   Rest for 2 days
- Begin light work after 2 days

-   Back to normal work
- Exercise caution to avoid injury

-   Discuss Mutual Benefits with your partner
- Save some extra food and money for healing time

-   Wear clean underpants
- Drink lots of water

-   Clean your penis twice per day
- Abstain from sex and masturbation for 6 weeks

-   Abstain from sex and masturbation for 6 weeks
- Then enjoy Mutual Benefits of VMMC with your partner

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