

## PSZ Family Planning Clinics

### Belvedere Centre

9 Bisley circle  
Belvedere  
Tel: 04-740 558

### Chimanimani Centre

Po Box 3960,  
Chimanimani  
Tel: 070-23936,,026-3388,  
2613  
cell 091 2 289 740

### Chitungwiza Centre

190-191 Mharapata centre  
Unit F Chitungwiza  
Tel: 070-23036  
Cell: 091 2 289 740

### Chinhoyi Centre

Stand Number 4443  
Cold Stream  
Chinhoyi  
Tel: 067-29581,  
cell: 091 2 289 741

### Gokwe Centre

Stand No. 385A  
Gokwe  
Tel: 059-2922

### Mutare Centre

Stand Number 3495  
Chikanga Phase 2  
Mutare

### Mpopoma Centre

Block Number 76/2321  
Mpopoma  
Bulawayo

### Gweru Centre

2283 Mkoba 7  
Gweru  
Tel: 054-25011,

### Kadoma Centre

Stand No. 6726  
Mupamambe rd  
Rimuka  
Kadoma  
Tel: 068-25057,  
Cell 091 2 289 741

### Mbare Centre

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



## ZNFPC Family Planning Centers

### Spilhaus Centre (Headquarters)

Harare Hospital Grounds  
P.O Box ST 220 Southern  
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  
Tel: 6032/6880

### Masvingo

P.O Box 626  
1 Bradburn Street  
Masvingo  
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  
Bulawayo  
Tel: 70584/69410

### Matabeleland South

51/381  
P.O Box 265  
Jahunda Township  
Gwanda  
Tel: 2604/2368

### Mutare Youth Centre

73 First street  
Mutare  
Tel: 66410



# IMPLANTS - JADELLE

Long term - effective for five years



BE DOUBLE PROTECTED. ALWAYS USE AN EFFECTIVE FAMILY PLANNING METHOD **PLUS** A CONDOM



### **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 PROTECTION!**