

## IUD INSERTIONS OFFERED IN METROPOLE REGION

Clinic	Person	Tel. No.	Days	Times	Appointment
<b>South Peninsula District</b>					
Lotus River	Sr P Burt	703-6990 703-9330	Mondays to Fridays	08h15 - 16h45	By appointment only
Diep River	Sr D Fourie	712-9850 712-8579	Mondays to Fridays	08h15 - 16h45	By appointment only
Parkwood	Sr S Smith Sr D Barends	705-1013/4	Mondays to Fridays	08h15 - 16h45	By appointment only
Houtbay Main Road	Sr E Carolus	790-1720	Mondays to Fridays	08h15 - 16h45	By appointment only

<b>Blaauwberg District</b>					
Tableview Clinic		557-1065	Thursday mornings	Mornings	By appointment
Saxonsea Clinic Atlantis		572-5380	Every 4 <sup>th</sup> Monday of the month		
Protea Park Clinic Atlantis	Refer clients to Saxonsea				By appointment
Albow Gardens Clinic	Refer clients to Tableview	510-6326			
Melkbos Clinic	Refer clients to Tableview/Atlantis	553-2499			

<b>Tygerberg – Eastern District</b>					
Durbanville chc		970-3170			By appointment
Bellville South chc		951-2326/7			By appointment
Delft chc		954-2235			By appointment

<b>Tygerberg - Western District</b>					
Parow Clinic		938-8037			By appointment
Dirkie Uys chc		592-5207/8			By appointment
Bothasig Clinic		558-5010			By appointment
Bishop Lavis Clinic		934-0121			By appointment
Elsies River Clinic		932-1250			By appointment
Leonsdale Clinic		932-8470			By appointment
Uitsig Clinic		933-5581			By appointment
Ravensmead chc		936-8758			By appointment
Matroosfontein Clin		931-2365			By appointment
Adriaanse Clinic		933-3680			By appointment
Vanguard chc		694-5540/1			By appointment

<b>Tygerberg – Khayelitsha District</b>					
Site B Clinic		361-6438/9			
Matthew Goniwe chc		362-6100/1			

<b>Tygerberg - Reproductive Health Team</b>					
Business & Industry in Tygerberg Area		590-1694 not in office 08:30-16:00			By appointment

Clinic	Person	Tel. No.	Days	Times	Appointment
<b>Mitchell's Plain District</b>					
Rocklands Clinic		392-5121	Fridays	08:15-12:30	By appointment

<b>Athlone District</b>					
Hanover Park		692-1250/1	Tuesdays	13:30-16:30	

<b>Central District</b>					
Civic Centre FP Clinic		400-3980	Mondays to Fridays		By appointment

<b>Oostenberg District</b>					
Malibu	Sr J van Staden	909-2203	Monday to Fridays	08:00-16:30	By appointment
Hillcrest	Sr V Davids	909-2500 /2996	Monday to Fridays	08:00-16:30	By appointment
Denemere	Sr D October	905-5909	Monday to Fridays	08:00-16:30	By appointment
Kleinvlei	Sr D van Ster	900-4053 4055	Monday to Fridays	08:00-16:30	By appointment
	Sr K Sadan	900- 4053/4055	Monday to Fridays	08:00-16:30	By appointment
Brighton	Sr A Burger	980-6127	Monday to Fridays	08:00-16:30	By appointment
Sarepta	Sr E Playandi	900-1625/ 1511/1513	Monday to Fridays	08:00-16:30	By appointment
Bloekombos	Mr F Daniels Sr M Prince	980-6298/9	Monday to Fridays	08:00-16:30	By appointment
Wallacedene	Sr L Michaels	987-8433	Monday to Fridays	08:00-16:30	By appointment
Wesbank	Sr E Speelman	955-4140/2/ 39	Monday to Fridays	08:00-16:30	By appointment

<b>Helderberg District</b>					
Somerset West Clinic	Sr Beukes	852-2131	Fridays	12:00-13:00	By appointment

<b>Groote Schuur Hospital</b>					
Contraception & Sexual Health Clinic K Floor Out Patients	Sr Montanus	404-4505	Mon-Fridays	08:00-11:00	Walk in Service/ No appointments

<b>Tygerberg Hospital</b>					
2 <sup>nd</sup> Floor, H2 East Use entrance 4.		938-4447	Mon-Thurs Fridays	07:00-16:00 07:00-12:00	
2 <sup>nd</sup> Floor, C2A West	[Labour Ward Admissions]		Every day	After hours	Emergency contraception service

<b>District and Secondary Hospitals</b>					
Victoria Hospital	Refer clients to Wynberg Clinic				
False Bay Hospital					
Somerset Hospital					
Wesfleur Hospital					
GF Jooste Hospital					
Karl Bremer Hospital					
Hottentots Holland Hospital					
Eerste River Hospital					

4 March 2003

## APE FEMALE CONDOM SITES

**METROPOLE REGION**

CO-ORDINATOR : MS BRENDA SMUTS TEL: [021] 918-1545

DISTRICT	CLINIC	PHYSICAL ADDRESS	AREA MANAGER	FACILITY MANAGER
Guguletu	Vuyani Clinic LA PHC	NY 133, Guguletu 7755	Mrs Tina 083 360 7892	Ms Ntloko [021] 637-9016/21
South Peninsula	Wynberg Clinic LA PHC	Lower Main Road, Wynberg 7800	Mrs Botes [021] 705-0552	Ms D Collinet [021] 797-5190/1/2
Helderberg	Ikweni Clinic LA PHC	Simon Street, Nomzamo Strand 7140	Mrs A Fox Tel: [021] 850-4315 Fax: [021] 850-4438 Email: Avril.Fox@capetown.gov.za	Ms N Mdunyelwa Tel: [021] 845-7556/7 Fax: [021] 845-4687
Central	Cape Town Reproductive Health Clinic	Cape Town Station, 3rd Class Concourse, Cape Town 8001	Mrs Y Christian Tel:[021]4609239	Mrs N Madazuka [021] 425-2004
Tygerberg West	Tygerberg Hospital Reproductive Health Clinic	Reproductive Health/ FP Clinic Tygerberg Hospital, Tygerberg 7505	Mrs L Kazee Tel:[021] 938-6249	Mrs L Kazee [021] 938-6249
Central	SWEAT NGO	Community House, 2nd Floor, 41 Salt River Road, Salt River 7925	Clayton Gardener [021] 448-7875	
Central	PPASA Observatory CBD Agents	12 Anson Street Observatory 7925	Lee Naicker [021] 448-7312	
Khayelitsha	PPASA Khayelitsha Training Centre	527 Hlala Street Makaza, Khayelitsha 7784	Nomalisa Gxowa [021] 365-0880	

**WEST COAST/WINELANDS REGION**

CO-ORDINATOR :

DISTRICT	CLINIC	PHYSICAL ADDRESS	AREA MANAGER	FACILITY MANAGER
Paarl	Drakenstein Municipal Clinic PHC	TC Newman Hospital, Elangeni Rehabilitation Centre, C/O Broadway & Rosery Streets, Paarl East	Mrs I Cupido [021] 872-1711	

**BOLAND/OVERBERG REGION**

CO-ORDINATOR : MS CE VISSER

DISTRICT	CLINIC	PHYSICAL ADDRESS	AREA MANAGER	FACILITY MANAGER
Grabouw	Grabouw Community Health Centre PHC	Ou Kaapseweg Grabouw 7160	Ms S Le Roux [021] 859-3337	
Ceres	Ceres Municipal Clinic PHC	Voortrekker Road Ceres 6835	Maggie Abrahams [023] 316-1854	

**SOUTH CAPE/KAROO REGION**

CO-ORDINATOR : INA REYNIERSE

DISTRICT	CLINIC	PHYSICAL ADDRESS	AREA MANAGER	FACILITY MANAGER
Knysna	Knysna Municipal Clinic PHC	Queen Street Knysna 6570	Mrs H Casewell [044] 382-5066	
Plettenberg Bay	Plettenberg Bay Community Health Centre PHC	Marine Drive Plettenberg Bay 6600	Mrs Y Samuel [044] 533-2050	

## CAPE FEMALE CONDOM SITES [Additional

**METROPOLE REGION**

CO-ORDINATOR : MS BRENDA SMUTS TEL: [021] 918-1545

NOT YET OPERATIONAL	DISTRICT	CLINIC	PHYSICAL ADDRESS	AREA MANAGER	FACILITY MANAGER
X	Tygerberg East	Mfuleni	Church Street, Mfuleni	Mrs S Guwa [021] 918-2635	Sr P Jooste [021] 909-2755
X	Tygerberg West	Dirkie Uys	Dingle Road, Goodwood	Mrs H Khaki [021] 590-1607	Sr D Titus [021] 590-1606
	Tygerberg East	Peninsula Technicon SHC	1st Floor, Student Health Centre, Modderdam Road, Bellville	Sr E Smith [021] 959-2876	Sr M Myanya [021] 959 6402/3
	Tygerberg East	UWC Student Health Centre	Private Bag X17 Bellville,7535	Dr. D.H. Bagwandeem [021] 959-2875/6	
	South Peninsula	Hout Bay MainRoad	Main Rd Hout Bay	Mrs J Honeyman [021] 794-8382	Mrs E Carolus [021] 790-1720
X	Oostenberg	Wallacedene		Mrs P Hendricks [021] 980-1211	Sr L Michaels [021] 980-1680
X	Helderberg	Macassar Clinic	c/o Musica & Hospital Avenue, Macassar	Mrs A Fox [021] 850-4315	Ms C Whitebooi [021] 857-2330
X	Nyanga	Nyanga Junction RH Clinic	Duinefontein Road, Manenberg	Mrs N Mfundisi [021] 637-1203	[021] 692-3913
	Blaauwberg	Albow Gardens	Koeberg Road, Brooklyn	Mrs M Ferreira [021] 550-7538	Sr Pumla Mkaza [021] 510-6326
X	Khayelitsha	Site B	Lwandle Road, Khayelitsha	Mrs P Collis 083 636 9906 [021]360-1155	Sr L Roux [021] 361-6438
X	Mitchell's Plain	Lentegeur	Off Merrydale Street, Lentegeur	Mrs E Rose [021] 391-1332/3	Sr Carmen Poole [021] 371-2126
	Athlone	Manenberg	Ruimte Road, Manenberg	Mrs M Sifanelo [021] 637-1293	Charlotte Makan [021] 637-5830
	Central	Claremont	Station Road, Claremont	Mrs S Elloker [021] 421-0161	Rene Quimpo [021] 671-1148
	Central	Langa	Washington Street, Langa	Mrs S Elloker [021] 421-0161	Mrs W Nonkonyana [021] 694-1740
	Central	UCT Student Health Centre	Protom 7 Show Road Rondebosch 7700	Dr C Landon	Sr. H Dyeshana [021] 650-3000
	Central	Clothing Workers Health Care Fund	350 Victoria Road Salt River 7925	Co-ordinator: Ms Z Ishmail [021] 460-4016	NSM: Mrs G Kitshoff [021] 460-4016

**WEST COAST/WINELANDS REGION**

CO-ORDINATOR :

NOT YET OPERATIONAL	DISTRICT	CLINIC	PHYSICAL ADDRESS	AREA MANAGER	FACILITY MANAGER
	Stellenbosch	AIDS Action Group	2nd Floor Matie Community Sevice Building, Banhoek Road, Stellenbosch		Ms Betsie Potgieter Ms Monica du Toit [021] 808-2931

**BOLAND/OVERBERG REGION**

CO-ORDINATOR : MS CE VISSER

NOT YET OPERATIONAL	DISTRICT	CLINIC	PHYSICAL ADDRESS	AREA MANAGER	FACILITY MANAGER
	BREED VALLEY	Worcester CHC	Sugget Street, Worcester 6849	Mrs Majiet	Sr S Titus

**SOUTH CAPE/KAROO REGION**

CO-ORDINATOR : INA REYNIERSE

NOT YET OPERATIONAL	DISTRICT	CLINIC	PHYSICAL ADDRESS	AREA MANAGER	FACILITY MANAGER
	Nil				

# STERILIZATION FACILITIES 2002

## CAPE METROPOLITAN AREA

### HEIDEVELD CHC

Tel **021-6378033/4** and ask for Mrs Rushine February (cell: 083 9664816)  
or ask for theatre for direct booking for female sterilization or vasectomy.  
**Alternate Friday mornings:** Laparoscopic sterilization, general anaesthetic.  
Home in the afternoon.

**Vasectomies:** One Monday morning a month - no-scalpel technique.

### MITCHELLS PLAIN CHC

Tel **021 3925161**-ask for theatre (Wednesdays and Thursdays) or contact  
Mrs Veronica van Zyl at **021 3921914** (cell: **083 7337673**)  
for counselling or to make a booking.

Requirements: recent pap result (within last 2 years)  
under 80 kgs, negotiable  
no high risk patients  
no previous abdominal surgery eg. Caesarean.

Laparoscopic sterilizations, general anaesthetic on a **Wednesday morning**.  
Laparoscopic sterilizations, local anaesthetic, once a month, on a **Thursday**  
**Vasectomies:** alternate **Thursdays**, local anaesthetic, no-scalpel technique.

### RETREAT CHC

Contact : Mrs Khan at **021-7125105 /021-71251**(pager:(**011**)**2302777** ask for **C104285**) or  
phone the Sterilization Team at 021-3921914.

Laparoscopic sterilizations, general anaesthetic every **Tuesday morning**. Requirements: as for  
Mitchells Plain.

only accept from 3 months post partum.

Vasectomies done one Monday a month - no-scalpel technique.

### WOODSTOCK CHC

Tel **021-4609100/021-4609146**

Contact Person: Family Planning sister.

Vasectomies **one Thursday a month** under local anaesthetic - no-scalpel technique.

## FALSE BAY HOSPITAL

Tel **021-7821121**. Contact the family planning sister for more information.  
Family planning Clinic every **Tuesday** 7.30 am - 3.30 pm (excluding lunch).

Minilaps are done on Fridays - stay 2 nights.(high risk patients).

Laparoscopic sterilizations (low risk patients) are done one Thursday a month.

**Vasectomies:** No-scalpel technique under local anaesthetic - refer to Victoria Hospital.  
Vasectomies under general anaesthetic are done on **Fridays**.

## GROOTE SCHUUR HOSPITAL

Family Planning Department: Tel **021-4044505**  
Contact persons: Sr Montanus or Nurse Barnabas.

Groote Schuur only takes high risk referred problem cases,  
eg. previous Caesar; epilepsy; over 80 kgs; high blood pressure; diabetics; medical problems  
Any low to medium risk patients are assessed and referred elsewhere,  
usually Somerset Hospital.  
Vasectomy patients are referred to Woodstock CHC.

## HOTTENTOTS HOLLAND HOSPITAL

Somerset West. Tel : **021-8521334**

Contact Sr le Grange or Mr Lombard (theatre) for a booking.

Laparoscopic sterilizations are done every **Wednesday** under general anaesthetic.

Requirements: pap smear within last 6 months; preferably under 75 kgs; mention  
any overweight patients when booking. Also mention if any previous abdominal surgery.  
Consent and evaluation form.

Patient nil per mouth from 12 midnight and goes home the same day.

Post partum sterilizations done daily before discharge.

**Vasectomies:** usually booked for a Monday or Thursday.

## SOMERSET HOSPITAL

Tel **021-4026454**: Gynae Department

Takes patients from the West Coast, Blaauwberg, Sea Point and Green Point.  
Phone the Gynae department for an appointment to come in for an assessment for sterilization  
between 12noon and 4pm daily. A booking is then made. Patients are kept for one night. The  
high risk ones are sometimes kept longer.

**Vasectomies:** A few are done on the Urology slate after counselling by the FP sister.  
If already counselled, ring Mr Roos (ext 6203) for a booking.

## TYGERBERG HOSPITAL

**Family Planning Department:** (2<sup>nd</sup> floor East, H-2, Use entrance 4 East). Tel: 021-9384447

1. Referral for sterilization in the Tygerberg Hospital area: For high risk patients eg. previous Caesar, epilepsy, over 80kgs, hypertension, diabetes etc.
2. Before booking the patient, need to sterilize the **right patient** for the **right reason** on request. Therefore **counselling for sterilization is essential** by the referring health service provider (refer to AVSSA calendar 2002).
3. Do a cervical smear for the present year. If this has been done, is negative and endo-cervical cells are present, attach to referral letter. Mention any treatment for infection.
4. Phone 021-9384447 for an appointment for sterilization evaluation (that is a physical examination by a doctor after which the patient will be given an admission date).
5. Give the following information:
  - Name and surname of patient. Age and date of birth.
  - Contact telephone number, if any.
  - Has she attended Tygerberg Hospital previously? (to obtain folder in advance)
  - Date of present year cervical smear done.
  - Referring person and health service's telephone number and postal address (for feedback purposes).
6. For the patient to receive smooth and efficient service:
  - Give her a referral letter (if none available request from Tygerberg or AVSSA)
  - Attach cervical smear result (mention any treatment given).
  - Inform patient to bring her ID document.
  - Inform patient to bring any medication with her.
  - The patient is to report **directly to the family planning clinic**, from 07h00.

**Vasectomies:** Mr Alexander Tel: 021-9385964 or 021-9384447 (for message).

Patients are booked by Tygerberg and are done on Mondays at Karl Bremer Hospital.

## VICTORIA HOSPITAL

Tel 021-7991111 / 021-7991141 Contact person: Sr Swan (Mondays, Tuesdays, Fridays).

Send a referral letter with patient, preferably with a recent (up to a year) pap result.

Phone for booking. State that it is a family planning case when a folder is made out.

Laparoscopic sterilizations are processed at Victoria Hospital and done at 2 Military Hospital until further notice. Minilaps are done when necessary.

High risk cases eg. more than 80kgs; asthmatic; diabetic; hypertensive; epileptic; previous abdominal surgery etc may be admitted the day before, depending on the doctor's assessment.

**Vasectomies:** No-scalpel technique every **second Friday morning**. Phone for a booking.

## WESFLEUR HOSPITAL – ATLANTIS

Tel: 021-5718040, Mrs Seide at the hospital .

or the clinic sisters: 021-5725380 (Saxon Sea Clinic) or 021-5724696 (Protea Park Clinic)

Laparoscopic Sterilizations and Vasectomies are done once a month.

**Where possible, contact the relevant hospital.**

**Any further queries, contact: TEL/FAX: 021 - 5311665**

**ASSOCIATION FOR VOLUNTARY STERILIZATION OF SOUTH AFRICA (AVSSA)**

Enq: Marie Adamo  
Tel: 021-483 2684

## FEMALE CONDOM EXPANSION PROGRAMME

### WESTERN CAPE FEMALE CONDOM SITES

The 8 expansion sites for the Western Cape are as follows:

1. **Metropolitan Region:** Coordinator: Brenda Smuts, Tel: 918 1545
  - **Guguletu district: Vuyani Clinic (LA PHC)**  
**Area Manager:** Mrs Tina, Tel: 083 360 7892  
**Facility Manager:** Ms Ntloko, Tel: 021-637 9016/21  
**Physical Address:** NY 133, Guguletu, 7755
  - **South Peninsula district – Wynberg Clinic (LA PHC)**  
**Area Manager:** Mrs Botes, Tel: 021-705 0552  
**Facility Manager:** Ms D Collinet, Tel: 021-797 5190/1/2  
**Physical Address:** Lower Maynard Road, Wynberg, 7800
  - **Helderberg district – Ikvesi Clinic (LA PHC)**  
**Contact Persons:** Area & Facility Manager: Mrs D Carter,  
Tel: 021-845 7556  
**Physical Address:** Simon Street, Nomzamo, Strand, 7140
  
2. **West Coast/Winelands Region:** Coordinator: Tobeka Qukula
  - **Drakenstein Municipal Clinic, Paarl (PHC)**  
**Contact Person:** Mrs I Cupido, Tel: 021- 8721 711, ask for:  
TC Newman Hospital and Mrs Cupido  
**Physical Address:** TC Newman Hospital, Elangeni Rehabilitation  
Centre, C/O Broadway & Rosery streets, Paarl East
  
3. **Boland/Overberg Region:** Coordinator: Willem Olivier
  - **Grabouw Community Health Centre (PHC)**  
**Contact Person:** Ms S Le Roux, Tel: 021 859 3337 (Grabouw CHC)  
**Physical Address:** Ou Kaapseweg, Grabouw, 7160
  
  - Ceres Municipal Clinic (PHC)**  
**Contact Person:** Maggie Abrahams, Tel: 023-316 1854  
**Physical Address:** Voortrekker Road, Ceres, 6835



4. **South Cape/Karoo Region:** Coordinator: Ina Reynierse

➤ **Knysna Municipal Clinic (PHC)**

**Contact Person:** Mrs H Casewell, Tel: 044-382 5066

**Physical Address:** Queen Street, Knysna, 6570

➤ **Plettenberg Bay Community Health Centre (PHC)**

➤ **Contact Person:** Mrs Y Samuel, Tel: 044-533 2050

➤ **Physical Address:** Marine Drive, Plettenberg Bay, 6600

### **Pilot Sites**

1. **Cape Town Station Reproductive Health Clinic**

**Contact Person:** Ms N Madazuka, Tel: 021-425 2004

**Physical Address:** Cape Town Station, 3rd Class Concourse, Cape Town, 8001

2. **Tygerberg Hospital Reproductive Health Clinic**

**Contact Person:** Ms L Kazeo, Tel: 021-938 6249

**Physical Address:** Reproductive Health /FP Clinic Tygerberg Hospital, Tygerberg, 7505

3. **SWEAT NGO**

**Contact Person:** Clayton Gardener, Tel: 021-448 7875

**Physical Address:** Community House, 2<sup>nd</sup> Floor, 41 Salt River Road, Salt River, 7925

4. **PPASA, Observatory CBD Agents**

**Contact Person:** Lee Naicker, Tel: 021-448 7312

**Physical Address:** 12 Anson Street, Observatory, 7925

5. **PPASA Kayelitsha Training Centre**

**Contact Person:** Nomalisa Gxowa, Te: 021-365 0880

**Physical Address:** 527 Hlala Street, Makaza, Kayelitsha, 7784

Updated: 15/06/01