



what you *need* to *know* about **Male Circumcision**

Who can go for MC?

MC is recommended for all Zambian males.
Boys below age 18 need parent or guardian consent.

What are the benefits of MC?

MC can reduce a man's risk of contracting HIV and some other STIs.
Improved hygiene and cleanliness of penis.
Reduced risk of cervical cancer among female partners.

What are the risks of MC?

There are some risks with MC such as pain, bleeding or a reaction to the pain-relieving medication. However, these risks are manageable if you undergo MC by a trained health professional.

How long will the procedure take?

30 minute procedure and 20 minute counseling session.
Arrive early so you can be finished by the afternoon.

Is there a lot of pain?

It is normal to feel some pain but it usually lasts only a few hours.
You will be given pain-relieving medication before and after the MC.

How much does MC cost?

MC is offered for free at most government facilities.

How long is the recovery time?

You can begin light duties within 48 hours.
Avoid heavy physical activity for at least one week.
No sexual activity including masturbation for six weeks.

How should I prepare for MC?

Be sure to eat something before the procedure.
Wear clean underpants and loose fitting clothes.
You will be encouraged to take an HIV test before MC.

Where can I go for MC?

Go to your local clinic or hospital where you see the MC logo
or call the free hotline



*Are you a **Man who Cares?** Go for **MC** today!*

