Speaking About Voluntary Medical Male Circumcision (VMMC): A tool for provider and client dialogue
This flipchart is designed to help clinicians and counselors communicate effectively on Voluntary Medical Male Circumcision (VMMC). One side of each page is intended to be viewed by clients, while the other part marked with a yellow star is to be viewed by the counselor.
Voluntary Medical Male Circumcision helps protect your family from HIV
VMMC helps protect your family from HIV:

1. VMMC reduces your chances of getting HIV.
2. VMMC has other benefits for men:
   i. Improved genital hygiene.
   ii. Reduced chances of being infected by some STIs, especially the ulcerative STIs.
3. The female partner of a man who has been circumcised has reduced chances of acquiring cervical cancer.
4. VMMC keeps you and your family happier and healthier.
5. It is free at your local clinic.
HIV testing and the window period

- HIV negative and healthy.
- HIV enters body.
- **WINDOW PERIOD**
  - HIV multiplies.
  - You are highly infectious.
  - You may test negative.
- Your immune system responds.
  - You are less infectious.
- HIV becomes AIDS.
  - Your immune system weakens.
  - You are more infectious.

- **Green circle** = Antibodies
- **Red circle** = HIV
HIV testing and the window period:

1. It is important to know your HIV status before VMMC to maximize the health benefits that VMMC provides. VMMC is not recommended for HIV positive men. Clients who decline the test but still want to get circumcised will be respected for their decision.

2. An HIV test detects antibodies (soldiers) to HIV, not the virus itself.

3. Although these tests are very sensitive, there is a window period. This is the period when someone who is infected with HIV does not have enough antibodies to be detected by the tests we are using.

4. During the first 6 to 8 weeks of infection, the virus quickly multiplies. During this time, the person can easily spread HIV to others.
How circumcision protects you against HIV

Uncircumcised Penis

Circumcised Penis
How VMMC helps protect you against HIV:

1. The inside of the foreskin is soft and moist and is more likely to get a tiny tear or sore that allows HIV to enter the body more easily.
2. The foreskin itself contains many target cells that allow HIV to enter the body easily.
3. After circumcision, the skin on the head of the penis becomes thicker and is less likely to tear. A circumcised man is up to 60% less likely to get HIV than an uncircumcised man.
The VMMC Process: Decision Making
The VMMC Process: Decision Making

Step 1
Come for VMMC. Both you and your partner need to understand the procedure so it is best for you to visit a counselor or health worker together.

Step 2
Discuss VMMC with the counselor.

Step 3
Fill in the VMMC consent form.
The VMMC Process: Preparation
The VMMC Process: Preparation

**Step 4**
Get tested for HIV.

**Step 5**
Be examined for any genital infections.

**Step 6**
Get an injection of anesthetic at the base of the penis to make it go numb.
The VMMC Process: Foreskin Removal
The VMMC Process: Foreskin Removal

Step 7
The foreskin is removed.

Step 8
Get counseled on what to do to heal properly.

Step 9
Rest for 30 minutes.
The VMMC Process: After the Procedure
The VMMC Process: After the Procedure

**Step 10**
Go home. Do not ride a bike home, however, because it may tear the wound and prevent proper healing.

**Step 11**
Bathe carefully without getting the bandage wet.

**Step 12**
Remove the bandage after 3 days or visit the nearest health facility for assistance if you cannot remove the bandage yourself.
Step 13

Step 14

Step 16

The VMMC Process: Healing Fully
The VMMC Process: Healing Fully

**Step 13**

Do not strain yourself or swim for one week.

**Step 14**

Return to the clinic on the 7th day after your operation for a check-up.

**Step 15**

Do not have sex or masturbate for 6 weeks to heal fully.
Keep protecting yourself from HIV
Keep protecting yourself from HIV:

- Be faithful to one partner whose HIV status you know.
- Always use a condom correctly and consistently.
Discuss VMMC with your partner
Discussing VMMC with your partner:

1. It is good to talk to your partner before you get circumcised.
2. Explain to her the medical benefits for both of you.
3. Her support will make the process easier for you.
4. Visit the clinic together to talk to the VMMC counselor.
5. Both of you should be tested for HIV before you get circumcised.