

## What is female genital mutilation?

Female genital mutilation (FGM) is also known as female cutting or female circumcision. It is any procedure that causes injury to the female genital organs for **non-medical** reasons.

FGM is found all over the world but is most commonly practised in Ethiopia, Eritrea, Sudan, Somalia, Nigeria, Gambia, Malaysia, Indonesia and Egypt.

## What are the different types?

### Type 1

Removal of the tip of the clitoris and/or the clitoral hood.

### Type 2

Removal of the tip of the clitoris and/or clitoral hood and part or all of the labia minora ('inner lips') that surround the vulva, or part or all of the labia majora ('outer lips') of the vulva.

### Type 3 (or pharaonic circumcision)

Is when the inner or outer labia (lips) have been cut and the edges are then pulled together to leave a very small opening.

### Type 4

Any other damage to the female genitals including pricking, burning, piercing or stretching the labia.

## Possible health problems resulting from FGM

- Urine infections
- Vaginal infections
- Painful periods
- Painful sex
- Feeling sad, anxious or depressed
- Problems during childbirth
- Flashbacks
- Post Traumatic Stress Disorder
- Genital pain
- Lack of sexual pleasure



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The sunflower clinic  
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## What we offer

Our service is **free** and **confidential**.

- Our health advocates speak Somali and Arabic
- We offer specialist counselling support.
- During your appointment we can diagnose (identify) the type of FGM.
- We offer deinfibulation ('reversal / opening' procedure) using local anaesthetic which we can do on the same day as your appointment. Or, if you prefer, we can book for you to have this performed under general anaesthetic.
- If you have long-term pain we can refer you to other specialist services.
- Partners/husbands are welcome.
- We offer a fast-track service. Women can self-refer, or your GP can refer you. We will see you within two weeks of contacting us.
- Our midwives running the clinic have years of experience helping and caring for women with FGM.

## How can I protect my daughter/s?

There are lots of people who can help you protect your daughter/s including:

- **NSPCC FGM Helpline:**  
0800 028 3550
- **Police:** 999 (Emergency)  
101 (non-emergency)
- **Foreign and Commonwealth office** (if abroad):  
004420 7008 5000

## FGM and UK law

FGM is a traditional custom – there are no religious texts to say it should be carried out. In the UK, it is against the law:

- for anyone to carry out FGM
- to take girls or women who live in the UK to another country to carry out FGM
- to help someone else carry out FGM, (this includes making travel arrangements)

## How to get there

### 1. Queen Charlotte's & Chelsea Hospital Sunflower clinic – every Friday for pregnant and non-pregnant women

Gynaecology outpatient department, Queen Charlotte's & Chelsea Hospital, Du Cane Road, London W12 0HS  
Nearest tube station is East Acton or White City on the Central line. Or buses # 7, 70, 72, 272, 283.

#### FGM midwife – Linda Ricketts

[linda.ricketts1@nhs.net](mailto:linda.ricketts1@nhs.net) or  
[imperial.fgmservice.gynaeicht@nhs.net](mailto:imperial.fgmservice.gynaeicht@nhs.net)  
or telephone 07810 557 824  
or ring Suhad on 07557 894 186

### 2. St Mary's Hospital FGM clinic - every Tuesday for pregnant women

Day assessment unit, maternity department, St Mary's Hospital Praed Street, London W2 1NY

#### FGM midwife - Zuriash Amare

Nearest tube station is Paddington. Or buses #205, 27, 36, 7, 98, 23, 16.

# The Sunflower clinics

For women and families affected by female genital mutilation (FGM)



We are an all-female expert team here to support you with any problems related to female genital mutilation (FGM). We provide free, sensitive, confidential, trauma-informed care.