

Cape Town Metro Family Planning Services

This is a list of facilities where you can access each of the services below. This list is only for services in the Cape Town Metro. For other Western Cape centres please visit our page of clinics and find the one nearest you.

Contraceptive injection

Facility name	Substructure	Days	Opening time	Closing time
Michael Mapongwana CDC	KESS	Mon - Fri	07h30	18h00
Mitchells plain CHC	KMSS	Mon - Fri Sat - Sun	07h30 09h00	18h00 18h00
Kraaifontein CHC	NTSS	Mon - Fri Tues & Thurs	07h30 16h00	16h00 18h00
Vanguard CHC	SWSS	Mon - Fri Sat	08h00 10h00	16h00 14h00
Gustrouw CDC	KESS	Mon - Fri	07h30	18h00
Khayelitsha CHC	KESS	Mon - Fri	07h30	16h00
Khayelitsha CHC	KESS	Sat & Sun	07h30	19h00
Kleinvlei CDC	KESS	Mon - Fri Sat	07h30 07h30	16h00 13h00
Macassar CDC	KESS	Mon - Fri	07h30	18h00
Mfuleni CDC	KESS	Mon - Fri Tues & Thurs	07h30 15h00	18h00 17h00
Nolungile CDC	KESS	Mon - Fri Sat	07h30 09h00	16h00 13h00
Nomzamo CDC	KESS	Mon - Fri	07h30	18h00
Strand CDC	KESS	Mon - Fri	07h30	15h30
Inzame Zabantu CDC	KMSS	Mon - Fri	07h30	16h00
Crossroads CDC	KMSS	Mon - Fri	07h30	16h00
Nyanga CDC	KMSS	Mon - Fri	07h30	16h00
Gugulethu CHC	KMSS	Mon - Fri	07h30	16h00
Hanover Park CHC	KMSS	Mon - Fri	07h30	16h00
Heideveld CDC	KMSS	Mon - Fri	07h30	16h00
Dr Abdurahman CDC	KMSS	Mon - Fri	07h30	16h00
Bellville RHC	NTSS	Mon - Fri	07h00	14h00
Bellville South	NTSS	Mon - Fri	07h00	15h30

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Bishop Lavis	NTSS	Mon - Fri	10h00	14h00
Bothasig	NTSS	Mon - Fri	07h30	15h00
Delft CHC	NTSS	Mon - Fri	07h00	11h00
Durbanville	NTSS	Mon - Fri	07h00	16h00
Elsies River	NTSS	Tues & Thurs	12h00	19h00
Goodwood	NTSS	Mon - Fri	08h00	15h00
Parow	NTSS	Mon - Fri	*Unspecified	*Unspecified
Reed Street	NTSS	Mon - Fri	10h00	14h00
Ruyterwacht	NTSS	Mon - Fri	08h00	16h00
Scottsdene	NTSS	Mon - Fri	08h00	15h00
Symphony Way	NTSS	Mon - Fri	07h00	15h30
Cape Town RHC	SWSS	Mon - Fri	07h30	16h00
District 6 CDC	SWSS	Mon - Fri	07h30	16h00
Du Noon CHC	SWSS	Mon - Fri	07h30	08h30
Grassy Park CDC	SWSS	Mon - Fri	07h30	16h00
Green Point CDC	SWSS	Mon - Fri	07h30	15h30
Lady Michaelis CDC	SWSS	Mon & Fri	07h00	15h00
Lotus River CDC	SWSS	Mon - Fri	07h30	16h00
Retreat CHC	SWSS	Mon - Fri	07h30	16h00

Emergency contraception (the morning after pill)

Facility name	Substructure	Days	Opening time	Closing time
Michael Mapongwana CDC	KESS	Mon - Fri	07h30	18h00
Mitchells plain CHC	KMSS	Everyday	24 hours	
Kraaifontein CHC	NTSS	Everyday	24 hours	
Vanguard CHC	SWSS	Everyday	24 hours	
Gustrouw CDC	KESS	Mon - Fri	07h30	18h00
Khayelitsha CHC	KESS	Mon - Fri Sat & Sun	07h30 07h30	16h00 19h00
Kleinvele CDC	KESS	Mon - Fri Sat	07h30 07h30	16h00 13h00
Macassar CDC	KESS	Mon - Fri	07h30	18h00

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Mfuleni CDC	KESS	Mon - Fri Tues & Thurs	07h30 15h00	18h00 17h00
Nolungile CDC	KESS	Mon - Fri Sat	07h30 09h00	16h00 13h00
Nomzamo CDC	KESS	Mon - Fri	07h30	18h00
Strand CDC	KESS	Mon - Fri	07h30	15h30
Inzame Zabantu CDC	KMSS	Mon - Fri	07h30	16h00
Crossroads CDC	KMSS	Mon - Fri	07h30	16h00
Nyanga CDC	KMSS	Mon - Fri	07h30	16h00
Gugulethu CHC	KMSS	Mon - Fri	07h30	16h00
Hanover Park CHC	KMSS	Mon - Fri	07h30	16h00
Heideveld CDC	KMSS	Mon - Fri	07h30	16h00
Dr Abdurahman CDC	KMSS	Mon - Fri	07h30	16h00
Bellville RHC	NTSS	Mon - Fri	07h00	14h00
Bellville South	NTSS	Mon - Fri	07h00	15h30
Bishop Lavis	NTSS	Mon - Fri	10h00	14h00
Bothasig	NTSS	Mon - Fri	07h30	15h00
Delft CHC	NTSS	Mon - Fri	07h00	11h00
Durbanville	NTSS	Mon - Fri	07h00	16h00
Elsies River	NTSS	Tues & Thurs	12h00	19h00
Goodwood	NTSS	Mon - Fri	08h00	15h00
Parow	NTSS	Mon - Fri	*Unspecified	*Unspecified
Reed Street	NTSS	Mon - Fri	10h00	14h00
Ruyterwacht	NTSS	Mon - Fri	08h00	16h00
Scottsdene	NTSS	Mon - Fri	08h00	15h00
Symphony Way	NTSS	Mon - Fri	07h00	15h30
Cape Town RHC	SWSS	Mon - Fri	07h30	16h00
District 6 CDC	SWSS	Mon - Fri	07h30	16h00
Du Noon CHC	SWSS	Mon - Fri	07h30	08h30
Grassy Park CDC	SWSS	Mon - Fri	07h30	16h00
Green Point CDC	SWSS	Mon - Fri	07h30	15h30
Lady Michaelis CDC	SWSS	Mon - Fri	07h00	15h00
Lotus River CDC	SWSS	Mon - Fri	07h30	16h00
Retreat CHC	SWSS	Mon - Fri	07h30	16h00

Implant

Facility name	Substructure	Days	Opening time	Closing time
Michael Mapongwana CDC	KESS	Mon - Fri	07h30	18h00
Mitchells plain CHC	KMSS	Mon - Fri Sat - Sun	07h30 09h00	18h00 18h00
Gustrouw CDC	KESS	Mon - Fri	07h30	18h00
Khayelitsha CHC	KESS	Mon - Fri	07h30	16h00
Kleinvele CDC	KESS	Mon - Fri Sat	07h30 07h30	16h00 13h00
Macassar CDC	KESS	Mon - Fri	07h30	18h00
Mfuleni CDC	KESS	Mon - Fri Tues & Thurs	07h30 15h00	18h00 17h00
Nolungile CDC	KESS	Mon - Fri Sat	07h30 09h00	16h00 13h00
Nomzamo CDC	KESS	Mon - Fri	07h30	18h00
Strand CDC	KESS	Mon - Fri	07h30	15h30
Inzame Zabantu CDC	KMSS	Mon - Fri	07h30	16h00
Crossroads CDC	KMSS	Mon - Fri	07h30	16h00
Nyanga CDC	KMSS	Mon - Fri	07h30	16h00
Gugulethu CHC	KMSS	Mon - Fri	07h30	16h00
Hanover Park CHC	KMSS	Mon - Fri	07h30	16h00
Heideveld CDC	KMSS	Mon - Fri	07h30	16h00
Dr Abdurahman CDC	KMSS	Mon - Fri	07h30	16h00
Bellville RHC	NTSS	Fri	07h00	10h00
Bellville South	NTSS	Mon - Fri	07h30	08h30
Bishop Lavis	NTSS	Mon - Fri	07h30	15h30
Bothasig	NTSS	Thurs	09h00	12h00
Delft CHC	NTSS	Open every day	*Unspecified	*Unspecified
Goodwood	NTSS	Mon	12h00	14h00
Kraaifontein CHC	NTSS	Mon - Sun Post partum	Post-partum only	Post-partum only
Ruyterwacht	NTSS	Mon - Fri	14h00	16h00
Symphony Way	NTSS	Fri	By appointment	By appointment
Cape Town RHC	SWSS	Mon - Fri	07h30	16h00

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District 6 CDC	SWSS	Thurs	07h30	16h00
Du Noon CHC	SWSS	Wed	07h30	16h00
Grassy Park CDC	SWSS	Fri	07h30	16h00
Green Point CDC	SWSS	On specific days by appointment	By appointment	By appointment
Hout Bay Harbour CDC	SWSS	Mon - Fri	07h30	16h00
Lady Michaelis CDC	SWSS	Mon & Fri	07h00	15h00
Lotus River CDC	SWSS	Mon - Fri	07h30	16h00
Retreat CHC	SWSS	Mon - Fri	07h30	16h00
Vanguard CHC	SWSS	Fri	08h00	16h00

Interuterine device (IUD)

Facility name	Substructure	Days	Opening time	Closing time
Michael Mapongwana CDC	KESS	Mon - Fri	07h30	18h00
Mitchells plain CHC	KMSS	Mon - Fri Sat - Sun	07h30 09h00	18h00 18h00
Gustrouw CDC	KESS	Mon - Fri	07h30	18h00
Khayelitsha CHC	KESS	Mon - Fri	07h30	16h00
Kleinvele CDC	KESS	Mon - Fri Sat	07h30 07h30	16h00 13h00
Macassar CDC	KESS	Mon - Fri	07h30	18h00
Mfuleni CDC	KESS	Mon - Fri Tues & Thurs	07h30 15h00	18h00 17h00
Nolungile CDC	KESS	Mon - Fri Sat	07h30 09h00	16h00 13h00
Nomzamo CDC	KESS	Mon - Fri	07h30	18h00
Strand CDC	KESS	Mon - Fri	07h30	15h30
Inzame Zabantu CDC	KMSS	Mon - Fri	07h30	16h00
Crossroads CDC	KMSS	Mon - Fri	07h30	16h00
Nyanga CDC	KMSS	Mon - Fri	07h30	16h00
Gugulethu CHC	KMSS	Mon - Fri	07h30	16h00
Hanover Park CHC	KMSS	Mon - Fri	07h30	16h00
Heideveld CDC	KMSS	Mon - Fri	07h30	16h00
Dr Abdurahman CDC	KMSS	Mon - Fri	07h30	16h00

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Bellville South	NTSS	Mon - Fri	07h30	08h30
Bishop Lavis	NTSS	Mon - Fri	07h30	15h30
Bothasig	NTSS	Thurs	09h00	12h00
Delft CHC	NTSS	Fri	*Unspecified	*Unspecified
Kraaifontein CHC	NTSS	Mon - Sun Post partum	Post-partum only	Post-partum only
Ruyterwacht	NTSS	Mon - Fri	14h00	16h00
Cape Town RHC	SWSS	Mon - Fri	07h30	16h00
District 6 CDC	SWSS	Thurs	07h00	16h00
Du Noon CHC	SWSS	On specific days by appointment	By appointment	By appointment
Grassy Park CDC	SWSS	Fri	07h30	16h30
Green Point CDC	SWSS	On specific days by appointment	By appointment	By appointment
Lady Michaelis CDC	SWSS	Mon & Fri	07h00	15h00
Retreat CHC	SWSS	Open every day	*Unspecified	*Unspecified
Vanguard CHC	SWSS	Fri	08h00	16h00

Medical termination of pregnancy (abortion)

Facility name	Substructure	Days	Opening time	Closing time
Macassar CDC	KESS	Mon - Fri	07h30	15h30
Michael Mapongwana CDC	KESS	Mon - Tues	09h00	15h30
Nolungile CDC	KESS	Wed	07h30	16h00
Nomzamo CDC	KESS	Mon - Fri	07h30	15h30
Dr Abdurahman CHC	KMSS	Mon - Fri	07h30	16h00
Gugulethu CHC	KMSS	Mon - Fri	07h30	16h00
Hanover Park CHC	KMSS	Mon - Fri	07h30	16h00
Heideveld CHC	KMSS	Mon - Fri	07h30	16h00
Mitchells Plain CHC	KMSS	Mon - Fri	07h30	16h00
Bellville RHC	NTSS	Mon - Fri	*Unspecified	*Unspecified
Bishop Lavis	NTSS	Mon - Fri	07h00	15h30
Kraaifontein	NTSS	Mon - Fri	07h00	15h30
Cape Town RHC	SWSS	Mon - Fri	07h30	16h00
Lady Michaelis CDC	SWSS	Tues - Thurs	07h00	15h00

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Vanguard CHC	SWSS	Fri	08h00	16h00
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Oral contraceptives (the pill)

Facility name	Substructure	Days	Opening time	Closing time
Michael Mapongwana CDC	KESS	Mon - Fri	07h30	18h00
Mitchells plain CHC	KMSS	Mon - Fri Sat - Sun	07h30 09h00	18h00 18h00
Kraaifontein CHC	NTSS	Mon - Fri Tues & Thurs	07h30 16h00	16h00 18h00
Vanguard CHC	SWSS	Mon - Fri Sat	08h00 10h00	16h00 14h00
Gustrouw CDC	KESS	Mon - Fri	07h30	18h00
Khayelitsha CHC	KESS	Mon - Fri	07h30	16h00
Khayelitsha CHC	KESS	Sat & Sun	07h30	19h00
Kleinvele CDC	KESS	Mon - Fri Sat	07h30 07h30	16h00 13h00
Macassar CDC	KESS	Mon - Fri	07h30	18h00
Mfuleni CDC	KESS	Mon - Fri Tues & Thurs	07h30 15h00	18h00 17h00
Nolungile CDC	KESS	Mon - Fri Sat	07h30 09h00	16h00 13h00
Nomzamo CDC	KESS	Mon - Fri	07h30	18h00
Strand CDC	KESS	Mon - Fri	07h30	15h30
Inzame Zabantu CDC	KMSS	Mon - Fri	07h30	16h00
Crossroads CDC	KMSS	Mon - Fri	07h30	16h00
Nyanga CDC	KMSS	Mon - Fri	07h30	16h00
Gugulethu CHC	KMSS	Mon - Fri	07h30	16h00
Hanover Park CHC	KMSS	Mon - Fri	07h30	16h00
Heideveld CDC	KMSS	Mon - Fri	07h30	16h00
Dr Abdurahman CDC	KMSS	Mon - Fri	07h30	16h00
Bellville RHC	NTSS	Mon - Fri	07h00	14h00
Bellville South	NTSS	Mon - Fri	07h00	15h30
Bishop Lavis	NTSS	Mon - Fri	10h00	14h00
Bothasig	NTSS	Mon - Fri	07h30	15h00

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Delft CHC	NTSS	Mon - Fri	07h00	11h00
Durbanville	NTSS	Mon - Fri	07h00	16h00
Elsies River	NTSS	Tues & Thurs	12h00	19h00
Goodwood	NTSS	Mon - Fri	08h00	15h00
Parow	NTSS	Mon - Fri	*Unspecified	*Unspecified
Reed Street	NTSS	Mon - Fri	10h00	14h00
Ruyterwacht	NTSS	Mon - Fri	08h00	16h00
Scottsdene	NTSS	Mon - Fri	08h00	15h00
Symphony Way	NTSS	Mon - Fri	07h00	15h30
Cape Town RHC	SWSS	Mon - Fri	07h30	16h00
District 6 CDC	SWSS	Mon - Fri	07h30	16h00
Du Noon CHC	SWSS	Mon - Fri	07h30	08h30
Grassy Park CDC	SWSS	Mon - Fri	07h30	16h00
Green Point CDC	SWSS	Mon - Fri	07h30	15h30
Lady Michaelis CDC	SWSS	Mon & Fri	07h00	15h00
Lotus River CDC	SWSS	Mon - Fri	07h30	16h00
Retreat CHC	SWSS	Mon - Fri	07h30	16h00

Sonography / Ultrasound

Facility name	Substructure	Days	Opening time	Closing time
Gustrouw CDC	KESS	Mon - Fri	07h30	15h30
Khayelitsha CHC	KESS	Mon - Fri	07h30	16h00
Kleinvelei CDC	KESS	Mon - Fri	07h30	15h30
Macassar CDC	KESS	Sat	08h00	15h00
Michael Mapongwana CDC	KESS	Mon & Tues Wed & Thurs	09h00 08h00	15h30 16h00
Nolungile CDC	KESS	Wed	07h30	18h00
Dr Abdurahman CHC	KMSS	Mon - Fri	07h30	16h30
Hanover Park CHC	KMSS	Mon - Fri	07h30	16h30
Mitchells Plain CHC	KMSS	Mon - Fri	07h30	16h30
Bellville RHC	NTSS	Wed	07h00	13h00
Bishop Lavis	NTSS	Mon - Fri	07h00	15h30
Delft CHC	NTSS	Mon - Thurs	*Unspecified	*Unspecified

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Durbanville	NTSS	Thurs	07h00	15h00
Kraaifontein CHC	NTSS	Mon - Wed & Fri	07h30	16h00
Symphony Way	NTSS	Fri	*Unspecified	*Unspecified
District 6 CDC	SWSS	Mon - Fri	07h30	16h00
Du Noon CHC	SWSS	Mon - Fri	07h30	16h00
Retreat CHC	SWSS	Mon - Fri	07h30	16h00
Vanguard CHC	SWSS	Mon - Fri	08h00	16h00

Sterilisation (female)

Facility name	Substructure	Days	Opening time	Closing time
Karl Bremner Hospital	NTSS	Everyday	By appointment	By appointment
Mowbray Maternity Hospital	SWSS	Mon - Fri	By appointment	By appointment
Eersteriver Hospital	KESS	Everyday	By appointment	By appointment
Helderberg Hospital	KESS	Everyday	By appointment	By appointment
Mitchells Plain CHC	KMSS	Mon - Fri	By appointment	By appointment

Sterilisation (male)

Facility name	Substructure	Days	Opening time	Closing time
Eersteriver Hospital	KESS	Everyday	By appointment	By appointment
Helderberg Hospital	KESS	Everyday	By appointment	By appointment
Mitchells Plain CHC	KMSS	Mon - Fri	By appointment	By appointment
Karl Bremner Mens Health Centre	NTSS	Mon - Fri	By appointment	By appointment
Tygerberg Hospital	NTSS	Everyday	By appointment	By appointment