

## What are some questions I can ask my health care provider?

### If you have general concerns about how FGM/C affects your health, you can ask:

- What symptoms should I look out for if I have type (I, II or III) FGM/C?
- I heard from relatives that one reason I may be getting frequent urinary tract infections (UTIs) may be from my Type III FGM/C. Is that possible?
- I'm feeling a little anxious and down lately, can I talk to someone about this?

### If you are having painful or uncomfortable sex, you can ask:

- How does my FGM/C affect my sexual health?
- How can I make sex less painful?

### If you are pregnant, you can ask:

- How will my delivery be affected by FGM/C?
- I heard that I may need to undergo a C-section, is that always the case?
- I have Type III FGM/C, so my vaginal is sewn shut. What are my options for a vaginal delivery?
- Can you explain to me what deinfibulation is? Is it painful? How long is the recovery time following the procedure?