Health New Zealand
Te Whatu Ora

LARC PROVIDERS – METRO AUCKLAND

Please contact nor-womenshealthpc@tewhatuora.govt.nz for any additions or amendments to this list

AUCKLAND CENTRAL (ISTHMUS)	
AUT Student Medical Centre AUT City & North Campuses T: 021 925 332, E: amy.brockbank@aut.ac.nz	*IUCD & Jadelle Insertion & Removal:* Dr Padmaja Rayudu, Dr Joanne Mcgregor *Enrolled patients only*
Dr Nicholas Cooper Surgery* 33 Queen Mary Avenue, Epsom T: 09 630 9191, E: sharronjill@gmail.com	*IUCD & Jadelle Insertion & Removal:* Dr Nicholas Cooper, Mi Yeong You, Nurse Practitioner *Accepts Referrals from CMH Patients*
Elstree Ave Family Doctors 17 Elstree Ave, Glen Innes T: 09 528 3323, E: practicemanager@elstree.co.nz	*Jadelle & IUCD:* Dr Suei (Ssu-Yu)
Family Health Matters* 137 West Tamaki Road, Glen Innes T: 09 973 4106, E: manager@fhm.co.nz	*Jadelle Insertion & Removal* *Accepts Referrals*
Freemans Bay Medical 100 Wellington Street, Freemans Bay T: 09 378 6653, E: info@fbmc.co.nz	*IUCD Insertion:* Dr Dalice Keogh
GP and Me 28 Dominion Road, Mt Eden T: 09 625 8998, E: hello@gpandme.co.nz	*IUCD & Jadelle Insertion & Removal:* Dr Connie Juhn*, Dr Amy Aspoas* *IUCD Removal:* Nadia Gozon, Nurse Practitioner **Accepts referrals and casual patients*
GP Central 223 Stoddard Rd & 969 Dominion Rd, Mt Roskill T: 09 621 0387, E: Reception@gpcentral.co.nz	*IUCD Insertion & Removal:* Dr Oonagh Turner, Dr Terrillian Hui, Dr Logitha Sritharan, Dr Caitlin Corlett, Dr Queenie Son
Health New Lynn Tōtara Health, 1 McCrae Way, New Lynn T: 09 827 8888, E: ClinicalAssistant@healthnewlynn.co.nz	*IUCD & Jadelle Insertion & Removal:* Dr Manduli Premachandra, Dr Sadaf Intikhab, Dr George Hales *Accepts External Referrals*
Local Doctors Glen Innes 5 Mayfair Place, Glen Innes, Auckland 1072 T: 09 528 9054, E: poacreferrals@tamakihealth.co.nz	*IUCD Insertion & Removal:* Tara Zhang *Accepts External Referrals*
Lynnmall Medical Centre 3058 Great North Road, New Lynn T: 09 827 3163, E: lynnmall.reception@tamakihealth.co.nz or poacreferrals@tamakihealth.co.nz	*IUCD & Jadelle Insertion & Removal:* Sibongile Mdletshe, Registered Nurse *Accepts External Referrals*
Mission Bay Doctors 10 Marau Crescent, Mission Bay, Auckland T: 09 521 1120, E: reception@mbdrs.co.nz	*IUCD & Jadelle Insertion & Removal:* Dr Suyin Kour
Remuera Doctors	*IUCD & Jadelle Insertion & Removal:*

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AUCKLAND CENTRAL (ISTHMUS)	
333 Remuera Road, Remuera T: 09 524 6504, E: reception@remueradoctors.co.nz	Dr Suyin Kour
Tamaki Health 17 Sultan Street, Ellerslie T: 09 274 7823, E: poacreferrals@tamakihealth.co.nz	*Jadelle & IUCD:* Alysha Clark *Accepts Referrals*
The Doctors St Heliers Level 1, 10 Turua Street, St Heliers T: 09 575 9491, E: info@sh.thedoctors.co.nz	*IUCD & Jadelle Insertion & Removal:* Dr Tomasina Perkov *Accepts Referrals*
The Village Family Medical Building 265 Morrin Road, St Johns 1072 T: 09 528 3323, E: practicemanager@elstree.co.nz	*IUCD & Jadelle Insertion & Removal:* Dr Ssu Yu Suei Lin *Enrolled Patients Only*
The University of Auckland Health & Counselling Service T: 0800 698 427, E: uhcsnurse@auckland.ac.nz	*Jadelle & IUCD:* Stephanie Crerar, Gladys Ko, Fionna Bell, Min-Ju Kim
Three Kings Accident and Medical 536 Mt Albert Road, Mt Roskill T: 09 625 2999, E: info@threekings.co.nz	*IUCD Only:* Dr Kate Harrison *CMH Patients Enrolled with Clinic Only*

WAITEMATA (NORTH SHORE, WEST AUCKLAND, ALBANY)	
NORTH SHORE / HIBISCUS COAST	
Albany Family Medical Centre* 368 Albany Highway, Auckland 0632 T: 09 415 8959, E: reception@albanydocs.co.nz	*Jadelle Insertion & Removal:* Dr Stephan Fraize
Devenport Medical Centre 20 Victoria Road, Devonport, Auckland 0624 T: 09 972 2699m, E: reception@devonporthealth.co.nz	*IUCD Insertion:* Dr Carlos Campos *Accepts External Referrals*
Northpoint Medical Centre 1A, 40 Library Lane, Albany T: 09 320 4759, E: manager@northpointmedical.co.nz	*IUCD Removal:* Dr Balwin Jassal
The Doctors Apollo 119 Apollo Drive, Albany T: 09 477 3700, E: admin@apollomedical.co.nz	*IUCD & Jadelle Insertion & Removal:* Dr Siobhan Trevallyan Dr Farah Alqes
Whitecross Glenfield 436-440 Glenfield Road, Glenfield T: 09 444 4244, E: glenfieldreception@whitecross.co.nz or poacreferrals@tamakihealth.co.nz	*IUCD & Jadelle Insertion & Removal:* Nagdeep Kaur *Accepts External Referrals*
WEST AUCKLAND	
Green Bay Medical Centre 70 Godley Road, Green Bay T: 09 827 4075, E: greenbay@xtra.co.nz	*Jadelle & IUCD:* Dr William Reyneke *Jadelle Insertion & Removal:* Dr Cushla Borthwick
Kānuka Health	*Jadelle Insertion:*

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WAITEMATA (NORTH SHORE, WEST AUCKLAND, ALBANY)	
Titirangi	Lydia Hope
Kelston Medical Centre* 5 Glendale Road, Glen Eden T: 09 818 5208, E: admin@kelstonmed.co.nz	*IUCD & Jadelle Insertion & Removal:* Kelly Segar, Nurse
Local Doctors Ranui 421 Swanson Road, Ranui T: 09 833 6033	*IUCD & Jadelle Insertion & Removal:* Dr Yang Ma
Local Doctors Wai Health 6-8 Pioneer Street, Henderson T: 09 839 0280, E: poacreferrals@tamakihealth.co.nz	*IUCD Insertion & Removal, Jadelle Insertion:* Sharuti Saggar *Jadelle Insertion & Removal, IUCD:* Dr Yang Ma *Accepts External Referrals*
Westgate Medical Centre Westgate Shopping Centre 13E Maki Street, Westgate T: 09 833 3134, E: info@wgmc.co.nz or poacreferrals@tamakihealth.co.nz	*IUCD Insertion & Removal:* Angeline Paulson, Angela Pringle *Accepts External Referrals*
Westview Medical Centre* 5 Glendale Road, Glen Eden T: 09 818 7111, E: reception@westview.co.nz	*IUCD & Jadelle Insertion & Removal:* Ashmita Basnyat, Registered Nurse, Dr Brooke Clarkson, Kelly Segar, Registered Nurse *Jadelle Insertion & Removal:* Dr Antony Taylor
RODNEY / NORTH-WEST AUCKLAND	
Kaipara Medical Centre (formerly Kaipara Health) 53-65 Commercial Road, Helensville T: 09 420 8400, E: manager@kaiparamed.co.nz	*IUCD:* Dr Kathryn Elcock, Beth Poi, Nurse Practitioner *Jadelle:* Jenna Parkes-Brown, Nurse Prescriber
Kumeu Village Medical Centre 92 Main Road, Kumeu T: 09 412 8446, E: liane.otto@kumeumedical.co.nz	*IUCD Insertion & Removal:* Dr Grace Morgan

**Accepts referrals*

EAST AUCKLAND (HOWICK / EASTERN SUBURBS)	
Beachlands Medical Centre 129A Beachlands Road, Beachlands T: 09 536 6006, E: Rebecca.Starr@beachmed.co.nz	*IUCD Only:* Dr Rebecca Starr
Botany Junction Medical 110 Michael Jones Drive, Flat Bush T: 09 265 0321	*Jadelle & IUCD:* Dr Therese Khella, E: Therese@bjdocs.co.nz Dr Jayani Kannagara, E: Jayani@bjdocs.co.nz Rashika Devi, E: rashika@bjdocs.co.nz
Botany Town Centre Medical Practice 588 Chapel Road, Botany Town Centre T: 09 273 6003, E: admin@bmp.nz	*Jadelle & IUCD:* Dr Pieter Vosloo

EAST AUCKLAND (HOWICK / EASTERN SUBURBS)	
Crawford Medical Centre 4 Picton Street, Howick T: 09 538 0083, E: info@crawfordmedical.co.nz	*IUCD & Jadelle Insertion & Removal:* Dr Bradford Volk *IUCD Insertion:* Dr Viviana Melendez Muniz
Highbrook Medical 31 Highbrook Drive, East Tamaki T: 09 273 4876, E: nurse@highbrookmedical.co.nz	*Jadelle Insertion & Removal:* Dr Richard Chong
Highland Park Medical / My Health Team 14 Highland Park Drive, Highland Park T: 09 535 8095, E: medical@highlandpark.co.nz	*Jadelle & IUCD Insertions:* Dr Brett Hyland *IUCD Insertions:* Jocelyn Meynell, Nurse Practitioner*
Howick Health & Medical Centre 108 Ridge Road, Howick T: 09 534 3978	*Jadelle & IUCD:* Dr Amy Rankin, E: reception@howickhealth.co.nz
Local Doctors – Dannemora, East Tamaki, Otara T: 09 274 7823 ext 9935, E: Andy.knight@tamakihealth.co.nz	*Jadelle & IUCD:* Dr Janan Mansour, Dannemora Dr Sue Tutty, East Tamaki *Jadelle Only:* Dr Geeta Gala, Dannemora
Millhouse Integrative Medical Centre 128 and 130 Millhouse Drive, Howick T: 09 537 4980, E: reception@millhousemedical.co.nz	*Jadelle & IUCD Insertions:* Dr Aileen Wong, Dr Therese Khella, Dr Satya Subramanian
Tend Pakuranga Medical Centre (formerly Pakuranga Medical) 11-13 Cortina Place, Pakuranga T: 09 950 7351, E: kiaora@tend.nz	*IUCD Insertion & Removal:* Dr Eileen Sables, Dr Lesley Darcy, Dr Teresa Booth *Jadelle Insertions:* Maria Mao, Designated Nurse Prescriber *Jadelle Insertions Only:* Dr Ji Young Park

**Accepts referrals*

SOUTH AUCKLAND	
MANGERE / OTAHUHU / OTARA	
Bader Drive Health Care 93 Bader Drive, Mangere Town Centre T: 09 275 8598, E: womenshealth@bdhealthcare.co.nz	*Jadelle & IUCD:* Dr Nua Tupai
Dr Upsdell's Surgery 2 Graeme Avenue, Mangere East T: 09 278 7214	*Jadelle & IUCD:* Dr John Upsdell
Mangere Contraception Clinic 10 Waddon Place, Mangere T: 09 259 3826, E: larc.cmdhb@middlemore.co.nz	Open every Thursday 8.30 am to 4.30 pm

SOUTH AUCKLAND	
Mangere Health Centre 6 Waddon Place, Mangere T: 09 255 0600, E: admin@mhc.net.nz	*Jadelle & IUCD:* Lorrayne Rani, Dr Savani Kannangara, Ara Aiba, Registered/Practice Nurse (Accept Referrals) *IUCD Insertion & Removal:* Dr Tim Hou *Does Not Accept Referrals*
Mangere Refugee Health Service 251 Massey Road, Mangere East T: 09 250 9850, E: mangererefugeehealth@middlemore.co.nz	*Jadelle & IUCD Removals:* Dr Nazeeha Bajoory-Kettoola *Does Not Accept Referrals*
Lifeline Medical Centre 230 Great South Road, Otahuhu T: 09 276 2822, E: reception@lifelinemedical.co.nz	*IUCD & Jadelle Insertion & Removal:* Dr Sobia Imran
Local Doctors - Mangere & Otara T: 09 274 7823 ext 9935, E: Andy.knight@tamakihealth.co.nz	*Jadelle & IUCD:* Dr Oruba Khalil, Otara Dr Lamara Kandelaki, Mangere *IUCD:* Dr Sashir Thota
Otara Family & Christian Health Centre 5/20 East Tamaki Road, Otara T: 09 274 6654, E: roshan.fernando@otarafamily.health.nz	*Jadelle Only:* Renee Carroll, Siniva Toma *IUCD:* Delvene Steven
South Seas Healthcare 14 Fair Mall, Otara T: 09 273 9017, E: admin@southseas.org.nz	*Jadelle Only:* Dr Rodania Levi
The Doctors Middlemore* 215 Massey Road, Māngere East T: 09 275 9977, E: info@md.thedoctors.co.nz	*Jadelle Insertions & Removals/IUCD Removals:* Dr Shomel Gauznabi, Dr Dulani, Dr Tom Bye, Dr Mahzer Iqbal *IUCD Only:* Dr Neelithi Wickramasinghe *Accepts Referrals*
Turuki Healthcare 2/32 Canning Crescent, Mangere T: 09 275 5788, E: mangere@thc.org.nz *LARC Clinic (one day a week):* Bookings for this clinic after an initial consult with a GP	*Jadelle & IUCD:* Dr Emalia Lavemai (during school holidays only), Dr Janet Vaughan, Dr Katrina Kirikino, Dr Thealyssa Ng *Jadelle Insertion:* Lena Hope
PAPATOETOE	
Niu Life Midwives 89 Great South Road, Papatoetoe	▪ Monthly Monday clinic, 9.15 am to 2.30 pm

SOUTH AUCKLAND	
T: 0800 806 077, M: 021 958 793, E: lindafburke@gmail.com	▪ Monthly Saturday clinic, 9.15 am to 2.30 pm for Niu Life Midwives clients only *Does Not Accept Referrals*
Whanau Ora Community Clinic 258 Puhinui Road, Papatoetoe T: 0800 367 942, E: info@toa.org.nz	*Jadelle Only:* Dr Genevieve Syed
Youthline Clinic 145 Saint George Street, Papatoetoe Call: Kerrie Salwey, M: 021 589 520 or E: kerrie.salwey@middlemore.co.nz or Brenda Taia, E: brenda.taia@middlemore.co.nz	*Jadelle Only* Kerrie Salwey, Brenda Taia Drop-in or booked clinic for under 25-year-olds, Thursday from 9.00 am to 12.00 pm
MANUKAU / MANUREWA / TAKANINI	
Bakerfield Medical Centre 16A Bakerfield Place, Manukau T: 09 263 7770, E: manager@bakerfield.co.nz	*Jadelle & IUCD Insertions & Removals:* Dr Sahar Bahnam, Dr Hannah Liu
Clendon Family Health Centre 9 Robert Ross Place, Clendon T: 09 267 2636	*Jadelle Insertions:* Dr Bhavana Patel, E: bhavana@clendonfamily.co.nz Dr Jessica Ly, E: jessica@clendonfamily.co.nz *Jadelle & IUCD:* Dr Lisa Karl, E: Lisa@clendonfamily.co.nz
Etu Pasifika South Auckland (formerly Cavendish Family Doctors) 175-195 Cavendish Drive, Papatoetoe T: 09 869 9963, E: adminetusouth@etupasifika.co.nz	*Jadelle & IUCD:* Dr Anne Tuala
Flatbush Medical Centre 201 Murphys Road, Flatbush T: 09 930 8314, E: Reception.fbmcl@gmail.com	*Jadelle Insertion:* Kalaiyarasi Mohanan
Greenstone Family Clinic 157 Great South Road, Manurewa T: 09 26 78702	*Jadelle Insertions & Removals:* Karen Hoare (NP) E: karen@greenstoneclinic.co.nz
Hunters Corner Medical Centre 28 Hoteo Ave, Papatoetoe T: 09 277 8297, E: reception@hunterscornermedical.co.nz	*IUCD Only:* Dr Phillipa Johnstone
Local Doctors – Dawson Road T: 09 274 7823 ext 9935, E: Andy.knight@tamakihealth.co.nz	*Jadelle & IUCD:* Dr Aaia Aladdin *Jadelle Only:* Dr Kalyani Wijeweera
Local Doctors – Manukau 18 Manukau Station Raod, Manukau T: 09 262 2011, E: reception@mcmcltd.co.nz	*Jadelle & IUCD:* Dr Mekala Pushparajah *Accepts Referrals*
Local Doctors – Manurewa Healthcare*	*Jadelle & IUCD:*

SOUTH AUCKLAND	
210 Great South Road, Manurewa T: 09 266 4477, E: reception@manurewadoc.co.nz	Alysha Clark, Nurse Practitioner
Local Doctors – Takanini 30 Walters Road, Takanini T: 09 274 7823	*Jadelle Only:* Meiyun Ding
Manukau Health Park Contraception Clinic Module 10, 901 Great South Road, Manurewa T: 09 259 3826, E: MangereOtarahub.Generic@middlemore.co.nz	Alternate Saturdays 9.00 am to 1.00 pm *By Appointment Only*
Manurewa Medical Limited* 157 Great South Road, Manurewa T: 09 266 7758, E: nurses@manurewamedical.co.nz	*Jadelle Insertions & Removals, IUCD Insertions & Removals:* Poonam Saini *Accepts Internal & Externals Referrals*
Pasefika Family Health* 5 Waimahia Avenue, Weymouth 2103 T: 09 528 9800, E: admin@pasefikahealth.co.nz	*Jadelle & IUCD Insertion & Removal:* Dr Melbourne Mauiliu, Dr Lulu *Accepts Referrals*
Southpoint Family Doctors 9 Sharkey Street, Manukau T: 09 262 0072 For external referrals bookings contact clinical@spfd.co.nz or reception@spfd.co.nz	*Jadelle Only:* Dr Fiona Shepherd, E: fiona@spfd.co.nz *IUCD Only:* Dr Hinamaha Lutui, E: hinamaha@spfd.co.nz
Whanau Ora Community Clinic 153 Mahia Road, Wattle Downs T: 09 266 6070, E: receptionmahia@toa.org.nz	*Jadelle Insertions:* Dr Rohit Singla
Wiri Family Doctors 10/792 Great South Road, Wiri T: 09 263 6622, E: wirifamilydoctors@gmail.com	*Jadelle Only:* Xin (Isabel) Zhao

SOUTH AUCKLAND	
PAPAKURA	
Papakura Birthing Unit Clinic 2 Clevedon Road, Papakura T: 09 299 9102, M: 021 2207 239 / 021 958 793	Tuesday from 9.15 am to 3.15 pm Every second Saturday from 9.15 am to 2.30 pm
Papakura East Medical Centre 57 Clevedon Road, Papakura T: 09 299 9666, E: admin@pemc.co.nz	*Jadelle & IUCD Insertions, Accepts Referrals:* Dr Shelly Collins, Korrinna Walker-Burns, Nurse *Jadelle & IUCD Insertions, Does Not Accept Referrals:* Dr Dean Mackay
Papakura Marae Health Clinic 29 Hunua Road, Papakura T: 09 297 2160, E: reception@papakuramarae.co.nz	*Jadelle Insertions & Removals:* Amanpreet Kaur
OTHER SOUTH AUCKLAND SERVICES	

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SOUTH AUCKLAND	
Secondary School Based Services Counties Manukau District Schools Call/text: Kerrie Salwey, M: 021 589 520 or Call: Brenda Taia (Te Rarawa), M: 021 404 862 to book or contact the School Based Health team at the school	Drop-in or booked clinics for students. Times and venues alter as needed *Jadelle Insertions Only:* Kate Chitar, Kerrie Salwey, Brenda Taia *Does Not Accept Referrals*
Sexual Wellbeing Aotearoa (formerly Family Planning) Level 3, Westfield Shopping Centre, 2 Manukau Station Road, Manukau, T: 07 810 6610 Trust Arcade, 169 Great South Road, Papakura T: 07 810 6610, M: 0800 372 546	Monday to Friday, Saturday by Appointment (in-person, phone, video) Monday to Thursday by Appointment (in-person, phone, video)

**Accepts referrals*

and

FRANKLIN	
Mai Lighthouse (formerly Franklin Family Support Services) 205 King Street, Pukekohe Call/text: Brenda Taia (Te Rarawa), M: 021 404 862 to book or phone T: 09 238 6233, E: admin@mailighthouse.org.nz	Drop-in or booked clinic for under 25-year-olds, Tuesday from 9.00 am to 12.00 pm *Jadelle Only:* Brenda Taia
Pukekohe Family Health Care 10 West Street, Pukekohe T: 09 237 0280, E: contact@pukekohehealth.co.nz	*Jadelle & IUCD:* Dr Aileen Elborough
Pukekohe Maternity Hospital 1 Tuakau Road, Pukekohe M: 0272 564 088	*Jadelle Only:* Elizabeth Harker, E: liz.midwife@xtra.co.nz *Contraception Clinic:* Held weekly for postnatal women who have delivered within 12 weeks.
Pukekohe South Doctors 241 Manukau Road, Pukekohe T: 09 237 0286, E: reception@pukekohesouthdoctors.co.nz	*IUCD Only:* Dr Louisa Sinclair *(May 2025 – on extended leave)*
The Doctors Drury 175 Great South Road, Drury T: 09 294 3005, E: admin@drury.thedoctors.co.nz	*Jadelle & IUCD:* Dr Lynette Ashby, Dr Sophie Chan
Tuakau Health Centre 55 George Street, Tuakau 2121 T: 09 236 8068, E: reception@tuakauhealth.co.nz	*Jadelle Insertions Only:* Menedore Nibaruta
Waiuku Health Centre 30/26-30 Constable Road, Waiuku T: 09 235 9102, E: admin@waiukumedical.co.nz	*Jadelle & IUCD:* Dr Nicola Coombes, Dr Sasha Maxwell *Does Not Accept Referrals*