

PRIVATE AND CONFIDENTIAL

MY CHECK UP FOR SEXUALLY TRANSMISSIBLE INFECTIONS

It is important that you can talk with your doctor about your sexual health. **Anyone who has sex can get a sexually transmissible infection (STI) and your doctor cares about all of your health.**

These are some questions you may want to ask yourself and your sexual partners. It can help to think about the answers before your check up. If you think it will help you talk to your doctor, you can print this form and take it with you. As everyone is different, there are no right or wrong answers to these questions.

1. The last time I had a sexual health check was:

- never within the last year over one year ago

2. At the moment I have:

- pain when I pass urine unusual fluid from my vagina, penis or anus
 a sore on my genitals or anus an itch on my genitals or anus
 a lump on my genitals or anus a rash on my body or genitals
 pain in my lower abdomen pain when I have sex
 bleeding when I have sex a fever

If you have noticed any of these problems listed above, see a doctor as soon as you can.

- I am not sure if I have a problem /I do not think I have a problem

Sometimes having a STI does not show symptoms, so if you had a sexual risk it's important to have a check up.

3. When I have sex, I usually use condoms for:

Oral sex (penis, vagina or anus in mouth)

- always sometimes never

Vaginal sex (penis or sex toy in vagina)

- always sometimes never

Anal sex (penis or sex toy in anus)

- always sometimes never

4. The last time I had sex without a condom was:

- within the last week within the last three months over three months ago

Having more than one sex partner in the last 12 months can increase your risk of an STI. Condoms protect you from most STI though it's still worth having a check up.

Talk to your doctor and they might do these tests for your sexual health check up.

- Chlamydia – a urine test*
- Gonorrhoea – a urine test*
- Syphilis – a blood test*
- Hepatitis A – a blood test*
- Hepatitis B – a blood test*
- HIV – a blood test *

*In most cases a check up involves only one urine test and/or one blood test.

- Other tests also may be done if you have symptoms or other risks.

Medical advances have made testing simpler and more comfortable. Some tests can also be self collected.

For health professionals and people within NSW who want to talk about sexual health call the NSW Sexual Health Infoline 1800 451 624

The NSW Sexual Health Infoline is a collaboration between Sydney Sexual Health Centre and the NSW Sexually Transmissible Infections Programs Unit.