

# Sexual Health Check Up (Am I free of infection?)



## Easy Read Booklet

# When should i have a regular check up



If you have had unprotected sex (had sex and did not use a condom).



OR

If you have a new partner.



Sometimes infections have no symptoms.

# Where to get a check up



Talk to your doctor.

OR



Visit the Sexual Health Clinic.

You may not need to be examined.

They can test for chlamydia, gonorrhoea, syphilis, HIV and hepatitis.

## Test for Chlamydia or Gonorrhoea



Put the tip of the cotton swab stick about 2 cm (length of one finger joint) inside your vagina. Turn the swab around once.

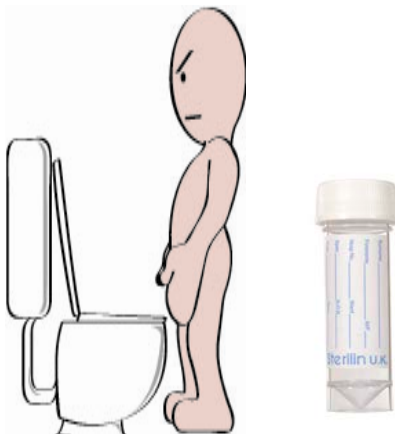


Count to ten whilst leaving the cotton swab stick in the vagina.

The nurse will tell you what to do.

Women can take a swab themselves.

If you need help ask the nurse.



Men can give a urine sample (provided they have not passed urine within the last hour).



The doctor or nurse will ask how you would like to be contacted about your results.



## Tests for Syphilis, HIV and Hepatitis



The nurse or doctor can take a blood sample.



The nurse will contact you with results and make an appointment for you to have treatment and advice if needed.



**FREE  
CONDOMS  
NO FUSS**



To get free condoms go to  
The doctor (GP), local clinic  
or chemist.



Or call 0300 303 0251 for your  
nearest centre.