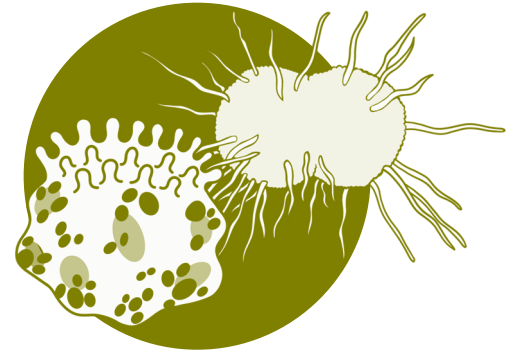
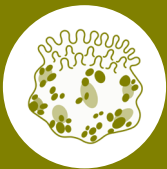


CHLAMYDIA & GONORRHOEA



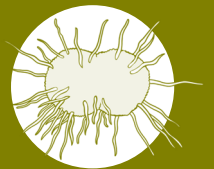
Chlamydia and gonorrhoea are bacterial infections and are among the most common sexually transmitted infections (STIs) in the UK. Both infections can be easily passed on through any type of sexual contact including, vaginal, anal or oral sex. It can also be passed on through sexual activities like sharing sex toys. Depending on where a person becomes infected, both infections can be found in the vagina, rectum, urethra (inside a penis) or throat.

SIGNS & SYMPTOMS OF INFECTION



CHLAMYDIA

- An unusual discharge from the vagina, penis or rectum
- Pain when passing urine and/or passing urine more often
- Heavy periods or an irregular bleed between periods
- Pelvic/lower abdominal pain
- Abdominal pain during sex
- Bleeding during or after sex
- Painful swelling of the testicles, or irritation at the top of the penis



GONORRHOEA

- A yellowish, white or green discharge from the penis or vagina
- A discharge from the anus
- A burning sensation when passing urine
- Lower abdominal pain and tenderness
- Experiencing a heavy period or bleeding between periods
- Painful swelling of the foreskin or pain in the testicles

Often there are no symptoms at all, so it's important to have a regular STI test to look after your health and well-being

DID YOU KNOW - If left untreated, both chlamydia and gonorrhoea can lead to pelvic inflammatory disease and infertility.



WHEN SHOULD I TEST?

- Both chlamydia and gonorrhoea can be detected after a two week window period from the time of infection so it's important that you don't test too early as it could give you a false result
- If you develop any symptoms or pain, do not wait for the window period to pass, arrange to see a health professional in clinic for further advice as soon as possible
- It's a good idea to test regularly, even if you haven't got any symptoms, and to have a sexual health check up before having sex with any new partners to reduce the chances of passing an infection on
- Women and other people with a womb or ovaries who are aged under 25 are advised to have a chlamydia screen at any change of sexual partners

HOW DO I TEST?

Testing is very easy and for most people would include:

- **For people with a penis**
Providing a urine sample (it's advised to hold your urine for at least one hour before testing)
- **For people with a vagina**
Providing a self-taken vaginal swab (results are not affected if you are on your period at the time)
- **Depending on the type of sex some people have, they may also want to consider having a throat or rectal swab to check chlamydia and gonorrhoea**



DID YOU KNOW?

Using a condom during vaginal, anal, and oral sex, is an effective barrier method of protecting yourself and partners from chlamydia, gonorrhoea and other STIs

Testing for chlamydia and gonorrhoea is free and confidential for everyone and is available from:

- Sexual Health Sheffield
(inc. walk-in youth clinic for anyone aged 18 and under)
- Some GP practices
- Postal kits (for anyone aged 16 or over and living in Sheffield)

WHAT IF I HAVE AN INFECTION?

Lots of people test positive for chlamydia and/or gonorrhoea, and it's nothing to feel embarrassed or ashamed about. The important thing to know is that both infections are easily treated and cleared with antibiotic medication. Treatment is free of charge from Sexual Health Sheffield, and you will be given advice on how to take it by a health professional.