

## Department of Genitourinary Medicine

# Patient Information

The Information Standard 

# Information

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## Sexual health screening at IRC The Verne

This leaflet gives information about the services provided at IRC The Verne Sexual Health in-reach clinics. We offer:

- Information and confidential advice about sexual health
- Screening for and treatment of sexually transmitted infections (STIs)
- Diagnosis and treatment of genital soreness, itching and rashes
- Support following sexual assault

### What happens at the in-reach clinic?

- Your first visit to the clinic will usually take between 15-20 minutes. Further visits, if needed, should be shorter.
- The nurse practitioner who sees you will ask you some questions, decide whether you need to be examined and then take some specimens.
- A urine sample will be needed which is tested for both chlamydia and gonorrhoea. You are requested not to pass urine for 2 hours before attending the in-reach clinic.
- You will normally be tested for HIV, hepatitis B and C and syphilis at your reception medical, but if not we can test you for these infections. Routine test results will be received back in 10 days, but you will be informed sooner if treatment is necessary.

### What are the symptoms of sexually transmitted infections?

- Infections such as chlamydia, gonorrhoea, syphilis, genital warts, genital herpes and HIV can be transmitted through sexual contact with someone who's already got them – from vaginal, anal, oral sex and sharing sex toys.
- Symptoms vary, and many people show **NO symptoms at all**.
- Common symptoms of STIs include:
  - ⇒ Discharge from the penis
  - ⇒ Pain or burning when you urinate (pee)
  - ⇒ Itches, rashes, lumps or blisters around the penis or anus
  - ⇒ Pain when you ejaculate (come)
  - ⇒ Pain in the testicles

## Sexual health screening

- Most STIs can be treated. However, if left untreated you may develop complications which are more difficult to treat and also infection may be passed on to your partner.
- Because of this, it is a good idea to have a sexual health MoT, even if you do not have any symptoms.
- We routinely test for chlamydia and gonorrhoea; this can usually be done just on a urine sample, but sometimes swabs may be needed.
- We will take a blood test for HIV, syphilis, hepatitis B and C if needed.
- Some infections, such as warts and molluscum contagiosum, can only be diagnosed by examining you.
- There is no routine test for genital herpes; this can only be diagnosed by taking a swab from a sore.
- An infection called non-specific urethritis (NSU) can only be diagnosed by taking a swab from the urethra (pipe). We will advise this if you have any of the symptoms listed above.

## Testicular self-examination

- All men are advised to check their testicles (balls) once a month, to feel for any lumps or bumps that could be due to cancer.
- Everyone is different, so if you are going to pick up any changes, you need to know what is normal for you.
- You will be offered a testicular examination as part of the sexual health screen and the nurse practitioners will teach you how to carry out your own testicular examination.

## Further Information

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