

- in some situations we will take a sample which we then look at under the microscope while you are in the clinic. This will help with the diagnosis.
- you may be asked to provide a urine sample so please try to avoid passing urine for at least 1 hour before your clinic appointment. If you have to go to the toilet before your appointment, please ask a member of staff for a bottle and you can collect a sample to take with you when you see the doctor/nurse.
- we may also recommend taking a blood sample. This lets us check for infections such as Syphilis, Hepatitis and HIV.

Getting your results?

Most results are available within 2 weeks following your test date, and can be accessed from our automated results service on 01786 434039. You will be given a unique patient ID number at the clinic which you can use to access your results. When you call the number, make sure you listen to the entire message. You will be asked to enter your patient ID and your date of birth which should be entered in a 6 digit format DD/MM/YY. The results service may direct you to a Health Advisor to discuss your results further. You will be notified directly if any of your test results are abnormal, so it's really important that you have given us your correct contact details.

How to contact the Sexual Health Service:

Find out more at our website:
www.centalsexualhealth.org

To make an appointment call **01324 673554**.



Introduction:

Welcome to Central Sexual Health where we offer a wide range of patient friendly services.

What we offer:

- testing and treatment for sexually transmitted infections such as Chlamydia, Gonorrhoea, Syphilis and HIV. We can also offer advice, help and treatment for other sexual health issues such as genital warts and genital herpes.
- free condoms and lube.
- vaccination for Hepatitis B vaccination and HPV. The nurse or doctor will let you know if this is recommended.
- information and referral to other services such as counselling.
- pregnancy testing.
- emergency contraception.
- a range of contraceptives including longer acting methods such as implants and coils.
- HIV PEPSE (post exposure prophylaxis) after sexual exposure to HIV.
- you can also come and chat if there is something bothering you about your sex life.
- HIV PREP (HIV pre-exposure prophylaxis) monitoring and prescription if eligible.

We have a range of clinics available:

- anyone can use these services. You can make an appointment yourself - just call **01324 673554**.
- everyone who calls will speak to a qualified sexual health nurse who will determine what service is best suited to them.
- patients requiring urgent care, will be seen within 2 working days.
- patients with non-urgent conditions may be asked to call back at an alternative time.
- you can also be referred by your GP/other health services.

Confidentiality:

Our services are completely confidential. We will not pass any of your information to a third party without notifying you and this includes your own GP. We do not have the authority to give any of your details to employers, insurance companies, banks, lending agencies, etc.

What to expect at the clinic:

Getting information:

- if it is the first time you have attended you will be asked to fill in a form with your name and contact details. This form is available on our website if you would prefer to complete it before coming to the clinic.
- if you have symptoms, you will be asked for some further details e.g. 'Are you going to the toilet more than usual?'
- you will be asked some questions about your sex life, e.g. 'When you last had sex?'. You might feel embarrassed but being honest will help you get the appropriate tests and treatment if required.

- you will be asked about your past and present medical history and any other relevant information.
- if you need contraception, we will discuss the options with you (based on your medical history and previous experience with contraception) and provide a method which suits your needs.
- on the basis of all this information, we will discuss which tests and treatment may be most suitable for you.

Having an Examination:

- not everyone needs to have an examination. If you are attending for contraception we will usually check your weight and blood pressure.
- if we recommend an examination we will check with you first. We will offer you a chaperone for any intimate examination.
- the examination may involve a look at the genital area, mouth, anus/rectum (back passage) and skin to look for any signs which will help us in our diagnosis.
- samples may be taken from the urethra (opening from which you urinate) and any sores/ulcers or rash. In some cases, swabs may be taken from your mouth and anus/rectum. For women, the tests might also include swabs taken from the vagina and cervix (entrance to the womb). For this test a plastic speculum is inserted in your vagina. This is similar to having a cervical smear test. This helps the doctor/nurse to get a better view of the cervix.
- it is quite common for patients to take their own swabs if they don't have any symptoms.