

# You may not know you have it! choose chlamydia testing

## What is chlamydia?

Chlamydia is the most commonly diagnosed sexually transmitted infection (STI) in the UK. It's most common in men and women under 25.

The bacteria that cause chlamydia are found in the semen, vaginal fluids and saliva of people who have the infection. Chlamydia is easily passed from one person to another through unprotected sex (not using a condom). Any form of unprotected sex can put you at risk of catching chlamydia, including oral sex.



## Why is chlamydia a problem?

If chlamydia is not treated it can cause pain in the pelvis, infertility (being unable to have children) and ectopic pregnancy (a pregnancy in the fallopian tubes). This risk is increased if you get the infection again and again.

Most people with chlamydia infection don't get any symptoms. If you do get symptoms you might notice:

- unusual vaginal discharge
- pain when peeing or having sex
- bleeding after sex or between periods
- pelvic pain (pain in the lower part of the stomach) or painful testicles

If you have any of these symptoms you should see a health professional, even if you have tested negative for chlamydia as you may have a different infection.

## What is the chlamydia test?

The test is free, simple, completely confidential and is optional. All you need to do is give a urine sample or a self – taken vaginal swab. You do not need to be examined. If you do want to have the test, you will be asked to fill in a form – ask for help if you want.

We need a way of contacting you with your results. This can be your address, mobile number or e-mail.

We will not tell anyone about what you tell us. The Health Protection Agency counts how many people in England have chlamydia. We will send them details of the results, **but not** your name or contact details.

Most chlamydia tests are for chlamydia only but, in some cases, a test for chlamydia and gonorrhoea is used. The person who is offering you the test will explain whether the test you are taking is for chlamydia only, or chlamydia and gonorrhoea. If they test for gonorrhoea as well then they will provide information about this infection.





## Where can I get a test from?

- GP surgeries
- Community Pharmacies
- Sexual health clinics

For your local services visit [www.chlamydiaSCREENING.nhs.uk](http://www.chlamydiaSCREENING.nhs.uk)

## What if I have chlamydia?

Chlamydia is treated with antibiotics. If your test shows you are positive, the people you have had sex with recently will also need to be tested and/or treated.

Do tell us if you could be pregnant, as you may need to have different antibiotics. Remember: antibiotics can stop the contraceptive pill from working.

## How do I protect myself from chlamydia and other STIs?

- Use condoms every time you have sex and check the instructions in the packet if you are unsure how to use condoms correctly
- If you have oral sex, cover the penis with a condom or the vagina with a plastic 'dam'
- Have a chlamydia test each time you have a new sexual partner
- Make chlamydia testing a regular part of your life and get checked once a year

For more information and to find out where you can get a test locally, visit the website:

**[www.chlamydiaSCREENING.nhs.uk](http://www.chlamydiaSCREENING.nhs.uk)**

Or you can call the Sexual Health Help Line: 0800 567 123 Text Phone: 0800 521 361

Or contact your local chlamydia screening office:

Chlamydia is the most commonly diagnosed STI, but most people who catch it don't get any symptoms. Say 'yes' to the test and find out if you've got it. Remember you won't be protected against STIs without a condom.

**[nhs.uk/worhtalkingabout](http://nhs.uk/worhtalkingabout)**

