

THE FOLLOW UP

So what happens after you've had a sexual health check up?

It depends a little on the clinic, and your results. In some cases, you might not even have to go back to the clinic again until your next check up. Many clinics have a “no news is good news” policy - which means, if you don't hear back from them, you're all clear! Some clinics will be happy to tell you your results over the phone, but others might ask you to come in for another chat.

What happens if you do test positive to an STI?

Most **STIs (sexually transmissible infections) are easy to treat**. In most cases, the doctor will probably prescribe you some medication, just like treating any other illness.

Contacting sexual partner(s)

It's important that if your results come back positive, **you must tell anyone you have had recent unprotected sexual contact with**. This is called “**partner notification**”, and this is something the clinic can help you with. This lets your sexual partner(s) know to get tested/ treated, and may also prevent you from getting infected again.

Other than talking to them face to face or on the phone, there are other ways you can contact recent sexual partner(s). Sometimes, **your clinic can anonymously let someone know** for you, or you can use an **online service** and remain anonymous if you want.

**Remember, it's your health and your choice.
Be proud of your choices!**

Useful links:

1800 My Options – 1800 696 784 (weekdays, 10am–4pm)
For information and help finding sexual health services near you
www.1800myoptions.org.au

Let Them Know– this website includes examples of conversations, emails, text messages (SMS) or letters you can use in informing your partner(s). It even allows you to send an SMS or email to your partner(s) directly from the site, either personally or anonymously or if you prefer, you can ask your doctor to help.
<https://letthemknow.org.au/index.html>

The Drama Down Under– this website is designed for gay men and men who have sex with men. It can send an email or SMS text message to let sexual partner(s) know they may have been exposed and how to get tested. You don't need to provide your name or contact details to use this free and confidential service.
www.thedramadownunder.info/let-them-know

Better To Know– this website is for Aboriginal and Torres Strait Islander peoples, with resources to assist partner notification, including the ability to send an anonymous SMS to notify potential contacts.
www.bettertoknow.org.au/index

Better Health Channel
www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/sexually-transmissible-infections-stis