

THE CHECKUP

Lots of people can feel embarrassed or anxious before a sexual health checkup. Here's a quick rundown of what might happen in an appointment. Remember – health care workers have seen and heard it all!

What will I be asked?

In an appointment, the doctor or nurse will ask you some questions so they can decide how best to treat you. Even though it can feel awkward, these are important questions - the more they know, the more they can help. These questions might focus on:

- Any **medical conditions** you've got
- Any **medications** you take
- Any **previous STI (sexually transmissible infection) testing or treatment**
- Any **symptoms** you're worried about (such as pain or discharge)
- Your **sexual practices** (including whether you use condoms, contraception and what sort)
- Your sexual **partners** and relationships
- Your **sexual history** in general

And remember, **all your medical information remains confidential.**

What happens next?

If your doctor or nurse decide you need any tests, they should **explain what they're doing** and **ask for your consent** first. They don't look unless they have to!

Most tests involve a **urine sample or blood test** - usually they're very quick and easy. Sometimes they will happen on the day, other times you might need to wait, or go somewhere else to get the tests done.

**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

TESTme is a free service of Melbourne Sexual Health Centre (MSHC) for rural Victorians aged 25 years and younger, rural Victorian men who have sex with men and Aboriginal and Torres Strait Islander people. A **self-testing kit** will be posted to you with clear instructions, swabs and containers—to test for chlamydia and gonorrhoea.
www.testme.org.au

NURSE-ON-CALL—1300 60 60 24 (24/7)
For immediate expert health advice from a registered nurse, or information about health services in your area.

Better Health Channel

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