



You have been given this leaflet because you have had sex with someone who has been diagnosed with chlamydia.

What is chlamydia?

Chlamydia is the commonest bacterial sexually transmitted infection (STI), affecting around 1 in 10 young men and women. Most of those infected do not have any symptoms. It is easily treated with antibiotics, but it can cause serious problems if not treated. It usually infects the urethra (water pipe) and cervix (neck of the womb). It can also infect the throat, rectum (back passage) and eyes. If it is not diagnosed and treated early, the infection can spread to the uterus (womb) and tubes in women (known as pelvic inflammatory disease or PID) and the testicles in men (known as epididymitis).

What are the symptoms of chlamydia?

Most men and women infected with chlamydia will not notice anything wrong. Men can develop burning when passing urine or irritation of the urethra, sometimes associated with discharge from the penis. If the infection spreads, they can develop pain and swelling of the testicles. Women can develop burning on passing urine or a change in their vaginal discharge. A change in menstrual bleeding, such as periods becoming more heavy and painful than usual or bleeding between periods or new lower abdominal pain or deep pain during sex suggests that the infection has spread from the cervix and they have developed PID.

Do I need treatment?

All current and recent partners (within the last 6 months) of someone who has been diagnosed with chlamydia should be tested, even if they don't have any symptoms. Testing is easy; you can provide a urine sample or take your own swabs; however if you have symptoms you should be examined by a doctor or nurse.

Even if the swabs are negative, it is recommended that you are given treatment. This is because the tests for chlamydia are not completely accurate, and even if it comes back negative there is a possibility that you could be infected. If your current partner has chlamydia, it is important that you are treated, to prevent any infection being passed back and forth between you. The risk of developing complications such as epididymitis or PID is increased with untreated or recurrent chlamydia.

How can I get tested and treated?

We recommend that you do not have sex until you have been tested and treated.

- Contact your nearest Sexual Health Dorset clinic – visit our website <https://sexualhealthdorset.org> for details or telephone 0300 303 1948.
- If you live in Dorset, you can request a kit for home sampling for STI testing from SH:24 sh24.org.uk; however if the test comes back negative, you will need to attend a clinic or your GP to get treatment.
- If you do not live in Dorset, see the NHS website <https://www.nhs.uk/> for your nearest clinic.
- Your GP can prescribe treatment for you if you show this leaflet to them (NB FP10 prescriptions endorsed "FS" are dispensed by community pharmacies free of charge).

Instructions to the clinic or GP practice who sees and treats the contact:

- *Please screen the contact as appropriate; however as current tests are not 100%, empirical treatment should be given even if the results are negative.*
- *Recommended treatments are **doxycycline 100mg bd x 1 week or azithromycin 1g stat, followed by 500mg daily for 2 days.***
- *Contact Sexual Health Dorset for advice if needed, via telephone 0300 303 1948, e-mail, or Consultant Connect.*
- *Please telephone the health adviser at Sexual Health Dorset (0300 303 1948, option 4), to confirm that the contact has been treated, quoting this reference:*

Reference: (Sexual Health Dorset ID or other identifier such as NHS number): _____