

What will be Tested?

Chlamydia, Gonorrhoea, Trichomoniasis, HIV and Syphilis.

If you test too soon after an exposure to a sexually transmitted infection (STI), you may not get an accurate result. If you are concerned about a specific sexual contact, we recommend testing at 3 weeks **AND** 3 months following contact.

Use On-Demand STI Testing when:

- It is part of your regular STI checkup.
- Testing is recommended every 3-6 months, especially when you have new or casual partners, or you've had a change in your sexual activities.

Do NOT use On-Demand STI Testing and see a healthcare provider if:

- You are having symptoms that you think could be an STI.
- You had recent sexual contact with someone who has tested positive for an STI, and now you need to get tested and treated.
- You want to access HIV Post-Exposure Prophylaxis (PEP).
- You would like to speak to a nurse or doctor for any other reason.

How do I get Tested?

1. Fill out the lab form and choose any of the swab tests you would like added (see box for test(s) instructions).
2. Give the lab form back to the lab assistant. They will collect your blood and give you instructions to collect your own urine and/or swab(s) in the bathroom. Swab instructions will be provided by lab staff.
3. You will **NOT** be seen by a nurse or doctor.

On-Demand STI Testing:

Chlamydia, Gonorrhoea & Trichomoniasis testing:

- For those with internal genitalia (vagina) choose what collection site you would prefer (urine or vagina)
- For those with external genitalia (penis) choose urine as collection site

Optional Test(s) to Add:

On the lab form check the option(s) that match the type of sex you are having.

- **Throat Swab** – My mouth on a partner's penis / external genitals or a shared sex toy
- **Rectal Swab** – A partner's penis / external genitals or shared sex toy in my anus

How do I get my Results?

Do not call the lab that collected your test samples, they will not have your results.

If your test(s) are **positive**, you will be contacted by a nurse who will provide follow-up care and connect you with a provider for treatment.

If your test(s) are **negative**, you will **NOT** be contacted.

You can access your results in the following ways:

- MyHealth Portal for chlamydia and gonorrhoea results. If you are not signed up, sign up at the lab at time of appointment.
- Health Gateway for all results at www.healthgateway.gov.bc.ca
 - If unable to access results through either MyHealth Portal or Health Gateway, phone 250-331-8555 **2 weeks** after your lab visit.
- Follow up with your regular healthcare provider.

Questions about sexual health and sex? Sex Sense phone line is a free, pro-choice, sex-positive, and confidential service. They are a team of registered nurses, counsellors, and sex educators who offer information and resources on sex, sexuality and sexual health.

Call Sex Sense at: 1-800-739-7367 **Hours of operation:** Monday-Friday 9 a.m.-9 p.m. Pacific Time