

Just for Men: STI Testing



2600 CTTC Building
613-520-6674
carleton.ca/health

CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.



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Things to Remember

1. Timing is everything: There are windows of time with every illness and its subsequent detection. If you contracted something a week ago, it's unlikely to show up in a test you take today. You should either wait for the recommended interval, or repeat testing after that interval has passed.
2. Avoid re-infection! It's a very bad idea to get tested and treated but not to tell your partner about it! Not only do they deserve to know, they will need to be treated as well, or they will just give it right back to you.
3. You can get bacterial STIs without having intercourse. Some STI's are contracted from skin-on-skin contact. Don't assume you are disease free if you had oral, vaginal or anal sex.
4. Some 50% of men diagnosed with things like Gonorrhea and Chlamydia had NO symptoms of the illness at the time they were tested.

Male STI Testing (for Sexually Transmitted Infections)

Every male who is, or has been, sexually active needs to get himself tested. That goes for gay men, straight men and in-between men.

What are we being tested for?

There are 6 basic STI tests that men should be tested for when they visit their doctor:

- Chlamydia
- Gonorrhea
- Trichomoniasis
- Hepatitis B
- Syphilis
- HIV

There are actually more than 6 diseases that men can carry-and give to women-but some of them can't really be tested for without a visible breakout-like Herpes, cold sores or HPV warts.

What do the tests involve?

Chlamydia, Gonorrhea and Trichomoniasis can be diagnosed with a urine test. If you're not into getting swabbed, find a clinic or physician who offers this type of testing. Health and Counselling Services does urine testing. For accurate testing, please do not void your bladder before going to your appointment.

Hepatitis B, Syphilis and HIV are all blood borne illnesses which require blood testing.



What if I have one of these infections?

If you're diagnosed with Chlamydia, Gonorrhea and Trichomoniasis, these are all very treatable with antibiotics and in some

cases you can take 1 pill and be done with the entire infection. Hepatitis B is preventable by vaccination. School age children have received this vaccine since 1996. If you have no record, a blood test will confirm the presence of antibiotics.

If you're diagnosed with Syphilis, while it's still in the first or second stages, it's easily treated with antibiotics. If you're in the 3rd stage, it is a bit more difficult to treat. Fortunately, this disease takes a long time to progress to the 3rd stage so make sure you get tested regularly!

If you're diagnosed with HIV, this too can be manageable with treatment.

The best way to ensure a safe and healthy lifestyle is to get tested before beginning a sexual relationship with each new partner.