

CU Healthy

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

- Resource Centre
- Student Peer Helpers
- Website (carleton.ca/health)
- Workshops

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 email us at carletonwellness@gmail.com



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

STI Testing For You and Me



Which STI is being tested?	What is the test?
HIV/AIDS	Blood test
Bacterial Vaginosis (only women)	Pelvic exam, test of vaginal discharge
Chlamydia	Urine test
Genital Warts	Physical exam
Gonorrhea	Urine test, test discharge from the vagina or anus
Hepatitis B	Blood test
Herpes	Physical exam, test fluid from a herpes sore if present
High-Risk HPV (can test women only)	Test cell samples from the cervix
Pelvic inflammatory Disease (only women)	Pelvic exam, blood test, test vaginal discharge
Public Lice	Physical exam
Scabies	Physical exam
Syphilis	Blood test
Trichomoniasis	Urine test



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STI Testing at a Glance

You might be wondering if you need a test for a Sexually Transmitted Infection (STI). You might be wondering if your partner needs one. Or you may simply be interested in learning more about the STI testing procedure. Whatever the reason, the more information you have, the better you can protect your sexual health.

If you think you may have been exposed to an infection, getting tested for STIs is a great way to protect your sexual health. It's also a great way to protect the health of your sex partners.

Should I get Tested for STIs?

If you have symptoms of an STI, it's important to be tested. Some common symptoms of STIs include:

- Sores on the genitals
- Discharge from the penis or vagina
- Itching
- Burning during urination

But remember, many infections often do not cause any symptoms. Many people have sexually transmitted infections and never know it. Many people get or spread infections without ever having symptoms.

If you've had sex play with another person, and did not use a condom, female condom, dental dam or other barrier, it's a good

idea to talk to your healthcare provider about STI testing. Getting tested can put your mind at ease or get you (and your partner) needed treatment. It's also important to learn about ways you and your partner can protect yourselves in the future through safer sex.

How do I get Tested for STIs?

You must ask your health care provider to give you an STI test.

Some people assume they will be tested for STIs when they have an exam for another reason, such as when a woman has a PAP test, or when a man has a physical. This is not true-you will not automatically be tested for STIs.

If you are seeing your health care provider for another reason, and are not sure if you need an STI test, just ask. Your provider can help you decide if you need any tests, and which one(s) you may need.



How are STI Tests Done?

It depends on which infection you have, and some infections can be tested for in more than one way. Your test may include a:

- Physical exam-your health care provider may look at your genitals and/or your anus for any signs of an infection, such as a rash, discharge, sores, or warts.
- Blood sample-your provider may order a blood test.
- Urine sample-you may be asked to urinate into a special cup.
- Discharge, tissue, cell, or saliva sample-your provider may use a swab to collect samples that will be looked at under a microscope.

Sometimes a diagnosis can be made based on your symptoms and/or a physical exam. Treatment could be prescribed right away. Other times, your health care provider may need to send a sample to a lab to be tested. In that case, the results may not be available for several days or weeks.

Wondering if you should get tested for STIs? Go to [SexualityAndU](http://SexualityAndU.com) to learn more: sexualityandu.ca