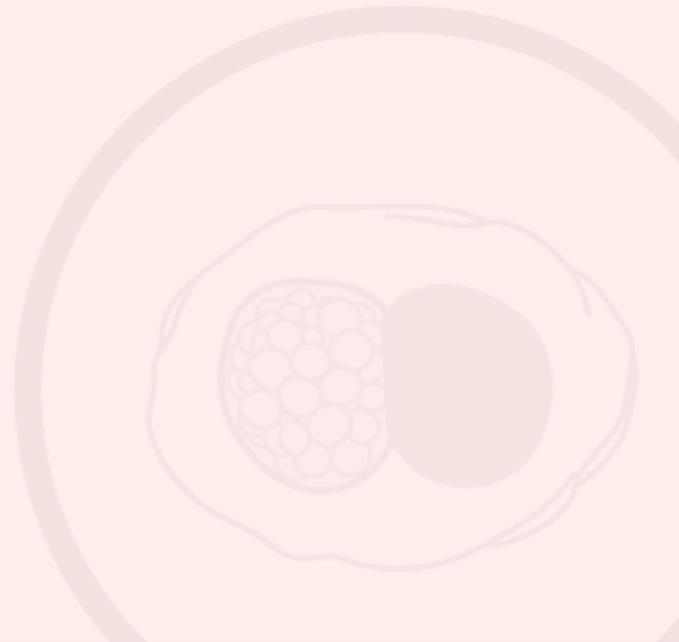




Chlamydia, one of the most common STIs, is a bacterial infection.



How is it contracted?

Chlamydia can be contracted via vaginal, anal and oral sex.

The bacterium that causes chlamydia (*Chlamydia trachomatis*) has a limited survival time outside the body and therefore typically cannot be spread through casual contact such as hugging and kissing or sharing crockery, towels, baths, swimming pools and toilet seats.

Possible Symptoms

via nhs.uk

WOMEN ♀

- Pain during sex
- Bleeding after sex
- Pain during urination
- Unusual vaginal discharge
- Bleeding between periods
- Pain in the tummy or pelvis

Symptoms of Chlamydia Infection

Most individuals who have contracted this infection show no signs and experience no symptoms at all.

For this reason, among others, it is vital to regularly test yourself, particularly if you have multiple partners and/or every time you change partners.

Symptoms may take weeks, months or even years to appear so frequent screening is not only advised but recommended.

MEN ♂

- Pain in the testicles
- Pain during urination
- Burning or itching in the urethra
- White, cloudy or watery discharge from the tip of the penis

Possible Long-term Consequences

- Infection in the joints
- Ongoing testicular pain
- Increased chance of contracting or passing on HIV

BioSmart's Basic Three STI Tests

Basic Three STI Test for Men:

This sterile kit contains a urine sample collection device for the simple and painless collection of urine.

Basic Three STI Test for Women:

This sterile kit contains a vaginal swab that enables simple and painless retrieval of cell material.

With these test kits, you can retrieve a sample in the privacy of your own home. A courier will collect the sample (placed in discreet packaging) and deliver it to our accredited pathology laboratory. The Basic Three STI Tests screen for Trichomonas (TV), Chlamydia Trachomatis (CT) and Neisseria Gonorrhoeae (NG)

Before you start, carefully read through the instructions first and follow the easy steps in the correct order.

Note: Chlamydia may take 7 - 21 days (or longer) to show up in a test from the time of infection.

Treating Chlamydia

Fortunately, chlamydia can be treated with antibiotics. However, it is very important to:

- Tell all relevant partners so they can get treatment
- Complete the whole course of antibiotics as prescribed
- Abstain from sex for 7 full days AFTER treatment is completed
- Retest three months after infection has been treated

Telling Your Partner(s), Current & Past

If you test positive for chlamydia, do the right - and safe - thing: inform all your current partners as well as anyone else you have had sex with in the last 6 months. They may be unaware of an infection which means they will not seek treatment and will likely pass it onto others unknowingly.

Avoiding Chlamydia

You can help prevent the spread of chlamydia and avoid infection by:

- Using a condom/dam every time you have vaginal, anal or sex
- Not sharing sex toy OR covering them with new condoms each time and washing them properly before and after use

Regular testing as well as testing when you change sexual partners help reduce the spread of chlamydia and other STIs.

Can Chlamydia Affect Fertility?

Yes. Undiagnosed and untreated (as well as recurrent) chlamydia can affect both female and male fertility as well as lead to other serious health problems.