

ASD Family Help

Your local Autism Support Charity



Sexual Health



WHAT IS SAFER SEX ?

<http://www.royalberkshire.nhs.uk/pdf/Safer%20Sex.pdf>

Safer sex means having sex with less risk of transmission (catching or passing on) a sexually transmitted infection (STI).

The risk of catching each STI varies according to the type of sex you are having (Oral, Anal or Vaginal).

Your local Sexually Transmitted Infections (STI's) clinic can be found at:

Florey & Contraceptive Services

21A Craven Road

READING RG1 5LE

Tel: 0118 322 7202

http://www.royalberkshire.nhs.uk/wards_departments/s/sexual_health.aspx?theme=Patient

STI's include some of the following –

(More details can be found by clicking on the links)

HIV

A virus most commonly caught by having unprotected sex or by sharing infected needles and other injecting equipment to inject drugs.

HIV stands for human immunodeficiency virus. The virus attacks the immune system, and weakens your ability to fight infections and disease.

<http://www.nhs.uk/conditions/hiv/pages/introduction.aspx>

http://www.royalberkshire.nhs.uk/pdf/HIV%20testing_jun12.pdf

Syphilis

A bacterial infection that is usually passed on through having sex with someone who is infected.

The bacteria that cause syphilis are called *Treponema pallidum*. They can enter your body if you have close contact with an infected sore, normally during vaginal, anal or oral sex or by sharing sex toys with someone who is infected.

<http://www.nhs.uk/Conditions/Syphilis/Pages/Introduction.aspx>

http://www.royalberkshire.nhs.uk/pdf/Syphilis_jun12.pdf

Chlamydia

One of the most common sexually transmitted infections (STIs) in the UK.

It's passed on from one person to another through unprotected sex (sex without a condom).

In 2010, 186,753 people tested positive for chlamydia in England. Most of these - more than 150,000 - were 24 years of age or younger.

<http://www.nhs.uk/conditions/chlamydia/Pages/Introduction.aspx>

http://www.royalberkshire.nhs.uk/pdf/chlamydia_apr12.pdf

Gonorrhoea

Caused by bacteria called *Neisseria gonorrhoea* or gonococcus. It used to be known as "the clap".

The bacteria are found mainly in discharge from the penis and vaginal fluid from infected men and women. Gonorrhoea is easily passed between people through: unprotected vaginal, oral or anal sex

sharing vibrators or other sex aids that haven't been washed or covered with a new condom each time they are used

<http://www.nhs.uk/conditions/Gonorrhoea/Pages/Introduction.aspx>

http://www.royalberkshire.nhs.uk/pdf/Gonorrhoea_apr12.pdf

Trichomonas (TV)

Caused by a tiny single-celled parasite (lives off another living being) called *Trichomonas vaginalis*. It is a single-celled organism that latches onto the lining of the vagina.

The parasite is usually spread by having unprotected sex (without using a condom). You do not have to have many sexual partners to catch trichomoniasis. Anyone who is sexually active can catch it and pass it on.

http://www.nhs.uk/Conditions/Trichomonas_vaginalis/Pages/Introduction.aspx

Genital Warts (HPV)

Small fleshy growths, bumps or skin changes that appear on or around the genital or anal area.

Genital warts are very common. In England, they are the second most common type of sexually transmitted infection (STI) after chlamydia.

Genital warts are the result of a viral skin infection caused by the human papillomavirus (HPV). They are usually painless and do not pose a serious threat to health. However, they can appear unsightly and cause psychological distress.

http://www.nhs.uk/conditions/genital_warts/Pages/Introduction.aspx

http://www.royalberkshire.nhs.uk/pdf/Genital%20warts_v2oct11.pdf

Hepatitis B

Is a type of virus that can attack the liver and can be spread through blood and body fluids such as semen and vaginal fluids, so it can be caught by:

- having unprotected sex, including anal and oral sex
- sharing needles to inject drugs such as heroin

<http://www.nhs.uk/conditions/Hepatitis-b/Pages/Introduction.aspx>

http://www.royalberkshire.nhs.uk/pdf/Hepatitis%20Bv2_feb12.pdf

Crabs (Pubic Lice)

Tiny parasitic insects that live in coarse human body hair, such as pubic hair.

They spread through close body contact, most commonly sexual contact.

<http://www.nhs.uk/conditions/pubic-lice/Pages/Introduction.aspx>

http://www.royalberkshire.nhs.uk/pdf/Crabs_Feb13.pdf

HOW DO I MAKE SEX SAFER ?

You can reduce the risk of infection by:

- Using condoms for all types of penetrative sex

Centre
Sheffield Teaching Hospitals **NHS**
NHS Foundation Trust

CONDOMS

Using condoms is a good way to help protect you against STIs (sexually transmitted infections) as well as preventing unintended pregnancies.

Even if you are not planning on having sex, it's sensible to carry condoms with you just in case.

Using condoms even if your partner is using contraception can help prevent you from being infected with STIs - such as chlamydia, gonorrhoea and HIV.

If a condom breaks or comes off during sex, contact your local sexual health service or your GP for advice - you can call NHS Direct to find out your nearest clinic **0845 4647** or visit their website **www.nhsdirect.nhs.uk**

If you are worried about pregnancy after a condom failure, emergency contraception is available. This needs to be taken within 5 days but it's more effective the sooner you take it.

The Golden Rules of Condom Use

- Make sure that the condom is **in date** (most condoms have an 'expiry date')
- Check that the type of condom has been given a BSI kitemark  or CE mark **CE** - this shows that the condom is of a good standard
- Open the condom packet **carefully** to make sure the condom does not get damaged - watch out for nails and sharp jewellery that could tear the condom
- Hold the teat of the condom to make sure there is space for the semen to collect and place the condom at the head of the erect penis
- Make sure that the condom is rolled **all the way down** to the base of the penis
- Only use **water based lubricants** with latex condoms - oil based ones can damage the condom
- Condoms should only be used **once** - never use a condom for a second time
- After ejaculation, **carefully** remove the condom - then put it in the bin (never flush it down the toilet)

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- Having non penetrative sex (such as body rubbing and mutual masturbation)
- Being tested for STI's before having sex with someone new and advising that they also got tested
- Reducing the number of partners you have sex with
- Getting vaccinated against certain infections

BEFORE VISITING THE CLINIC

If you would prefer to wait in a private room for your appointment, you can arrange this by phoning the clinic beforehand.

WHEN VISITING THE CLINIC

WHAT SORT OF QUESTIONS COULD I BE ASKED ?

- You will be asked about your general health and any problems you have that make you think you have a Sexually Transmitted Infection (STI).
- You will be asked when you last had sex, if the partner is regular or casual and if you used a condom.
- When you last passed urine. (Had a wee) (MALE CLIENTS)
- When was your last period and what you use to stop getting pregnant. (FEMALE CLIENTS)

WHAT SORT OF TESTS WOULD BE DONE ?

- You will be tested for HIV & Syphilis. This is a blood test and it is your decision whether or not to have the test.
- Your blood can also be tested for Hepatitis B & C if you are at risk of these infections.
- You may be required to give a urine sample

Chlamydia & Gonorrhoea are part of the routine tests

- For gonorrhoea, a swab is taken from the cervix (neck of the womb) in women and the end of the penis in men. Sometimes swabs are taken from your throat & rectum (bottom). This is because the infection can live in all these places.
- For chlamydia, a swab is taken from the cervix in women and a urine sample from men.

The doctor or nurse will discuss with you which tests they recommend - **always ask if you do not understand or are unsure.**

TEST RESULTS

- Usually by text or maybe a phone call.
- If tests come back showing you have an infection you will be asked to return to the clinic for medication
- All medication is FREE.

More details are available by clicking on the links below:

Female Sexual Health check up

http://www.royalberkshire.nhs.uk/wards_departments/s/sexual_health/sexual_health_pages/check_ups_for_women.aspx?theme=Patient

Male Sexual Health check up

http://www.royalberkshire.nhs.uk/wards_departments/s/sexual_health/sexual_health_pages/check_ups_for_men.aspx

More patient leaflets

http://www.royalberkshire.nhs.uk/wards_departments/s/sexual_health/sexual_health_pages/patient_leaflets.aspx