

Top ten TIPS

Remember these top ten tips when you have been given antibiotics for a sexually transmitted infection (STI) or any other genital infection.

- **Do** take all your treatment as the doctor or nurse prescribed. If you vomit within 2 hours of taking any tablets, call **0300 300 2016** and speak to a Health Advisor or nurse.
- **Don't** have sex for seven days, even with a condom. The antibiotics don't work instantly. Any kind of sexual contact (oral, vaginal, anal or just foreplay) can lead to infection of your partner or reinfection of yourself. You can still masturbate by yourself and if you use any sex toys wash them thoroughly after use.
- **Do** make sure all of your current partners are treated as soon as possible. Don't have sex with your partner/s until they have completed treatment, even with a condom, or you will need to be treated again.
- **Do** tell any previous partners that they need to come in for a screening. You will be advised which previous partners need treatment depending on your symptoms and infection. If you prefer, we can contact partners or ex-partners for you without giving any of your details. Any details you give us about sexual partners are confidential.

- **Do** use condoms even if you or your partner(s) are using another form of contraception; they will help protect you against getting other infections.
- **Do** have a full check up for all STIs if you have not already done so. Do take another test in 3 to 6 months' time; complications are more likely if you have STIs like Chlamydia or Gonorrhoea more than once and testing regularly will ensure we pick it up quickly. Remember to test 2 weeks after sex with every new partner, even if condoms were used.
- **Do** make sure you wait at least 6 weeks before repeating a Chlamydia test if you have had treatment for Chlamydia. Testing earlier will probably give a misleading result and may lead to unnecessary further treatment.
- **Do** come for any follow up appointments advised by the doctor or nurse. Our clinics are very busy so we don't ask people to come back unless we think it is important to see them again.
- **Do** expect a phone call about 2 weeks after you were treated. This may show as an unknown number but it is important we speak to you so we can check everything is OK before we close your notes. If you can't talk when we ring, just let us know and we'll try again later, or you can call us back. If your results are all negative, you will receive a text message.
- **Do** ring us on **0300 300 2016** if you have any questions, we will be pleased to help you. Otherwise please check our website for more information.

www.letstalkaboutit.nhs.uk