

# Chlamydia

## What is chlamydia?

Chlamydia is a common sexually transmitted infection (STI) that is easy to treat. It is quite easy to catch and can cause serious problems if you don't get it treated. Untreated chlamydia infection can cause pelvic inflammatory disease and infertility in women, and testicle pain and swelling in men. It is very common in people aged less than 30.

## How does someone get chlamydia?

- By having sex or sexual contact with another person with chlamydia.
- This includes oral, vaginal or anal sex and sex play or sharing toys.
- The other person may not know they have the infection.
- If you use a condom every time you have sex you are much less likely to get chlamydia.
- Chlamydia can also be passed from mother to baby during birth and may result in an eye or lung infection in the baby.

## How do I know if I have chlamydia?

Many people don't notice any symptoms. If they do, symptoms could be:

### Females

- There can be a discharge or fluid leaking from the vagina.
- There can be pain when urinating or low tummy pain, especially during sex.
- There can be unusual bleeding between periods or bleeding after sex.
- Chlamydia can cause an unusual discharge or bleeding from the anus if there has been anal sex.

### Males

- There can be soreness, an unusual discharge or itching in the opening at the end of the penis (urethra).
- There can be pain when urinating.
- There can be unusual discharge or bleeding from the anus if there has been any anal sex with males.
- Very occasionally there can be pain or swelling in the testicles.

## How do I get tested?

You need to see your doctor or nurse or sexual health clinic for a check-up. If you want, take along someone you trust, for support.

If you have symptoms you will need to be examined by a doctor or nurse to find the cause.

- **Females** will need a swab from the vagina. An anal swab might be required if you have anal sex. You may be able to do the swab/s yourself.
- **Males** need a urine test. Throat and anal swabs might be required if you have sex with males. You may be able to do the swabs yourself.

It may be embarrassing, but it is better to get checked than to have untreated chlamydia.

## How do I get treated?

You will need to take some tablets – usually a single dose of an antibiotic cures chlamydia. Sometimes tablets may need to be taken for 2 weeks if the infection is more serious.

## Important advice

- Finish all the tablets you have been given, even if you feel better.
- You need to tell anyone you have had sex with within the last 3 months to get a sexual health check and treatment for chlamydia even if their tests are normal.
- You should avoid sex for 1 week from the start of your treatment and until 1 week after your sexual contact/s have been treated. If this is not possible always use a condom, including for oral sex, until your treatment and your sexual contact/s treatment has been completed.
- We recommend you have another sexual health check in 3 months in case you get the infection again.

## PATIENT INFORMATION

### Important information

- Chlamydia is a **common sexually transmitted infection (STI)** that is **easy to treat** with antibiotics.
- Many people with chlamydia **don't notice symptoms**.
- You get chlamydia by having sexual contact with another person who has chlamydia.
- **Testing: Females** will need a swab from the vagina. **Males** need a urine test. Other tests might be required dependent on the type of sexual contact you have.
- **You need to tell** anyone you have had sex with within the last 3 months to get a sexual health check and treatment for chlamydia.
- You should **avoid sex** or use condoms for 1 week from the start of your treatment and until 1 week after your sexual contact/s have been treated, so you don't pass the infection on to someone else.