

On-Demand STI Testing

PATIENT INFORMATION

What can I get tested for?

Chlamydia, Gonorrhea, HIV and Syphilis.

If you test too soon after an exposure to a STI, you may not get an accurate result. If you are concerned about a specific sexual contact, we recommend testing at 3 weeks **AND** 3 months following contact.

Use On-Demand STI Testing when:

- It is part of your regular STI checkup
- Testing is recommended every 3-6 months, especially when you have new or casual partners, or you've had a change in your sexual activities.
- Do NOT use On-Demand STI Testing and see a healthcare provider if:
 - You are having symptoms that you think could be an STI
 - You had recent sexual contact with someone who has tested positive for an STI. Treatment is required and testing with a provider is recommended
 - You want to access HIV Post-Exposure Prophylaxis (PEP) or emergency contraception
 - You would like to speak to a nurse or doctor for any other reason

How do I get Tested?

1. Fill out the lab form and choose any of the swab tests you would like added (see box for test(s) instructions)
2. All of the preselected tests are recommended, but you can choose to cross out any test(s) you don't want.
3. Give the lab form back to the lab assistant. They will collect your blood and give you instructions to collect your own urine and/or swab(s) in the bathroom. Swab instructions are posted in the bathroom.
4. You will **NOT** be seen by a nurse or doctor.

How do I get my results?

Do not call the lab that collected your test samples, they will not have your results.

If your test(s) are **positive** you will be contacted by a nurse who will provide follow-up care and connect you with a provider for treatment

On-Demand STI Testing:

- Chlamydia and Gonorrhea testing:
- For those with internal genitalia (vagina)
 - Choose what collection site you would prefer (urine or vagina).
- For those with external genitalia (penis) choose urine as collection site.

Optional test(s) to add:

On the lab form check the option(s) that match the type of sex you are having.

- **Throat Swab** — My mouth on a partner's penis/ external genitals or shared sex toy
- **Rectal Swab** — A partner's penis/external genitals or shared sex toy in my anus

If your test(s) are **negative** you will **NOT** be contacted.

You can access your results in the following ways:

- HealthELife for chlamydia and gonorrhea results at www.healthelife.ca
- Health Gateway for all results at www.healthgateway.gov.bc.ca
- Phone 1-855-755-3555 **2 weeks** after your lab visit for HIV and syphilis results
- Following-up with your regular healthcare provider

Questions about sexual health and sex? Sex Sense phone line is a free, pro-choice, sex-positive, and confidential service. They are a team of registered nurses, counsellors, and sex educators who offer information and resources on sex, sexuality, and sexual health

Hours of operation are

Monday – Friday 9 a.m. to 9 p.m. Pacific Time.

Call Sex Sense at 1-800-739-7367