



Remember these **ten top tips** when you are given treatment for Chlamydia

- ✓ Do take all your treatment as the doctor or nurse prescribed. If you throw up, please let the Chlamydia Screening Programme know on 0800 783 6877.
- ✓ Do stick to hugging and kissing only for 7 days after you (and your partner) start treatment, even if you are given the one off dose. Sex of any kind at this time, even with a condom, may mean you get Chlamydia again.
- ✓ Do use condoms for the next seven days after this for extra safety against Chlamydia and pregnancy!
- ✓ Do make sure that your partner is treated at the same time as you, otherwise he/she will give you Chlamydia straight back again. The Chlamydia Screening Programme needs to know where and when you and your partner get treatment so that we can discharge you.
- ✓ Do tell any ex partners over the last 6 months that they need to be treated and tested, otherwise Chlamydia will spread further. It is really helpful if you can tell us where you think that they will go to be treated so that we can make sure everyone who needs to be is treated. We can tell them for you if you prefer and we won't mention anything about you!



- ✓ Do use a condom with new partners until you have both been tested and know that you haven't got Chlamydia.
- ✓ Do take another test in 3 to 6 months time so that we pick up Chlamydia quickly if you get it again. Complications are more likely the more times you get Chlamydia so we want to catch it early.
- ✓ Do make sure that you wait at least 6 weeks after you started treatment if you want to re-test to make sure it has gone. Tests before this time may show an incorrect result. It is a good idea to go to a Genitourinary Medicine (Sexual Health Clinic) for a full check up for all sexually transmitted infections. Ring 0800 783 6877 for the details of your nearest clinic.
- ✓ Do expect a phone call from a Chlamydia Screening Nurse about 2 weeks after you get treated. Your phone may not recognise our number. It is really important that we speak to you to make sure that everything is sorted, so that we can discharge you from our system. We will keep trying to contact you so please answer our calls!
- ✓ Do ring our free phone number 0800 783 6877 between 9am and 4pm, Monday to Friday if you have any questions about Chlamydia and we will be pleased to help you. Otherwise please check our website www.haveyoutoit.nhs.uk for more information.

www.haveyoutoit.nhs.uk
0800 783 6877