

Chlamydia information and guidance about informing partners

Tayside Sexual and Reproductive Health

You have tested positive for Chlamydia

What is Chlamydia?

Chlamydia is a bacterial infection. It is one of the most common sexually transmitted infections in the UK. Most people with Chlamydia don't notice any symptoms and don't know they have it.

How do I get treated?

If you have not been treated already, staff from the service where you were tested will be in touch to arrange treatment. You will be provided with antibiotics which will get rid of the infection.

Who do I need to tell about Chlamydia?

It is important to let your current partner and anyone else you have recently had vaginal, oral or anal sex with know about this infection so that they can be tested and treated. This even includes times where you used a condom.

If you have penile symptoms of Chlamydia (for example discomfort when you pee or discharge from your penis) and have a positive Chlamydia test in the urine only (i.e. not also in the throat or rectum) **you should tell anyone you have had sex with during 4 weeks before your symptoms started.**

If you have no symptoms or have Chlamydia in any other body part (for example vagina, cervix, rectum, throat) **you should tell anyone you have had sex with in the 6 months before your test, or 6 months before any symptoms started, whichever is earliest.**

You should avoid having sex until one week after you and your partner(s) have been treated. This includes oral sex or sex using a condom.

What can I do if I feel unable to tell others about Chlamydia?

We understand that informing partners can be a sensitive issue, so if you would prefer NHS Tayside staff can do this for you. Please contact the Sexual Health Advising Team on 01382 632600. You will be asked to give the name of any partner(s), age and contact details (preferably a mobile number). This information is confidential; we will never share your details when contacting partners.

Where can I get more information about Chlamydia?

For more information about Chlamydia visit the British Association of Sexual Health and HIV website:

A guide to – Chlamydia

<https://www.bashhguidelines.org/media/1133/ct-pil-screen-oct-2016.pdf>

Where can I get more information about informing partners?

For more information about Partner Notification visit the British Association of Sexual Health and HIV website:

A guide to – Partner notification

https://www.bashhguidelines.org/media/1035/pn_pil_digital_2016.pdf

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This leaflet can be made available in other languages and formats on request
Speak to the nurse looking after you to arrange this