

## Fact Sheet

### Chlamydia

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#### What is chlamydia (clam-id-ee-a)

Chlamydia is an infection spread by sex. Both men and women can become infected.

In women chlamydia can infect the neck of the womb or uterus (cervix), the urethra and rectum.

In men chlamydia can infect the inside of the penis (urethra).

#### How will you know if you have chlamydia?

You may not know if you have chlamydia because many people have no symptoms. Some people may have had chlamydia for months or years without knowing it.

Women might notice:

- bleeding after sex and between periods
- unusual vaginal discharge
- pain during sex
- lower abdominal pain.

Men might notice:

- discharge from the penis
- burning pain when urinating.

#### How can you be checked for chlamydia?

You can have a urine or swab test done at any Sexual Health Clinic or by your own doctor

#### How do you get chlamydia?

Chlamydia is very easy to pass from one person to another during sex or foreplay. Sex which places you at risk for chlamydia includes:

- penis - vagina sex
- penis - anus sex (anal sex).

#### What is the treatment for chlamydia?

Chlamydia must always be treated. Chlamydia is treated with antibiotics. This could be a single dose or 7-14 days of tablets. You need to take all the tablets or they won't work. It is important that you avoid sex for 7 days after treatment is completed or as instructed by staff. This is to prevent you from infecting others.

#### What if Chlamydia is not treated?

##### Women:

The infection can spread into the womb and fallopian tubes and cause pelvic inflammatory disease (PID). This can lead to:

- infertility, (making it harder to have babies)
- an ectopic pregnancy (a pregnancy which stays in the fallopian tube and can be dangerous)
- chronic pain
- PID (Pelvic Inflammatory disease) is an infection of the womb, tubes and ovaries.
- Women can receive treatment for chlamydia during pregnancy.

##### Babies:

- Babies can catch chlamydia from their mother during birth.
- They can get eye infections and pneumonia

##### Men:

- The infection can spread to the prostate gland and the sperm carrying tubes and cause chronic pain in the scrotum.

#### What about partners?

Current partners should be treated at the same time to prevent reinfection.

#### How do you prevent chlamydia?

Safer sex practices such as using condoms or dams. No sex with any partners from the last 6 months until they are tested and treated if infected.



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All recent sexual partners of someone with chlamydia should have a check-up and be treated even if they don't have symptoms.

**Telling a partner is not always easy. Sexual health counsellors can advise you on the best way to do this.**

**We welcome further feedback on this brochure as a way of continually improving our service.**

**Send your feedback to:**  
[WSLHD-Get\\_Involved@health.nsw.gov.au](mailto:WSLHD-Get_Involved@health.nsw.gov.au)