

Fact Sheet

What is a sexual health check-up?

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A sexual health check-up involves testing for sexually transmissible infections (STIs). It also provides an opportunity to discuss issues about sexuality, reproductive health and anything that might concern you about your sexual health.

When should you have a sexual health check up?

How often and when you need to have a check-up depends on your lifestyle and sexual activity.

You should have a sexual health check-up if:

- you think you may have an STI
- you are starting a new sexual relationship
- you wish to stop using condoms in a relationship
- you have had unsafe sex including anal, vaginal or oral
- a condom has broken or slipped off during sex
- your partner has other sexual partners
- you share injecting equipment.

What happens during a sexual health check-up?

You will be seen by a health professional who will ask you about your sexual history. Some of these questions may seem quite personal, such as:

- have you had any symptoms?
- do you have regular or casual partners?
- how many partners have you had sex with?
- do you have sex with men, women or both?
- have you ever injected drugs?

This information is important so the appropriate tests are done.

A sexual health check-up may include:

- an examination of your genital area
- swab tests (vaginal swabs-a long cotton bud takes a sample of vaginal secretions. You may feel more comfortable do this yourself).
- urine tests
- blood tests
- a pap smear for women.

All sexually active women should have a pap smear every 2 years.

Please note

It is important that you do not pass urine for at least 2 hours before the check up to make sure the tests are reliable

The clinic staff can help you identify partners that may need to be told if you have any STIs detected. They can also help with any relationship issues.

Where can you have a sexual health check-up?
If you would like to have a sexual health check-up, then you can talk to:

- sexual Health Clinics
- your local doctor
- aboriginal medical services.

What if I have more questions?

If you have any questions or worries please phone the clinic and ask to speak to a nurse or counsellor.



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The service is free and confidential, no Medicare card is required

Western Sydney Sexual Health Centre
Jeffery House
162 Marsden Street Parramatta
02 9843 3124
Mon, Tues & Fri 0900 am - 0400 pm
Weds 1000 am - 0400 pm
Thurs 0400 pm - 0700 pm (appointment only)

Kelly Close Services
Kelly Close Mt Druitt - 02 9881 1206
Mon 0900 am – 0400 pm
Weds & Fri 0900 am – 0100 pm

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

