

Gay Zone – Sexual Health Clinic

What happens when I get there?

- We will give you a registration form with a number. You will only be called by this number.
- You are also asked to fill out a quick assessment form that will be reviewed by a health care provider.
- Do not urinate during an hour before being seen, as we need your urine sample for testing.
- You do not need to fast for the blood work.

What to expect during clinic visit

A staff at the clinic (which could be a doctor, nurse, or nurse practitioner) will ask you questions about your general and sexual health. This may include whether or not you have symptoms, when you last had sex, whether or not you use/used condoms or other forms of protection, and if you use tobacco, drugs, or alcohol.

Based on this assessment, the doctor, nurse, or nurse practitioner will discuss with you what tests s/he thinks you need.

The STI tests might include:

- Urine test
- Blood test
- Swabs from the penis, throat, and rectum
- A swab of a lesion, ulcer, or sore (if you have one)
- A visual exam of the genital area.

Here's a bit more about each type of test:

1. **Swabs:** A cotton swab is wiped over the parts of the body where you might have an infection. These areas can include the penis, throat, and rectum, depending on types of sex you had. You might feel slightly uncomfortable while the swab is being taken, but it should not be painful. If you have any lesions, ulcers, or sores in the genital area, they may be swabbed as well.
2. **Urine test:** It is important not to urinate during an hour before the test. The sample is tested for chlamydia and gonorrhea.
3. **Blood test:** You do not need to fast for the test. The sample is tested for HIV, syphilis, and/or hepatitis.

How is testing done?

When you visit the clinic you and the doctor, nurse, or nurse practitioner will discuss with you which tests you may need. The STIs that we commonly test for are:

- **Chlamydia and gonorrhea** are tested in the urine and/or swabs (from the penis, throat, or anus).
- **HIV and syphilis** are tested in the blood.
- **Genital herpes**: the doctor or nurse practitioner may be able to diagnose herpes if you have symptoms (for example, a lesion, sore, ulcer, or blister). They may also take a swab from a blister or sore to help confirm the diagnosis. We do NOT offer blood test for herpes.
- **Genital warts**: a diagnosis is made based on a visual exam of the affected area.

When should I get tested?

You should get tested when you have a new sexual partner, or if you have been in contact with someone who was diagnosed with an STI. It is recommended that you get tested every 3-6 months if you have multiple sexual partners.

- **Chlamydia and gonorrhea** can be tested any time after the sexual contact.
- **Syphilis** can take 4 to 6 weeks to show in your blood.
- **HIV** can take up to 12 weeks to show in your blood.
- **Genital herpes** usually appears 6 to 21 days after the sexual contact. We only test if there is a lesion. We do NOT offer a blood test for herpes.
- **Genital warts** may take 2 to 3 months, even years, to appear after the sexual contact. We can only diagnose if there is a lesion.

When do I get my results?

All the samples are sent to a laboratory for testing. It takes 1 to 2 weeks for us to receive all the results. We will call you ONLY if there is an infection or if a follow-up is needed. If you want to access your results, please visit us during our clinic hours (Thursdays 5 to 8 p.m.). If you have any questions about your results, please call us at the main Sexual Health Clinic at 613-234-4641.

What if my test is positive?

If you test positive for any STI, we will contact and inform you of the positive test result. You may be asked to return to clinic for follow-up if needed.

STIs are treated as follows:

- **Chlamydia** is treated with oral antibiotics, Azithromycin or Doxycycline. Different treatment options are available if you are allergic to both of these.
- **Gonorrhea** is treated with antibiotics. The treatment usually involves Azithromycin (oral) and Ceftriaxone (injection). Different medications are available if you have allergies to these medications.
- **Syphilis** is treated with Penicillin (Bicillin), which is an antibiotic. Different medications are available if you are allergic to Penicillin.
- **HIV** is managed with antiretroviral medications. If you test positive for HIV, we will refer you to an HIV specialist to help manage your health.
- **Genital herpes** is treated with antiviral medications. There is no cure for herpes, but the medications can help symptoms go away more quickly.
- **Genital warts** treatment depends on the assessment. You may be treated in clinic with liquid nitrogen, or you may be referred to a specialist if needed.