



Guide to STI Testing

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This package was created by Healthy U: Peer Health & Wellness at the University of Manitoba. We are a group of trained, non-judgmental, and confidential student health and wellness leaders on campus.

We provide outreach activities, workshops, and one-on-one support for our fellow students on a variety of health and well-being topics. Feel free to drop in to chat or pick up more information packages.

If you would like to request or attend one of our workshops or events, check out our website for details.



Should I be tested for STI's?



If you are sexually active, the answer is always YES!

- Regular testing is recommended for anyone who is sexually active
- What is sexual activity? **Any kind of intimacy that includes skin to skin contact, counts as sex! This includes oral sex (receiving or giving), vaginal sex, anal sex (top/bottom), BDSM (bondage, discipline, dominance and submission).**

When are some good times to get tested?

You have a new sexual partner(s).

You or your partners have other sexual partners and it's been more than three to six months since your last test.

You notice any changes in your body.

You had sex with someone who has an STI.

You had sex without a condom or the condom broke.

- Because more than half of people with chlamydia or gonorrhea don't have any symptoms, it is important to be tested for STI's every year or with each change in partner.
- Even if you have been getting tested each year and with each change in partner, visit a Health Care Provider if you experience any pain, rashes, sores, or unusual discharge from or around your genitals.



What happens when I go for STI testing?

Health history:

Your health care provider (HCP) will ask questions about your sexual health history. This is the most important part of testing as it will help you get the tests that you need. No need to be embarrassed, sex is normal and HCP's ask these questions all the time.

Physical exam:

Your HCP may need to take a look at your genitals, throat or anus for sores, irritation, or discharge.

The health care provider will need samples to send to the lab, which may include the following:

Urine sample: you are given a cup and a chance to use the washroom. You just have to pee into the cup.

Cheek swab: The health care provider will swipe a soft swab against the inside of your cheek.

Blood test: They may either prick your finger or draw some blood from your arm.

Testing your sores: They may take a sample of fluid from any sores or blisters.

Swab: A swab may be taken from your throat, penis, vagina, cervix, or anus.

Your results:

Some STI's take longer than others to diagnose or check for. You may find out in the same visit, or you may have to wait a few weeks for lab results.

What happens if I have an STI?

If your results are positive, your health care provider will discuss treatments with you.

It is also important that those you have been in sexual contact with are notified so that they can receive testing. You may notify them yourself, or a health care provider can call them for you, keeping you anonymous.

Where can I get tested for STIs?

On Campus

University Health Service (UHS)*

104 University Centre

204-474-8411

<http://umanitoba.ca/student-supports/health-wellness/university-health-service>



Off Campus

With your family doctor, walk-in clinic, or Access Centre

Nine Circles Community Health Centre

204-940-6000

ninecircles.ca

Klinic

204-784-4090

klinik.mb.ca

Women's Health Clinic

204-947-1517

womenshealthclinic.org



NorWest Co-op Community Health

204-940-2020

norwestcoop.ca

Mount Carmel Clinic

204-582-2311

mountcarmel.ca

Youville Community Health Resource Centre

204-255-4840

youville.ca/health-centre

Aboriginal Health & Wellness Centre

204-925-3700

ahwc.ca



*There are no in-person services at the University of Manitoba currently. Check the relevant websites for remote services and updates.