

CHLAMYDIA

Chlamydia is the most common bacterial sexually transmissible infection in Tasmania.

Symptoms

Most people with Chlamydia do not have any symptoms. Those that do may have pain on passing urine and/or a discharge from the penis or vagina. In women, pelvic pain and vaginal bleeding between periods, or heavier and more painful periods can occur. In men the infection can spread to around the testes causing pain.

Chlamydia can be associated with arthritis and conjunctivitis, but this is rare.

Transmission

Chlamydia is transmissible via vaginal, oral and anal sex. It is also possible for Chlamydia to be passed from mother to baby during birth.

Diagnosis

Chlamydia is diagnosed by a swab or from a urine sample. It is important that if a urine test is being taken that the person has not passed urine for 2 hours before the test.

Treatment

The usual treatment for Chlamydia is an antibiotic called Azithromycin which is 2 tablets taken as a single dose. Other treatments are available if you are allergic to this antibiotic.

Partners

It is important that all sexual partners of someone with Chlamydia be checked for the presence of infection, and that unprotected sex does not occur until sexual partners have been treated.

Complications

Chlamydia can cause infertility in both men and women. In women it can also increase the risk of ectopic pregnancy (pregnancy in the fallopian tube) and miscarriage. Chlamydia is one of the common causes of pelvic inflammatory disease – PID. Infants infected at the time of delivery may have pneumonia, throat and/or ear infections.

How to avoid getting Chlamydia

Practise safer sex – always use condoms that are in date, and use a water based lubricant when having vaginal or anal sex. For oral sex, condoms or dental dams will help prevent transmission of Chlamydia. Or enjoy non-penetrative sexual activity. If you are about to start a new sexual relationship discuss having a sexual health check with your partner.

Using a condom

1. Before opening the condom check the condition of the package and the expiry date.
2. Open the condom wrapper and remove the condom carefully. Condoms are strong but fingernails, teeth and jewellery can damage them.
3. Always put the condom on an erect penis before any sexual contact. This will reduce the risk of unintended pregnancy and sexually transmissible infections (STIs).

4. Do not fully unroll the condom before use. Make sure the rim is rolled towards the centre on the side facing you. This is important as it will then roll down easily.



5. Gently hold the tip of the condom between the thumb and forefinger and place the condom over the head of the penis. With your other hand, roll the condom down the length of the erect penis as far as it will go.
6. Carefully apply a generous amount of water-based lubricant before sexual intercourse. This will increase comfort and safety. Do not use oil-based lubricants (such as baby oil) with latex condoms.
7. After ejaculation, while the penis is still erect, hold the base of the condom and withdraw. This prevents any spillage.
8. Point the penis downwards and carefully slip the condom off.
9. Wrap the condom in a tissue and dispose of it thoughtfully and hygienically.

DO NOT FLUSH IT DOWN THE TOILET IT CAN BLOCK THE DRAINS

Sexual Health Service Tasmania is staffed Monday to Friday from 8.30 am until 5.00 pm. Clinic times vary from site to site so please contact your local office for details (see contact details on the back of this pamphlet).

**Sexual Health Service
Clinical Services**

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**SEXUAL HEALTH SERVICE
A joint Australian and State
Government Program**

The Royal Hobart Hospital is Tasmania's largest hospital and provides a number of state-wide services including cardiothoracic surgery, neurosurgery, burns management, hyperbaric and diving medicine, neonatal intensive care and high-risk obstetrics. It is the major teaching and research hospital for the State and works closely with the University of Tasmania.

Many students in the health care professions are taught within the Hospital, and gaining skills in examining and interviewing patients is an important part of their education and training. We ask for your co-operation and encourage you to participate in our teaching and research activities. Your permission is required for participation.

The Royal Hobart Hospital encourages feedback from patients, relatives and visitors. This feedback helps staff to better understand the needs of patients and provide the best possible patient care.



**The Royal Hobart Hospital
is a smoke-free site**

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**Information
Pamphlet**

Sexual
Health
SERVICE

Chlamydia