



Sexual health and STI risk

Many sexually transmitted infections cause no symptoms, so testing is the only way to know. Consultations are confidential and without judgement.

Name _____

Date _____

TICK WHAT APPLIES TO YOU

- ☐ I have a new partner, or more than one partner
- ☐ My partner has, or may have, other partners
- ☐ We do not always use condoms
- ☐ I have unusual discharge, itching or a smell
- ☐ I have sores, blisters, warts or lumps in the genital area
- ☐ It hurts to pass urine
- ☐ I have lower tummy pain, or bleeding after sex
- ☐ My partner has symptoms or has been diagnosed with an infection
- ☐ I have never had tests for HIV, syphilis or hepatitis B

GET HELP NOW IF

- Possible HIV exposure in the last 72 hours: seek care today, as treatment can lower the risk
- Fever with lower tummy pain
- Severe pain or swelling

In clinic hours (Mon to Sat, 8:00 am to 4:00 pm) call +91 93660 92897. At any other time, call 108 or go to the nearest hospital emergency department.



FOR YOUR VISIT

Date of last sex without a condom	
Date symptoms started	
Previous STI tests and results	
Contraception used	
Vaccines (hepatitis B, HPV)	

BEFORE YOUR VISIT

- You don't have to share more than you are comfortable with.
- Bring previous test results if you have them.
- If a urine test may be needed, try not to pass urine for an hour before.
- Your partner is welcome to come for testing too.

QUESTIONS YOU MAY WANT TO ASK

- Which tests do I need, and when should I be tested again?
- Should my partner be tested or treated?
- How can I protect myself in future, including with vaccines?

If sex was forced or without your consent, help is available: call 181 (Women Helpline) or 112, or go to the nearest hospital.

