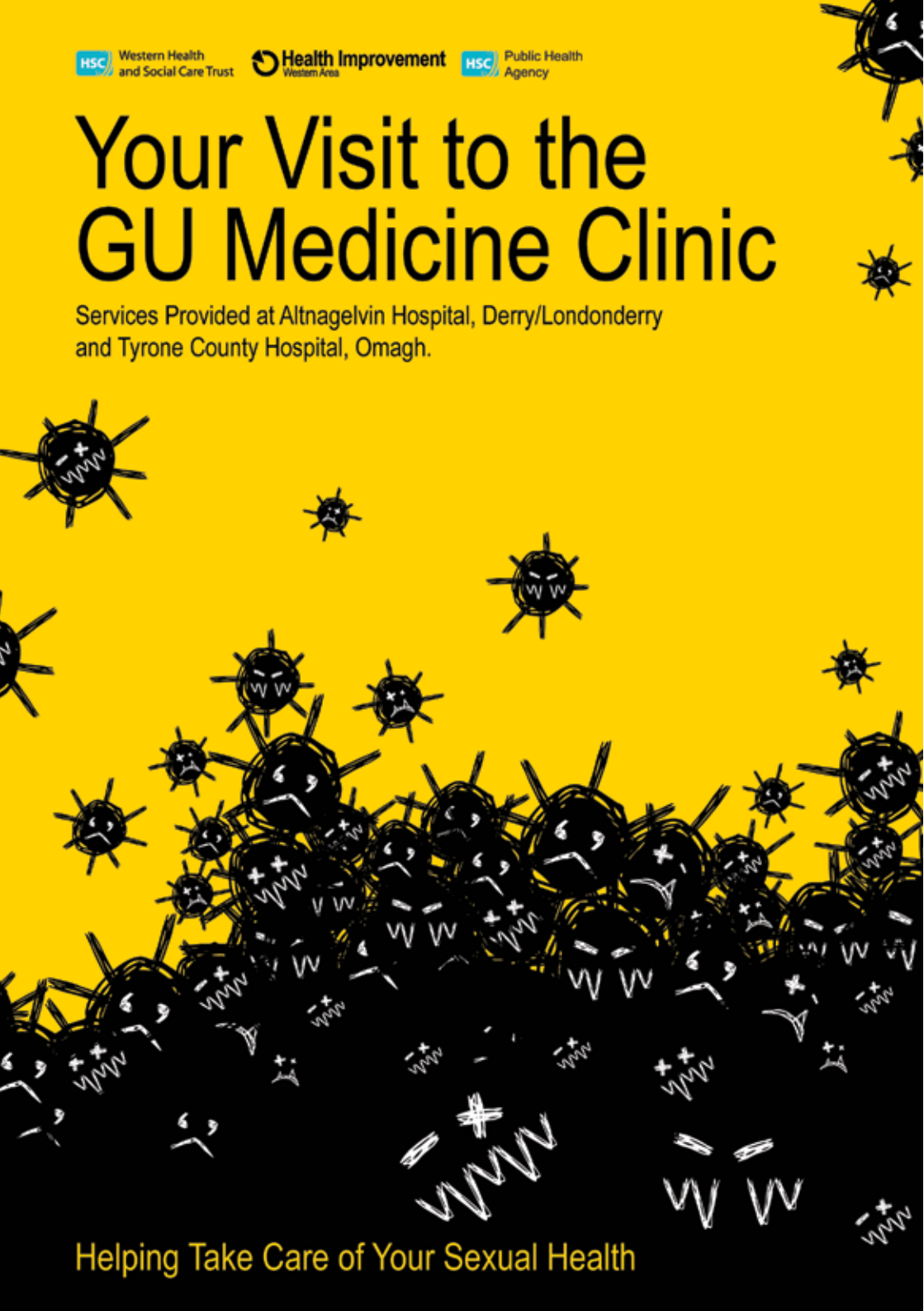


# Your Visit to the GU Medicine Clinic

Services Provided at Altnagelvin Hospital, Derry/Londonderry  
and Tyrone County Hospital, Omagh.



Helping Take Care of Your Sexual Health

**The purpose of this information booklet is to tell you about our GU Medicine Clinics.**

**The services we provide, why you should attend, where to find us and to give you some general information about looking after your sexual health.**


**Staff at the clinics have many years of experience working in the field of sexual health and are available to listen and support you. They understand that talking about such a personal subject can be difficult.**

**Contact details for a range of sexual health services and other useful information can be found towards the back of this booklet.**

## What services do we provide

- ☼ Advice on sexual health
- ☼ Testing/treatment for sexually transmitted infections
- ☼ HIV/AIDs advice and testing
- ☼ Support after sexual assault/rape
- ☼ Provision of free condoms/dams for people who attend for a consultation
- ☼ Emergency Hormonal Contraception (used to be called the Morning After Pill)
- ☼ Vaccination for Hepatitis A&B
- ☼ Post exposure treatment for patients who have had possible exposure to HIV (PEPSE)

Advice and services are non-judgemental, free and \*confidential. (please read notes on confidentiality contained in this leaflet)

 **Clinics operate on an appointment and walk-in basis, please ring us first to see which service suits you. Give us a call on 028 7161 1269.**

## What is a sexually transmitted infection

Sexually transmitted infections (STIs) are infections that are spread primarily through person-to-person sexual contact. There are many different types of STIs. The most common STIs include Genital Warts, Chlamydia, Genital Herpes, Gonorrhoea, Syphilis and HIV. Leaflets which will tell you about different STIs are available at the clinic. You can also get information from some of the websites listed in this booklet.

If STIs are not treated they can further damage your health and you run the risk of passing the infection on to other partners. Not all STIs have symptoms and it is possible to have more than one STI at a time.

## When should you attend a sexual health clinic?

It is recommended you should attend the sexual health clinic if:

- ☼ You or your partner has symptoms e.g. pain, discharge, redness, rash, lumps or bumps.
- ☼ You don't always practise safe sex.
- ☼ You have been told you have been in contact with an infection.
- ☼ You have had unprotected sex (without a condom) with a new partner.
- ☼ You have been sexually assaulted.
- ☼ When you change your sexual partner and want to stop using condoms.
- ☼ A condom has split during sex.
- ☼ You want a check-up, even if you don't have symptoms (some sexually transmitted infections do not have symptoms).
- ☼ You or your partner has had unprotected sex with other partners.
- ☼ You want sexual health advice.

## What should I do before attending a sexual health clinic?

- ☀ Make sure you know where the clinic is and allow enough time to get there.
- ☀ Ensure you attend to your personal hygiene before attending your appointment.
- ☀ Wear suitable clothing as you will have an examination of your genital area (area around the penis/vagina).
- ☀ Male clients should not pass urine for two hours before your appointment. If you are in the waiting room and feel you have to pass urine, please ask to speak to a nurse.
- ☀ You should allow approx 90 minutes for your first visit to the clinic.
- ☀ Childcare is not available, please make appropriate arrangements before attending the clinic.
- ☀ If you are unable to attend for your appointment, please ring the clinic and let staff know you are not attending.

## What to expect when visiting a sexual health clinic

- ☀ Report to the reception desk where the receptionist will take some details, you will be asked to take a seat in the waiting room.
- ☀ You may be seen by a number of staff during your visit e.g. a nurse, doctor
- ☀ You will be required to have some blood tests and a urine sample. Swabs will also be taken from your genital area.
- ☀ Depending on your diagnosis you may receive results and medication from the clinic on the day of your visit.
- ☀ We will arrange with each client how they will be contacted after they have attended the clinic, this can be done by mobile telephone or sending a SMS text message. It may take up to two weeks for all results to be provided.
- ☀ Please provide reliable contact details including your name, address and telephone number (preferably mobile).

## Testing

Routine tests include a blood test for HIV, Hepatitis B and C and Syphilis. Testing for Chlamydia and Gonorrhoea can be carried out by taking a swab from the genital area or by a urine test. In certain circumstances swabs may be taken from the throat and the rectum.



**Unless you tell us otherwise, the blood sample taken from you will be tested for HIV.**

## Sexual history

Medical/Nursing staff will be required to question clients about their sexual history. This will include your most recent sexual experiences, what type of sex (vaginal, anal or oral) and if protection was used. You may feel that some of the questions asked are very personal but it is important that you answer these honestly. These questions are asked so the correct advice, tests, treatment and support is offered. Staff working in the clinics have many years of experience working in the field of sexual health and are available to listen and support you. They understand that talking about such a personal subject can be difficult.

A request can be made about the sex of the medical practitioner. You may have to re-schedule your appointment or wait a little longer but we will try to accommodate your needs. You can also request a chaperone (this means a member of the nursing staff can be present with you during your medical examination).

## Confidentiality

All information provided is strictly confidential. Patient notes are kept separate from all other medical records and will never leave the Department. Information will not be provided to a patient's GP unless

the GP made the referral for you and we will not contact them without your permission.



**\*Within Northern Ireland everyone has rights to confidentially. There is an important exception to this, if someone believes you to be at risk of serious harm they have a duty to make sure you are protected and safe. In those circumstances they may pass on confidential information to other departments/agencies.**

### **What if I am under 16?**

In Northern Ireland the legal age of sexual consent is 16 years. You can be seen in confidence if you are under the age of 16. You should try and speak to your parent/carer but it is your choice if you don't want to.

Please speak to a staff member about this as there are some situations where information may have to be shared with other departments/agencies.

### **What happens if I get a positive result?**

Some results may be given to you on your first visit to the clinic e.g. if the presence of an infection shows up by direct observation. However most tests have to be sent to a laboratory so you may be asked to come back in a few weeks to discuss your results. Staff will explain to you about the infection and the treatment that you need. They will also talk to you about contacting your sexual partners, this is required to stop the spread of infection to others and to prevent you from becoming re-infected.

## Useful Contacts

[www.westerntrust.hscni.net](http://www.westerntrust.hscni.net)

Brae Family Planning Clinic  
Derry/Londonderry  
**028 71321758**

(young peoples service operates  
Monday & Friday afternoons)

Family Planning Clinic, Omagh  
Health Centre, **028 8283 5536**

'Teenscene' Young Peoples Clinic,  
Omagh Health Centre **028 8283  
5536** (operates Monday afternoon  
2pm-6 pm)

Erne Health Centre (Family  
Planning Clinic) **028 6638 2693**

You own GP also can provide  
some sexual health services.

## Genito Urinary Medicine (GUM) Clinics

Altnagelvin Hospital, L/Derry  
**028 7161 1269**

Down Hospital, Downpatrick  
**028 4483 8133**

Royal Victoria Hospital,  
Belfast **028 9063 4050**

Causeway Hospital, Outpatients  
2 Department, 4 Bridge Road,  
Coleraine **028 7034 6028**

Daisy Hill Hospital  
5 Hospital Road  
Newry **028 3083 5050**

## Genito Urinary Medicine Clinics (GUM) in Border Areas

Newry, John Mitchell Place  
**028 3083 4215**

Drogheda, Our Lady of Lourdes  
**086 824 1847**

Dundalk, Louth County Hospital  
**086 824 1847**

Letterkenny, Letterkenny General  
Hospital **074 912 3715**

Monaghan, Monaghan Hospital  
**086 824 1847**

Sligo, Sligo Regional Hospital  
**071 917 0473**

## Other Useful Contacts

Family Planning Association,  
[www.fpa.org.uk](http://www.fpa.org.uk) **0845 1228 687**

Cara Friend, [www.carafriend.org](http://www.carafriend.org)  
**028 9032 2023**

HERe NI - A Place For Lesbian  
& Bisexual Women  
**028 9024 9452** [www.hereni.org](http://www.hereni.org)

The Rainbow Project  
[www.rainbow-project.org](http://www.rainbow-project.org)  
**028 7128 3030 / 9031 9030**

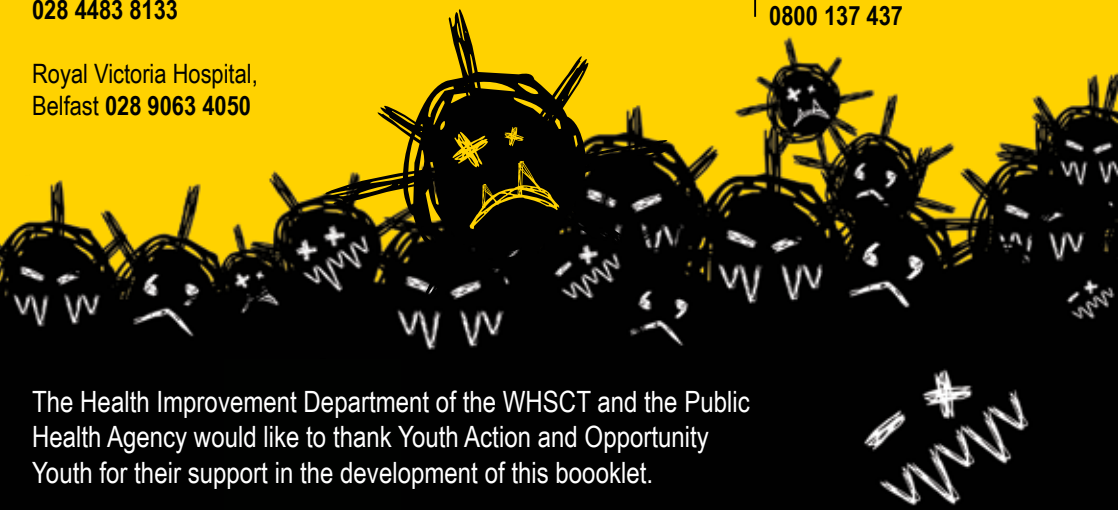
Nexus, [www.nexusinstitute.org](http://www.nexusinstitute.org)  
**028 7126 0566**

SAIL (Transgender Support)  
**07510228411**

Strabane, Lifford LGBT  
Group **028 7188 5857**

Lifeline, [www.lifelinehelpline.info](http://www.lifelinehelpline.info)  
**0808 808 8000**

Positive Life (HIV Support)  
[www.thehivsupportcentre.org.uk](http://www.thehivsupportcentre.org.uk)  
**0800 137 437**



The Health Improvement Department of the WHSCT and the Public  
Health Agency would like to thank Youth Action and Opportunity  
Youth for their support in the development of this booklet.