

STIs

Sexually Transmissible Infections

- STIs can be spread by vaginal, oral or anal sex without a condom or oral dam or by skin to skin contact with someone who has an STI.
- Common STIs include: Chlamydia, Gonorrhoea, Genital Herpes and Genital Warts.

You need to know

- There are no little umbrellas or big needles in uncomfortable places! Nothing scarier than a swab.
- You only need to have sex with one infected person to catch an STI.
- Condom and lube or oral dams offer great protection against STIs AND unplanned pregnancies.

Here to Help!

- External condoms are easy to get, and come in lots of sizes and flavours. You can get lots for \$5 with a prescription from Family Planning or your health provider.
- Internal condoms go in the vagina and help protect against STIs. You can buy them from the Family Planning website.
- Oral dams are a square of latex that goes over the vulva or anus during oral sex. You can get them from a Family Planning clinic or some chemists, or order them through our website.

What are swabs?

- A swab is a long cotton bud used to collect cells or discharge for testing. They can be taken from outside your genitals, inside your vagina or anus, or using a very tiny swab, from inside your urethra (pee hole).
- Swabs usually don't hurt and only take a few seconds to get.

Tips for testing

- Try not to pee for 2 hours before your appointment so the urine test will work better.
- You may want to book a time when you don't have your period, but the test will still work if you do have it.
- If you have symptoms, get tested ASAP. It's much easier to diagnose and get treatment to stop it from getting worse.
- If you're worried or nervous, just ask. The staff will explain everything.

What happens?

You will be asked a few questions about your sexual history like:

- if you have any symptoms
- if you've changed partners
- when you last had sex that you are worried about
- types of sex you've had
- how long since your last STI check.

The nurse/doctor needs to know what tests you need. If you have symptoms, they may need to look at your genitals. If you don't have symptoms, you may be able to take the test yourself.

Tests you may have:

- urine test: pee in a pot
- swabs: like a cotton bud
- physical exam: looking at, or touching, the area for signs
- cervical screen: test of the cervix for those 25+ years of age who have ever had sex
- blood test: (HIV, Syphilis).

Why test for STIs?

Many STIs have no symptoms and you may never know you have an STI. Symptoms can include: pain going to the toilet or during sex, discharge or unusual smell, lumps, bumps or sores, pain in your lower tummy, sore testicles, itching or bleeding between periods. Many STIs can be cured quickly and easily. Early treatment can mean fewer symptoms, less pain and less hassle.

When to test for an STI

STI tests are usually done 2 weeks after unprotected sex. You should have a test:

- if you had unprotected vaginal, anal or oral sex
- before a new relationship
- if the condom ripped or failed
- if you are pregnant
- if you or your partner has symptoms or feel that something's "not right".

Some STIs can be spread by skin to skin contact.

Where do you go for an STI test?

You can go to a Family Planning clinic, sexual health clinic, Youth One Stop Shop or your health provider.



How to find us:
www.familyplanning.org.nz
facebook.com/familyplanningnz
instagram.com/familyplanningnz
0800 372 546
Twitter@FPNewZealand

How to use an external condom

1 Make sure the penis does not touch your partner's mouth, vagina or anus before being covered by the condom.



2 Check the condom date has not expired. Open the packet from the jagged edged side. Be careful of sharp fingernails, jewellery or teeth.

3 Check the condom is the right way up. The roll should be on the outside with the tip coming up through the middle. Pinch the tip to remove the air, so there will be space for semen later.



4 While pinching the tip, roll the condom down to the base of the erect penis.

5 Spread water-based lube (lubricant) over the condom.

6 After cumming, and before going soft, hold the condom around the base so it doesn't slip off, then pull out.

Condoms

There are two types of condoms.

1. **External condoms** are thin tubes of latex that are fitted over an erect penis before sex, to protect against unplanned pregnancies and sexually transmitted infections (STIs).

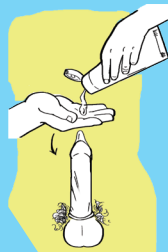
2. **Internal condoms** go into the vagina and work by catching sperm at ejaculation.

7 Roll the condom up from the base to remove it. Wrap the used condom in a tissue, making sure no semen spills out, and put in the rubbish, not the toilet.



Use a new condom and lube every time you have sex.

Lube – use it every time



Condoms work really well when used correctly. This means using lubrication (wetness) with them. Use a water-based lubricant like KY jelly, Glyde, Sylk or Play. These can be bought in supermarkets, pharmacies and from the Family Planning website.

If lube isn't used, or if you use oil-based lubes like Vaseline, baby oil, or cooking oils, the latex can break down and the condom can tear.

Spit or a person's own lubrication usually isn't enough.

Extra lube should be used for anal sex as the anus doesn't make lubrication of its own and the condom is much more likely to tear.

Using lube helps to prevent the condom tearing but it also makes sex more pleasurable.

Which condoms should I use?

Condoms come in different sizes. Ask your nurse or doctor to write on your prescription that you'd like to try different brands, sizes and types to find one that fits and feels best. Condom sizes are about how wide the penis is, not its length.

Masturbating with a condom will help you know what they feel like, which type you prefer, and that you feel confident using them with a partner.

Anyone of any age can buy condoms. They are easy to get and easy to use. You can get lots of external condoms for \$5 on a prescription from Family Planning.

Condoms slip or tear when:

- not enough lube or oil-based lube used
- torn by fingernails, jewellery or teeth
- not put on correctly
- penis going soft before pulling out
- condom slips while pulling out
- condoms have been stored in warm places like pockets which can make the latex lose its strength
- condom is past its expiry date.

What to do if it tears

If the condom breaks or tears, stop and put on a new one.

The Family Planning clinic or your health provider can give you emergency contraception to help prevent pregnancy. Take this within 72 hours of unprotected sex.

If you are worried about an STI, get a check done 2 weeks after the unprotected sex – a pregnancy test can also be done at this time.

Condom talk

Talking about condom use shows you care about your health AND your partner's health. That should never be embarrassing.

People can give lots of reasons for not using condoms, but there are lots of ways to handle this.

"It doesn't feel the same."

"It might feel a bit different, but it still feels good."

"Trust me, I don't have an STI."

"It's not that I don't trust you, I care about both of us and our health."