

# Me and My GP

Dear Doctor,

This patient would like to be screened for STIs. The patient's pronouns are \_\_\_\_\_.  
Below are recommended STI tests for this patient who is asymptomatic and having sex with:

men   women   trans-men   trans-women   non-binary people   people of different gender identity

These testing recommendations are adapted from the Australian STI Management Guidelines and the WA Silver Book (Guidelines for managing sexually transmitted infections and blood-borne viruses).

Site Specimen	STI/s	Comment
Pharyngeal Swab (dry swab <sup>1</sup> - PCR)	Chlamydia Gonorrhoea	Clinician-collected
Anorectal Swab (dry swab - PCR) and/or self-collected lower vaginal swab (dry swab - PCR)	Chlamydia Gonorrhoea	Self-collected.
First Void Urine (PCR)	Chlamydia Gonorrhoea <sup>2</sup>	>20 mins after last void
Serology	Syphilis <sup>3</sup> HIV <sup>3</sup> Hepatitis A <sup>4</sup> (IgG EIA) Hepatitis B <sup>4</sup> (+ surface antibody) Hepatitis C <sup>5</sup>	If HIV negative Syphilis dry swab to <b>always</b> be accompanied with serology

<sup>1</sup> Not a charcoal swab.

<sup>2</sup> Asymptomatic gonorrhoea urethritis is not uncommon in people engaging in anal and oral sex.

<sup>3</sup> Syphilis and HIV have a 12 week window period, a repeat test may be necessary if exposed within the last 12 weeks.

<sup>4</sup> Test if no vaccination history is documented. Vaccinate if antibody negative.

<sup>5</sup> Test once a year, 6 monthly if HIV positive or Intravenous Drug User.

Patients who report any condomless anal or vaginal sex, more than 10 sexual partners in 6 months, group sex, recreational drug use during sex or are HIV-positive should undergo STI testing **up to 4 times per year**.

The efficacy of patient-collected anorectal and vaginal swabs is well established and often preferred by patients. Instructions for self-collection are available from:

<http://ww2.health.wa.gov.au/Silver-book/Patient-presentation-and-specimen-collection>

I would appreciate you facilitating a screen with this patient.

Kind Regards,

Joe Staniszewski,  
M Clinic Practice Manager

*This form was created at M Clinic, which is an appointment only sexual health clinic that provides confidential and non-judgmental STI testing & treatment for men, trans people and non-binary people.*