

Sexually transmissible infections (STIs)



Have you had a STI check lately? Does something just **not quite feel right**? Have you been experiencing **unusual symptoms**? Or do you have **no symptoms** and everything is great? Have you recently had a **new sexual partner**? Did you know you can have a STI and not display any symptoms? **Get checked!** Te Puna Manaaki/The WITT Wellbeing Hub offers **free, confidential self testing** that you can do **onsite yourself**. It is **anonymous, private** and does **not require parental consent**. All you have to do is book an appointment, collect a self test, do the test and return it.

STIs are infections that can spread through genital skin to skin touch, unprotected vaginal, anal and oral sex. Not all STIs have symptoms so it's best to get checked regularly even if you are not experiencing any symptoms. STIs are actually more common than you might think so don't feel shy or embarrassed about getting tested! This is important even if you are not experiencing symptoms so that you do not spread the infection to others. In the long run if an STI is not treated it may lead to other infections, infertility, pregnancy complications and even cancer. **Anyone who is sexually active can get a STI**. The best way to prevent them is by using condoms. You can access these for **FREE** from Te Puna Manaaki. Just pop in and grab some from the main entrance, you don't even need to ask!

When should you get tested?

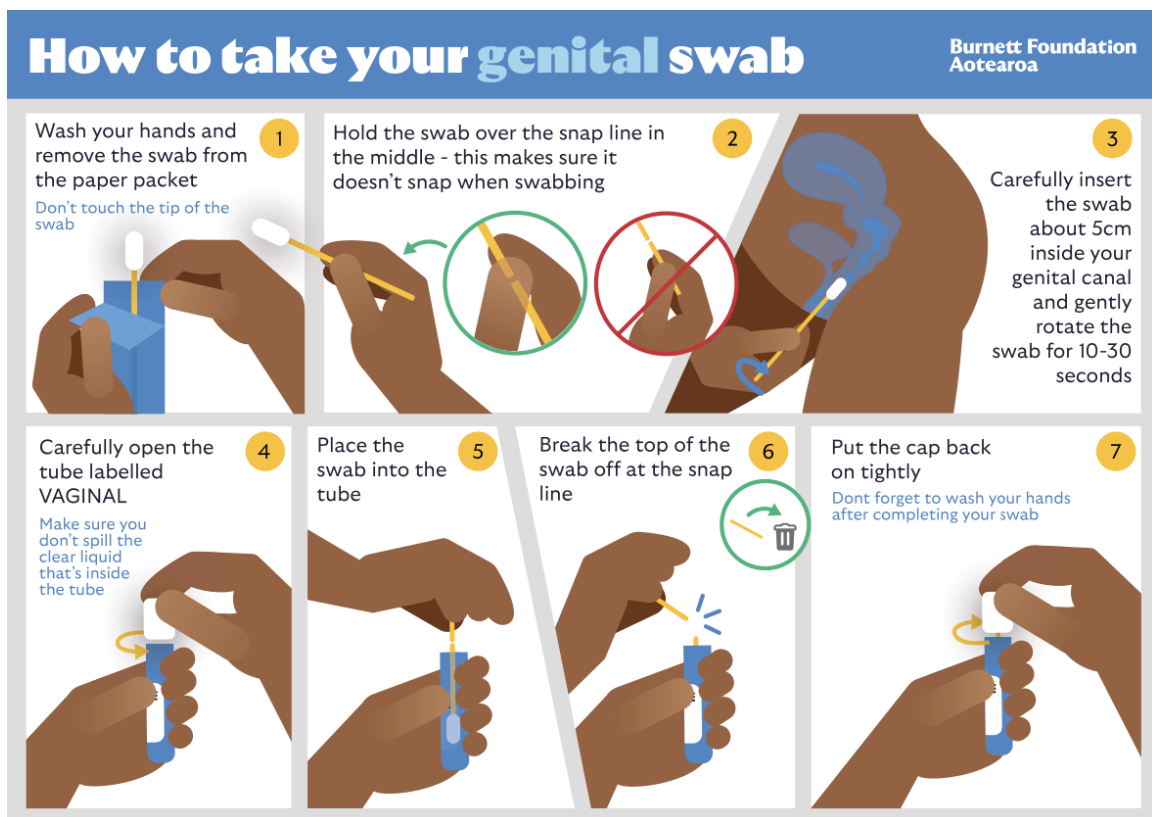
- Before and after unprotected sex
- If you've had a new sexual partner
- If you have more than one sexual partner
- If you've had sex with someone who has a STI
- If you're worried you've been exposed to a STI
- At least once a year

- If you are experiencing symptoms
- If you are pregnant

A self swab test is collected for those who have a vagina. For those who have a penis, a self urine sample is collected. An anal or throat swab may be appropriate to test for STIs in the throat or anus after anal and oral sex. These tests check for chlamydia, gonorrhoea and trichomoniasis (also known as trich).

Are you wondering how to test? See the below pictures

For those with a vagina:



For those who have a penis:

How to take your urine sample

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REMEMBER TO WASH YOUR HANDS BEFORE AND AFTER YOU COLLECT THE SAMPLE



- Pee the first part of the urine stream into the container – fill 1/3 to 1/2 way
Finish peeing into the toilet!
- Carefully open the tube labelled URINE
- Suck some of your urine up in the little pipette provided
- Squeeze urine into the tube, make sure it is filled between the two black lines
- Twist the cap back on tightly

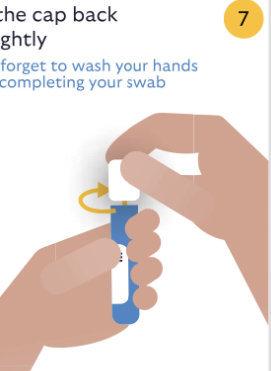

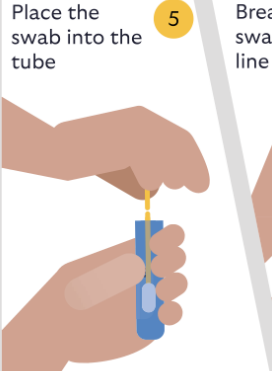
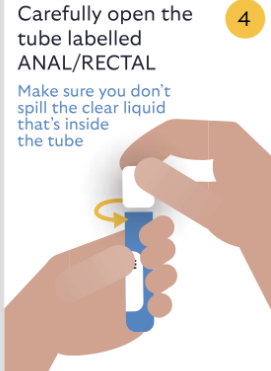
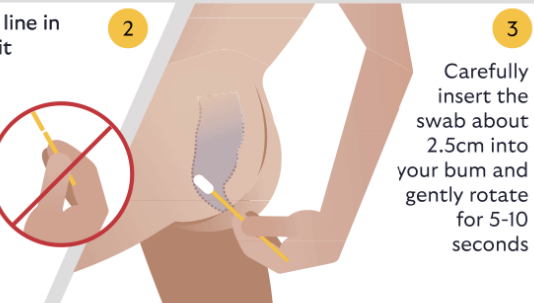
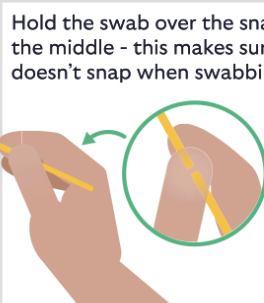
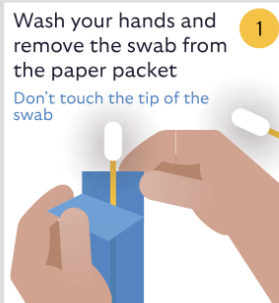


If you have engaged in anal sex:

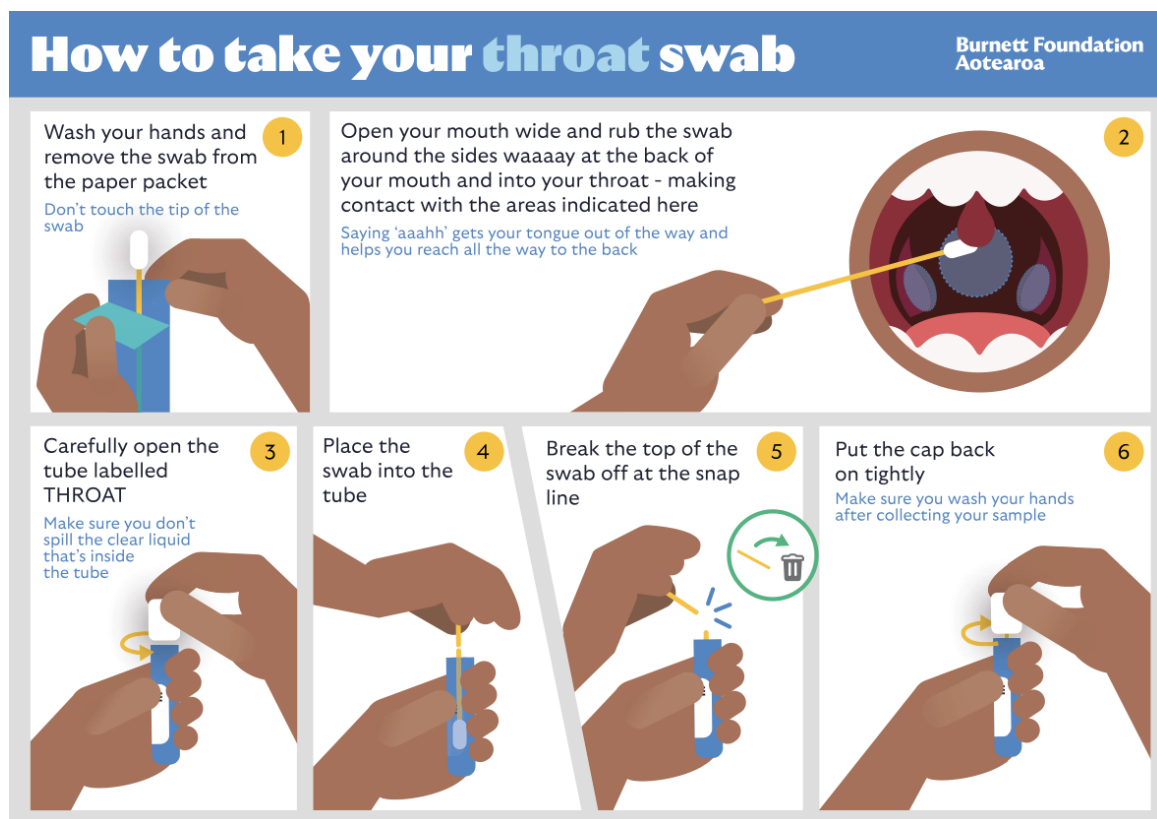
How to take your rectal swab

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- Wash your hands and remove the swab from the paper packet
Don't touch the tip of the swab
- Hold the swab over the snap line in the middle - this makes sure it doesn't snap when swabbing
- Carefully insert the swab about 2.5cm into your bum and gently rotate for 5-10 seconds
- Carefully open the tube labelled ANAL/RECTAL
Make sure you don't spill the clear liquid that's inside the tube
- Place the swab into the tube
- Break the top of the swab off at the snap line
- Put the cap back on tightly
Don't forget to wash your hands after completing your swab



If you have engaged in oral sex:



Click on this link for a video for more information about what STI testing involves, why and when to get checked: <https://www.youtube.com/watch?v=RY7CoNyEbzk&t=25s>

You should be contacted with your test results within 5 days from the time you test. If your test comes back as negative then no treatment is needed. If your test comes back as positive then treatment will be discussed with you. If you test positive for a STI you will be advised to either use condoms for 7 days after starting treatment or to not have sex during this time. Treatment for chlamydia, gonorrhoea and Trichomoniasis require either a single dose of antibiotics or a 7 day course of antibiotics depending on what it is you have. This will also be discussed with you. You will also be advised to get retested 3 months after treatment. You should tell all sexual contacts of the last 3 months if your test returns back as positive to help prevent the spread of further infection to others.

There are lots of different STIs. Below are just some of the symptoms of the most commonly experienced ones.

Chlamydia

- **No symptoms** – it is common to have the infection and not experience any noticeable symptoms
- **Discomfort or pain when you pee** (can include a burning sensation)
- **Unusual discharge** – you may experience more discharge with a different smell, colour and consistency. Discharge may be strong smelling, thick, cloudy, yellow, gray or white
- **Bleeding after sex**

Want to know more about chlamydia? Click on the link below

<https://www.burnettfoundation.org.nz/learn/stis/chlamydia/>

Gonorrhoea

- **No symptoms**
- **Unusual discharge** – there may be more than normal. It may look watery, creamy white, yellow or green
- **Discomfort or pain when you pee**
- **Genital pain** before, during or after sex
- **Bleeding after sex**
- **Bleeding between periods** (that is not your period)
- Rectal **discharge**
- Rectal **irritation**
- **Pain when pooping**

To find out more about gonorrhoea click on the link below

<https://www.burnettfoundation.org.nz/learn/stis/gonorrhoea/>

Trichomoniasis (also known as trich)

- **No symptoms**
- **Discomfort or pain when you pee**
- **Unusual discharge** – may be chunky, foamy, clumpy like cottage cheese, frothy, green, smelly or fishy
- **Itchy or sore genitals**
- **Genital rash and discomfort**

Learn more about trich by clicking the link below

<https://www.justthefacts.co.nz/trichomoniasis-symptoms-treatment-trich>

Want to know more about STI's and sexual health in general? Click on the link below

<https://www.justthefacts.co.nz>

References

Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine, & New Zealand Sexual Health Society. (2021). *NZ STI guidelines*. <https://sti.guidelines.org.nz/>

Burnett Foundation Aotearoa. (2022). *Burnett Foundation Aotearoa*. <https://www.burnettfoundation.org.nz/>

Sexually Transmitted Infections Education Foundation. (2025). *Just the facts*. <https://www.justthefacts.co.nz/>