

Important advice for someone infected with Chlamydia.

Finish all the antibiotics – even if you feel better in a few days, because the bacteria might still be there.

Avoid any sex without a condom until you have finished your antibiotics (7 days), because the infection can still be transmitted.

If you receive one dose of antibiotics you should avoid sex without a condom for 7 days after treatment and until 7 days after your partner(s) have been treated.

We recommend you have a Chlamydia test as part of a sexual health check-up 3 months after you have been treated (or 6 weeks later if you are pregnant) to check you have not been re-infected.



Contact us

Phone 0800 739 432 Monday to Friday to book your appointment at one of the Auckland Sexual Health Clinics or visit our website www.ashs.org.nz for more information around opening hours.

Greenlane Clinical Centre
Bldg 7 Level 3
Greenlane West

North Shore
418 Glenfield Rd
Glenfield

South Auckland
12 Waddon Place
Mangere

West Auckland
Totara Health Level 2
1 McCrae Way
New Lynn



This fact sheet is designed to provide you with information on disease. It is not intended to replace the need for a consultation with your doctor. People are strongly advised to check with their healthcare provider about any specific questions or concerns. Every effort has been taken to ensure that the information in this pamphlet is correct at the time of publishing (2020).



Chlamydia

Chlamydia trachomatis is a common sexually transmitted bacterial infection.

Chlamydia is transmitted through contact with body fluids from the penis or vagina. You may become infected if you have oral sex, vaginal sex or anal sex without a condom. Using a condom decreases the chance of getting chlamydia, but condoms aren't 100% effective at preventing infection. Fingering and sex toys can also spread chlamydia.

Chlamydia can also be passed from a mother to baby during birth. The baby can get an eye or lung infection.

If chlamydia is not treated it can cause serious complications like infertility, chronic pain and issues during pregnancy.



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What are the symptoms?

Many people don't get any symptoms from a Chlamydia infection. It can stay around for months or even years if it's not treated. Chlamydia can still be transmitted to others, even if you don't have any symptoms.

Symptoms for Men:

- Soreness or redness at the urethral opening (where urine comes out).
- Pain or discomfort when you pee
- Clear or white-ish discharge from the penis.

Many men do not have any symptoms. If not treated, chlamydia can spread to the testicles, leading to pain and swelling (epididymo-orchitis).

It can occasionally cause infertility in men. Sometimes a condition called SARA (Sexually Acquired Reactive Arthritis) causing inflammation of eyes, skin and joints.

Symptoms for Women:

- Unusual vaginal discharge.
- Unusual vaginal bleeding, especially bleeding/spotting after sex.
- Lower abdominal pain, including pain during sex.
- Pain or discomfort when you pee.

Most women do not have any symptoms. If not treated, Chlamydia may spread into the uterus (womb) and tubes resulting in Pelvic Inflammatory Disease (PID), a condition that may cause infertility.

Both men and women

Infection can also occur in the throat or bottom from oral and anal sex.

Infection in the bottom may cause discharge or discomfort, but often there are no symptoms. Infection in the throat is uncommon and usually doesn't usually cause any symptoms.

How do I know if I have it?

A sexual health check up is the best way to find out if you have Chlamydia. A doctor or nurse will decide what tests to do (depending on if you have been having oral, anal or vaginal sex). Sometimes you can take your own swabs, or you might need to be examined as well, if you have any symptoms.

Chlamydia can take up to 2 weeks to show up as a positive test result. We may decide to treat you before we have your swab results, or we may recommend repeat testing 2 weeks following the last time you had unprotected sex.

How is Chlamydia treated?

Chlamydia is easily treated with antibiotic tablets. This may be a 7-day course or a single dose treatment.

It is important to finish all the antibiotics; otherwise the infection might not be fully treated.

- Women need to take a swab from inside of the vagina.
- Men need to give a urine sample to test for Chlamydia.

If infection is suspected in your bottom, a swab needs to be taken from inside the bottom.

Does my partner need treatment?

If you have had sex without a condom it is very likely that your partner is infected.

We will need to contact any people you have had any kind of sexual contact with in the last 3 months (oral sex, vaginal sex, anal sex). They need to have a sexual health check-up and be treated for Chlamydia (even if they have no symptoms and even if they have a negative Chlamydia test).