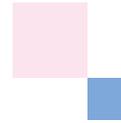


How can STIs be treated?

- Treatment for STI usually includes antibiotics or antiviral medications. The type of medication and duration of treatment depend on the type of STI(s) you have been diagnosed with. A person may be diagnosed with more than one STI at a time.
- If you are pregnant and infected with an STI, you must receive treatment early to reduce the risk of spreading the infection to your baby.
- If you have an STI, your sex partners (including current and former partners over the last 3 months to 1 year) should be informed so they can get tested and receive treatment accordingly.
- It is important to abstain from sex until both you and your partner have completed treatment.
- In some circumstances, even if your symptoms have resolved or you feel well after STI treatment, your doctor may require you to return to the clinic and repeat the test to ensure that you no longer have the infection.



Useful telephone number

Central Appointments

6294-4050



KK Women's and
Children's Hospital
SingHealth

KK Women's and Children's Hospital
100 Bukit Timah Road
Singapore 229899
Tel: 6-CALL KKH (6-2255 554)
Fax: 6293-7933

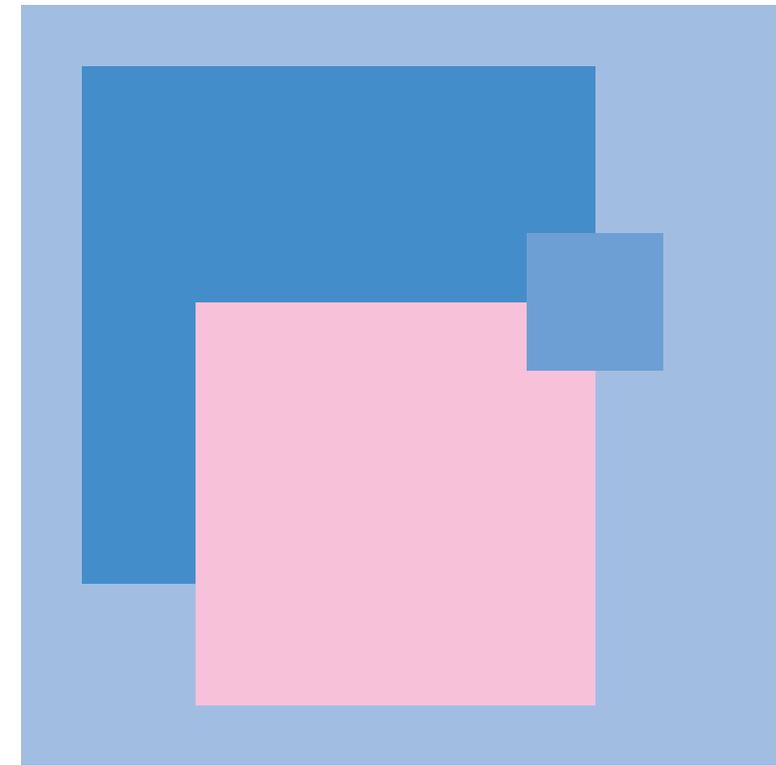
Website: www.kkh.com.sg

www.facebook.com/kkh.sg



KK Women's and
Children's Hospital
SingHealth

Sexually Transmitted Infections



Reg No 198904227G GSTIst10920

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What is a sexually transmitted infection?

- A sexually transmitted infection (STI) refers to any infection that is passed from one person to another when having sex.
- STIs can be passed by having vaginal, anal, or oral sex.
- The organisms (bacteria, viruses, or parasites) that cause STIs may pass from person to person in blood, semen, vaginal or other body fluids. Anyone who has had sexual contact with another person is at risk of an STI.

What are the signs and symptoms of an STI?

- STIs may not cause symptoms. Many people with STIs do not have symptoms and do not know they have it until a partner is diagnosed or when complications occur. It is possible to contract STI from people who appear well and may not know they have an infection.
- You may experience the following symptoms:
 - Growths or sores in the oral, genital, or rectal area
 - Pain on urination
 - Unusual or foul-smelling genital discharge
 - Vaginal pain or bleeding during sex
 - Fever
 - Lower abdominal or pelvic pain

Common STIs

- Bacteria (Gonorrhea, Syphilis, Chlamydia)
- Parasites (Trichomoniasis)
- Viruses (Human papillomavirus (HPV), Genital herpes, HIV)

**Hepatitis is a viral infection of the liver, which can also be passed from one person to another through infected blood or sexual body fluids.*

Complications of STIs

- Possible complications include:
 - Severe pelvic pain requiring hospitalisation
 - Joint pains
 - Pelvic inflammatory disease
 - Pregnancy complications
 - Infertility
 - Certain cancers, such as HPV-associated cervical cancer

Transmission from mother to infant

- Some STIs, such as gonorrhea, chlamydia, syphilis, herpes and HIV, can be spread from an infected mother to her child during pregnancy or delivery.
- STIs in newborns or infants can cause serious complications, including death.
- All pregnant women must be screened for these infections and treated.

How can I prevent myself from contracting an STI?

- **Abstain** from sex, especially if your partner is suspected or diagnosed with an STI. This is the most effective way to avoid STIs.
- Staying in a **long-term mutually monogamous** relationship with an uninfected partner.
- **Wait and screen:** Avoid any intercourse with a new partner until both have been screened for STIs.
- **Vaccinations:** Get vaccinations, especially before becoming sexually active. There are vaccinations to reduce the risk of HPV, hepatitis A and B.

- **Use protection:** Use a new condom for every act of vaginal, anal and oral sex throughout the entire sex act (from start to finish). If used correctly and effectively, male condoms can provide greater protection against STIs that are transmitted by genital fluids (e.g. gonorrhea, chlamydia, trichomoniasis, and HIV). However, condoms may not confer protection against STIs that are transmitted mainly by skin-to-skin contact such as genital herpes, HPV infection and syphilis).
- **Avoid** drinking alcohol excessively or using recreational drugs: when under the influence of excessive alcohol or drugs, you are more likely to take sexual risks and expose yourself to STIs

What tests can be done to confirm an STI?

- If you are suspected to have an STI, laboratory tests can be done. These may include the following:
 - **Blood tests:** Syphilis, Hepatitis, HIV
 - **Urine samples:** Chlamydia, Gonorrhoea
 - **Fluid or genital swabs:** If you have active genital discharge or open genital sores, your doctor may send the fluid or genital swab samples to diagnose the type of infection.
 - **Cervical swabs:** Chlamydia, Gonorrhoea

I am not sure if I am at risk, should I still get tested?

- Testing for STIs in someone who does not have any symptoms is called screening. In general, this is recommended for anyone who is sexually active, pregnant, or starting a relationship with a new partner.