



## Chlamydia Infection

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Are you at risk?

**CHLAMYDIA TRACHOMATIS IS THE MOST COMMON SEXUALLY TRANSMITTED BACTERIAL INFECTION IN AUSTRALIA.**

**IT IS A SERIOUS INFECTION WHICH, IF LEFT UNTREATED, CAN LEAD TO COMPLICATIONS SUCH AS INFERTILITY.**

### **WHAT ARE THE SYMPTOMS OF CHLAMYDIA?**

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The majority of infected people have no symptoms, so you may have it and not know it. Usually the only way to know if you have an infection is by having a test. If symptoms occur they develop one to three weeks after exposure.

In women, symptoms that may occur include:

- Unusual vaginal bleeding or discharge
- Pelvic/Abdominal pain
- Painful sexual intercourse
- Fever
- Painful urination
- Urge to urinate more frequently than usual.

In men, symptoms that may occur include:

- Discharge from the penis
- Pain or discomfort when passing urine
- Pain in the scrotum or pelvic area.

### **WHAT ARE THE CONSEQUENCES?**

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If Chlamydia is untreated in men, it can result in Epididymitis and in men who have sex with men, Proctitis and Proctocolitis. In women, it can result in serious disease of the uterus, fallopian tubes and/or ovaries called Pelvic Inflammatory Disease (PID).

PID can cause scarring inside the reproductive organs which can later cause serious complications including chronic pelvic pain, infertility, ectopic pregnancy (where the fertilised egg tries to grow into an embryo outside the uterus) and other dangerous complications of pregnancy.

Repeat infections are associated with a much higher infertility rate. Chlamydia infection also increases the risk of HIV transmission.

### **HOW DO YOU GET A CHLAMYDIA INFECTION?**

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Unprotected sex can pass on Chlamydia infection to you.

### **HOW IS IT TREATED?**

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Your doctor will prescribe a course of specific antibiotics for you if you are infected. It may be appropriate for your partner to be tested and if necessary also treated.



# Chlamydia Infection

## Are you at risk?

### WHO IS AT RISK?

- Young sexually active people aged 16 - 29 years
- People who have had a change in sexual partner
- People whose partner has had sexual intercourse with another person
- People who have had unprotected sex
- Newborn babies of infected mothers.

### WHY ARE YOUNG PEOPLE MORE SUSCEPTIBLE?

Chlamydia is on the rise and had doubled in the last five years in Australia.

There may be two reasons for this:

- A young person's body is more susceptible to the Chlamydia infection
- Young people may have more sexual partners and therefore the risk of spreading the infection is higher.

### HOW CAN IT BE PREVENTED?

- Using a condom every time that you have sex will help prevent Chlamydia.
- Being tested regularly for Chlamydia helps prevent the spread of infection.
- Sexual health experts recommend that sexually active young people have a Chlamydia test approximately once a year, even if they have no symptoms.

### IS THE TEST BILLED?

Medicare will cover a portion of the cost.

### WHAT KIND OF SAMPLE IS REQUIRED FOR TESTING?

Chlamydia can be detected from a urine sample or a genital swab.

### WHAT SHOULD I DO NOW?

Discuss the importance of this test with your doctor.

### USEFUL WEBSITES

[www.getcluedup.com.au](http://www.getcluedup.com.au)

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