

Chlamydia Screening by a simple urine test for men under 30.

As part of your Health screen **men under 30** can now chose to have an *optional* screening test for Chlamydia for as part of their screening medical examination. Women are already screened.

Chlamydia is a common sexually transmitted disease caused by a small bacteria. It is estimated that approximately 5 -10% of sexually active men and women under 25 in the UK can have this condition.

More than 60% of men (and women) will have no symptoms of discomfort, discharge etc to alert them that they may have an infection. However they can still pass the infection on to others. In men it can occasionally cause a painful swelling of the testicle or rarely a form of arthritis. If passed on to a female partner it can cause infections of the womb and tubes which in 1 in 5 cases can lead to difficulties achieving a pregnancy later in life.

There is now a simple test performed on urine that can sensitively detect this condition.

It is of course entirely optional whether you chose to have the test performed or not.
If you are found to have this condition a short course of antibiotics is curative.

Performing the Test

- *If you intend to have this test you must ensure you do not pass urine for at least 2 hours before your medical.*
- You will then be asked to provide a urine specimen and you must collect the very first 10 - 20 ml of urine in the bottle provided. (A 'first catch specimen)

Implications if your test is positive for Chlamydia

- If you have a positive test you will be offered treatment with a simple short course of antibiotics.
- If you have a positive test it is very important that you tell any your current and any other recent sexual partners so they can also seek a test and treatment if needed.
- If you have a positive test you may wish to be screened for other sexual infections by a specialist in Genitourinary medicine.

You can get more information on the web at :

<http://www.fpa.org.uk/guide/STI%20PDFs/Chlamydia.pdf>