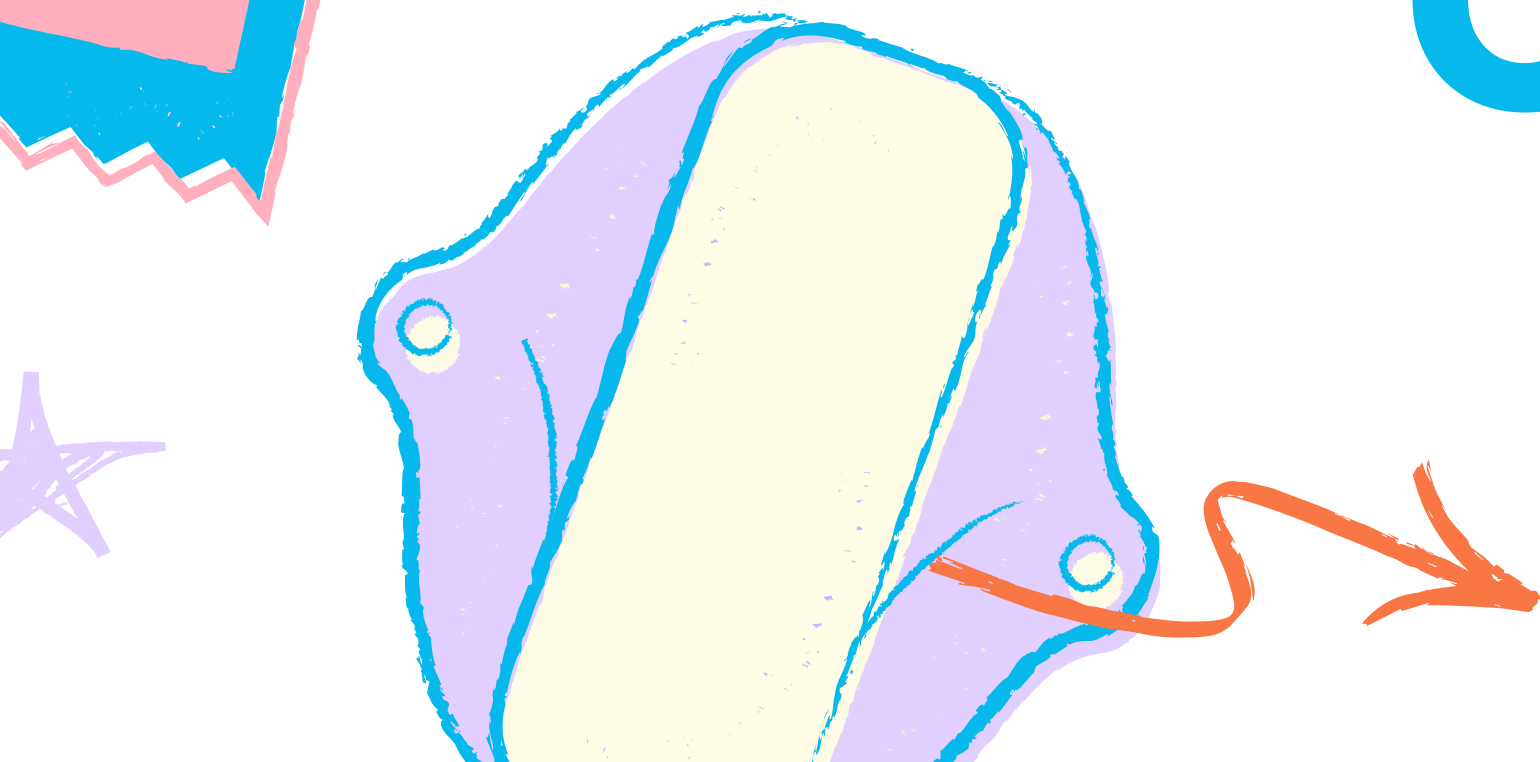
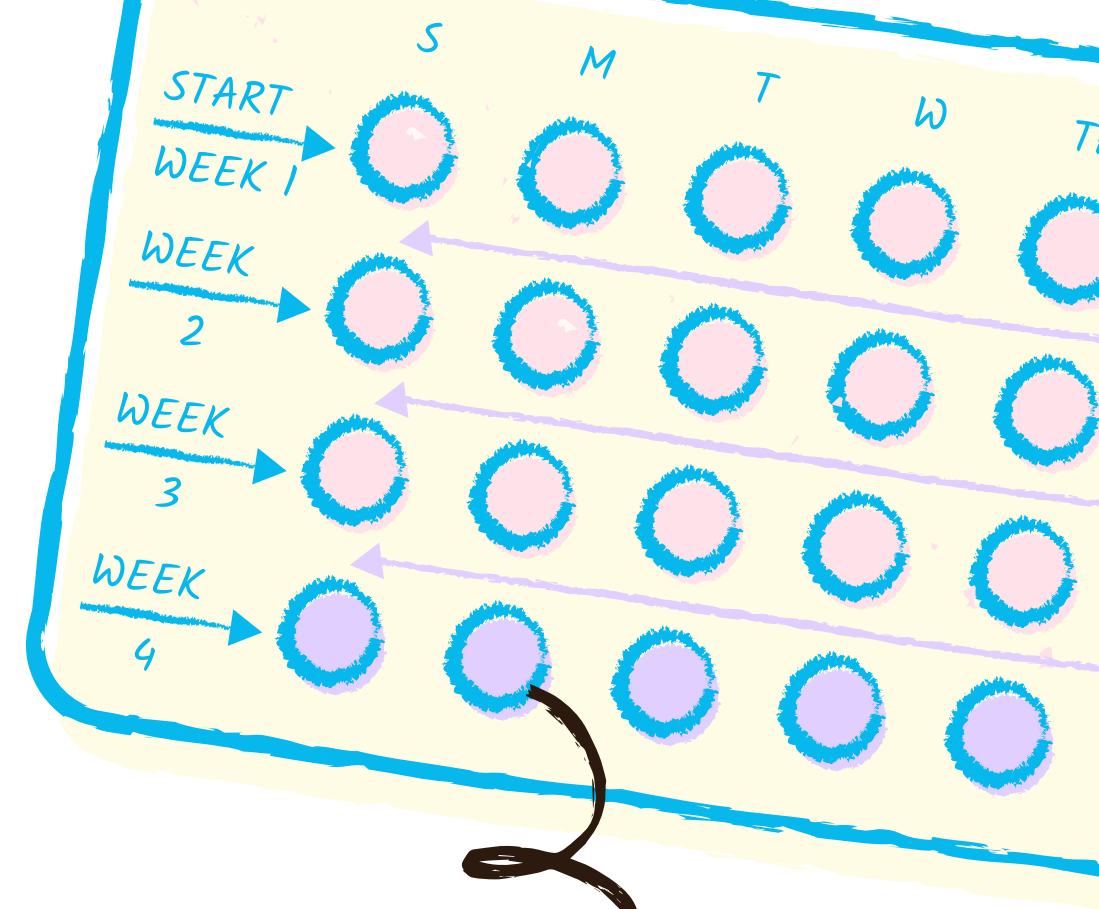
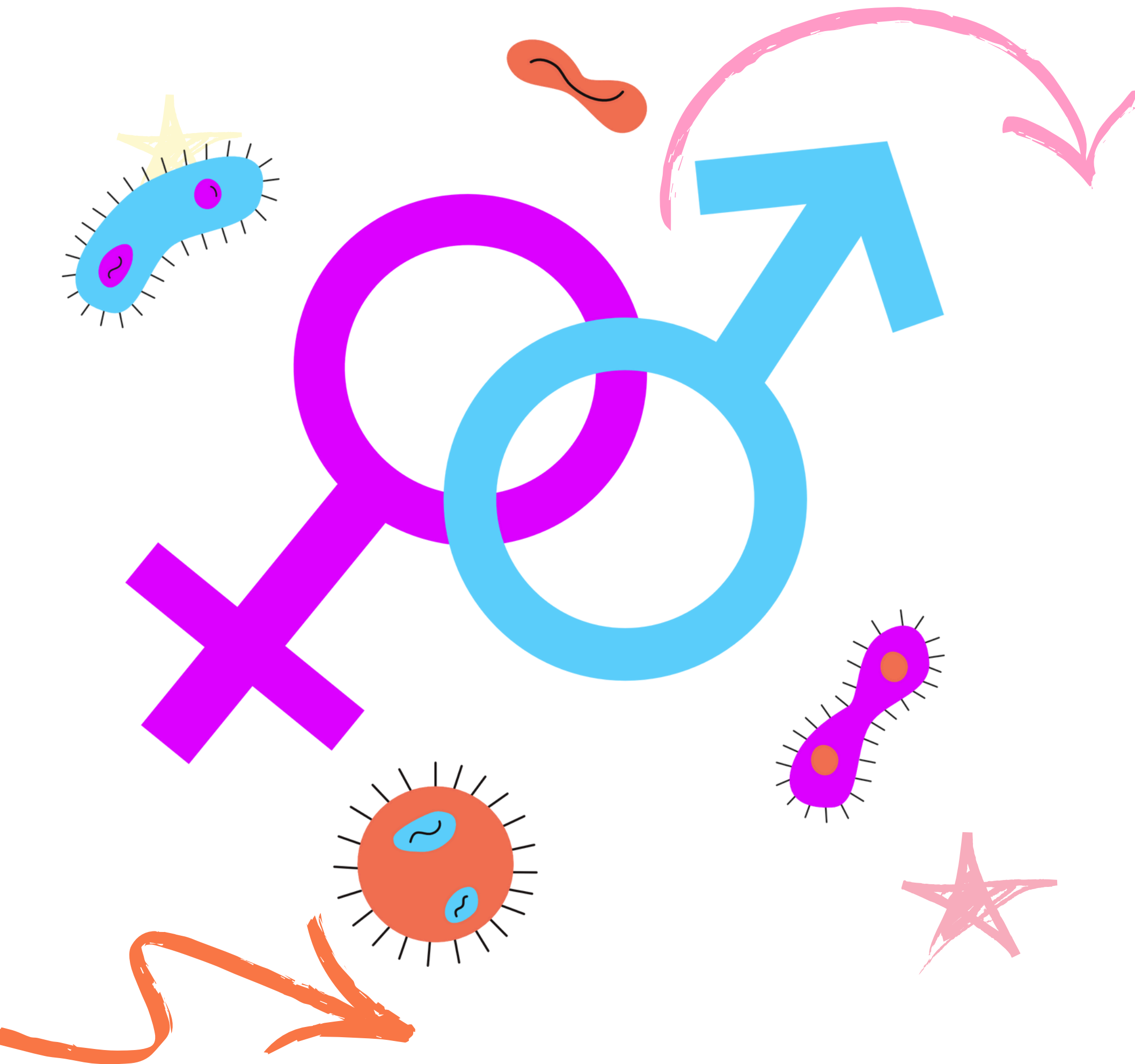


AN INTRODUCTION TO A

SEXUAL HEALTH CLINIC





SOME SERVICES OFFERED

Tests and treatments

Contraception

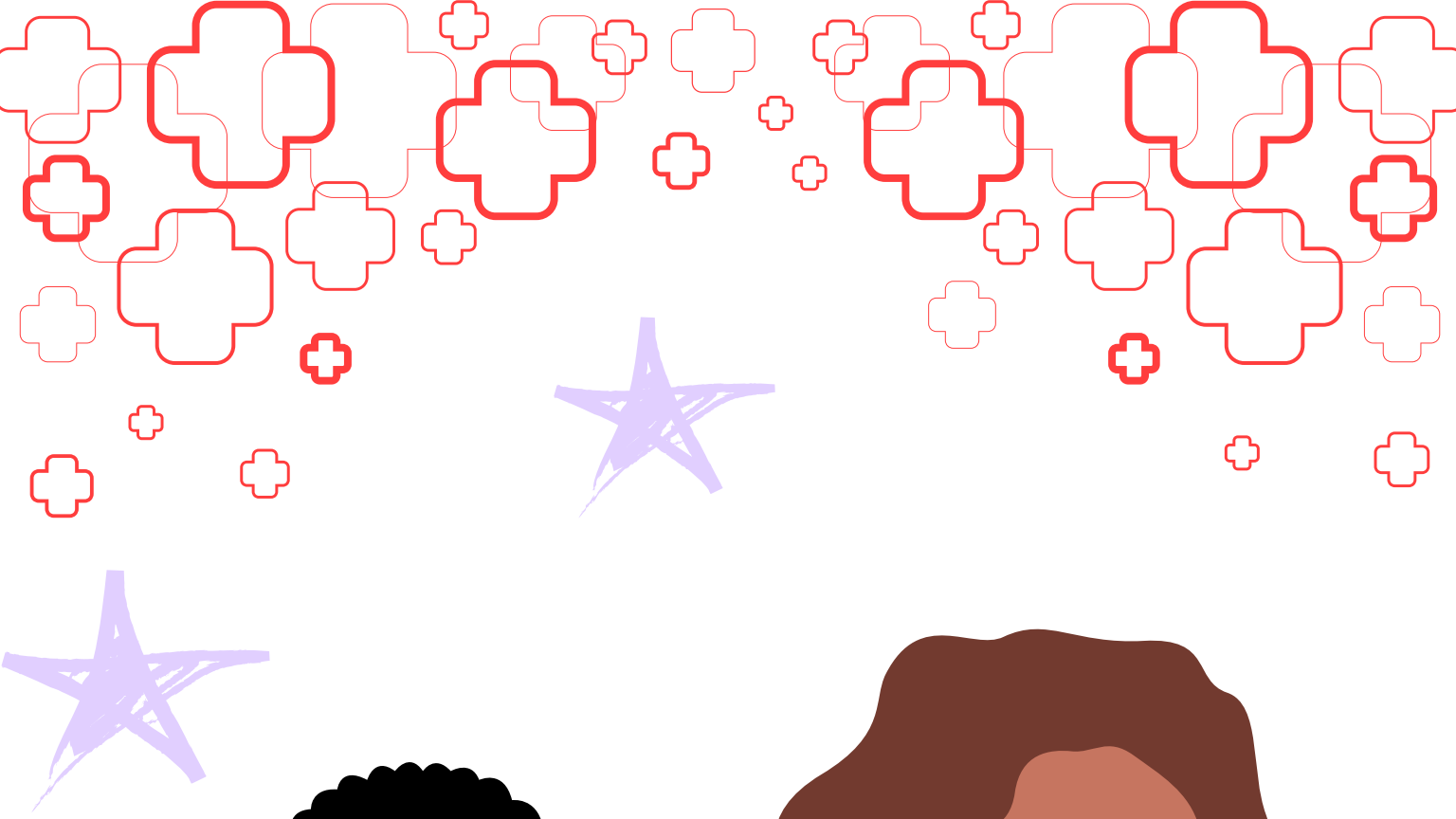
Pregnancy testing

Abortion advice

Hepatitis A and B vaccinations

Help after rape or sexual assault

Fertility



WHAT HAPPENS AT A SEXUAL HEALTH CLINIC

Visiting a sexual health clinic is confidential. The staff will explain everything, including any tests you may need.

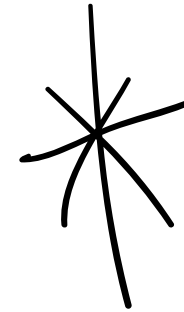
You can ask for a female or male nurse or doctor. You can also have a friend, family member or other member of staff in the room with you during tests or examinations.

Staff at a sexual health clinic will not tell anyone what you discuss without your permission. This includes your GP.

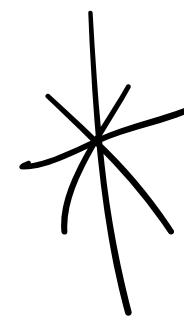


If staff think you or someone else is at risk of harm, they may need to tell other healthcare services. But they will not do this without talking to you first.

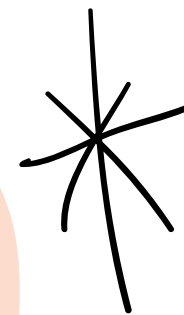
SO WHEN CAN I GO?



Anyone can go to a sexual health clinic regardless of their gender, age or whether they have symptoms. If you're under 16, the service is still confidential and the clinic won't tell your parents.

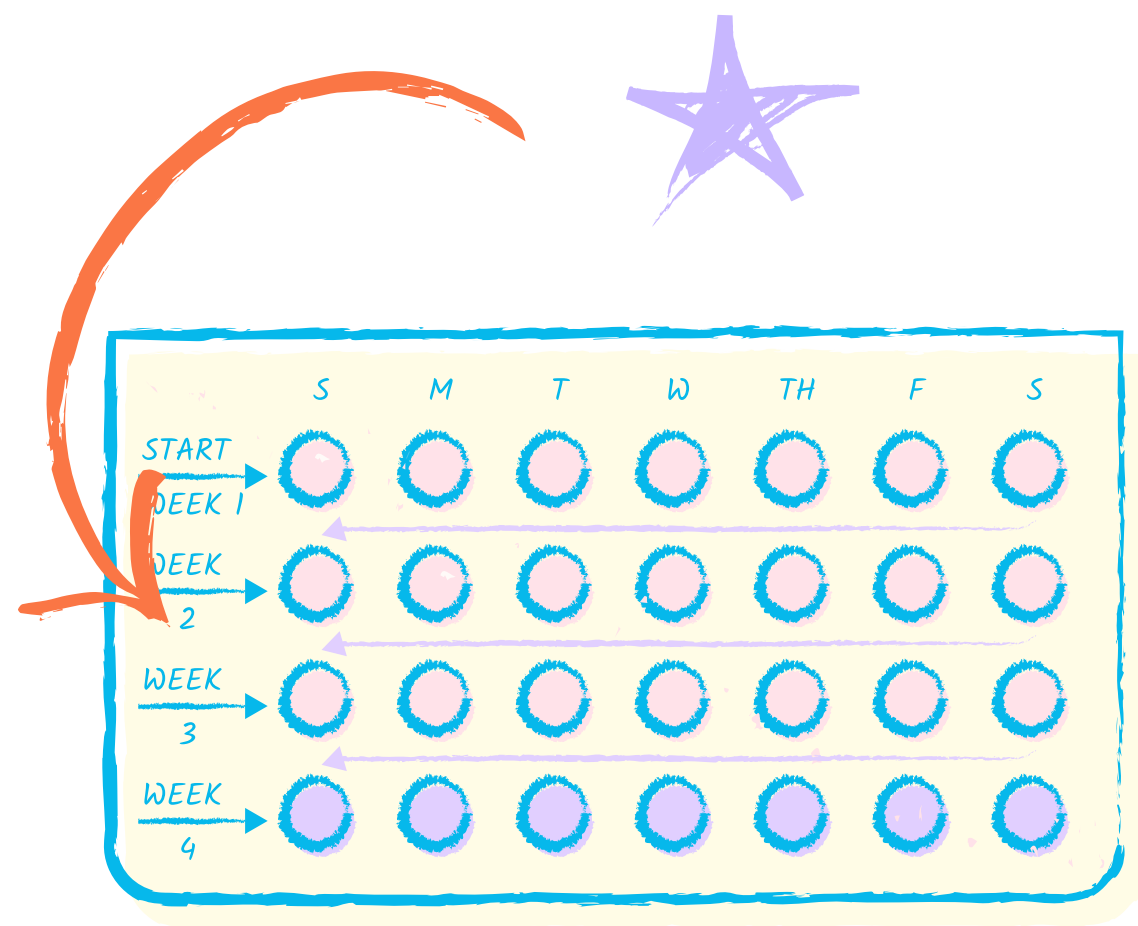


Clinics are open to people of all ages, and staff are trained to offer respectful care regardless of gender, sexuality, or background. It's important to seek care early if you notice symptoms or have concerns — regular check-ups can help you stay informed and protected.



Some clinics offer a walk in service, but it's better to contact your local clinic to see if you need to book an appointment

You might feel embarrassed, but there's no need – the staff at these clinics are used to testing for all kinds of infections. It's their job and they won't judge you. They will explain everything to you and make you feel at ease.



COMPASSION

We prioritize empathy and understanding towards individuals and families.



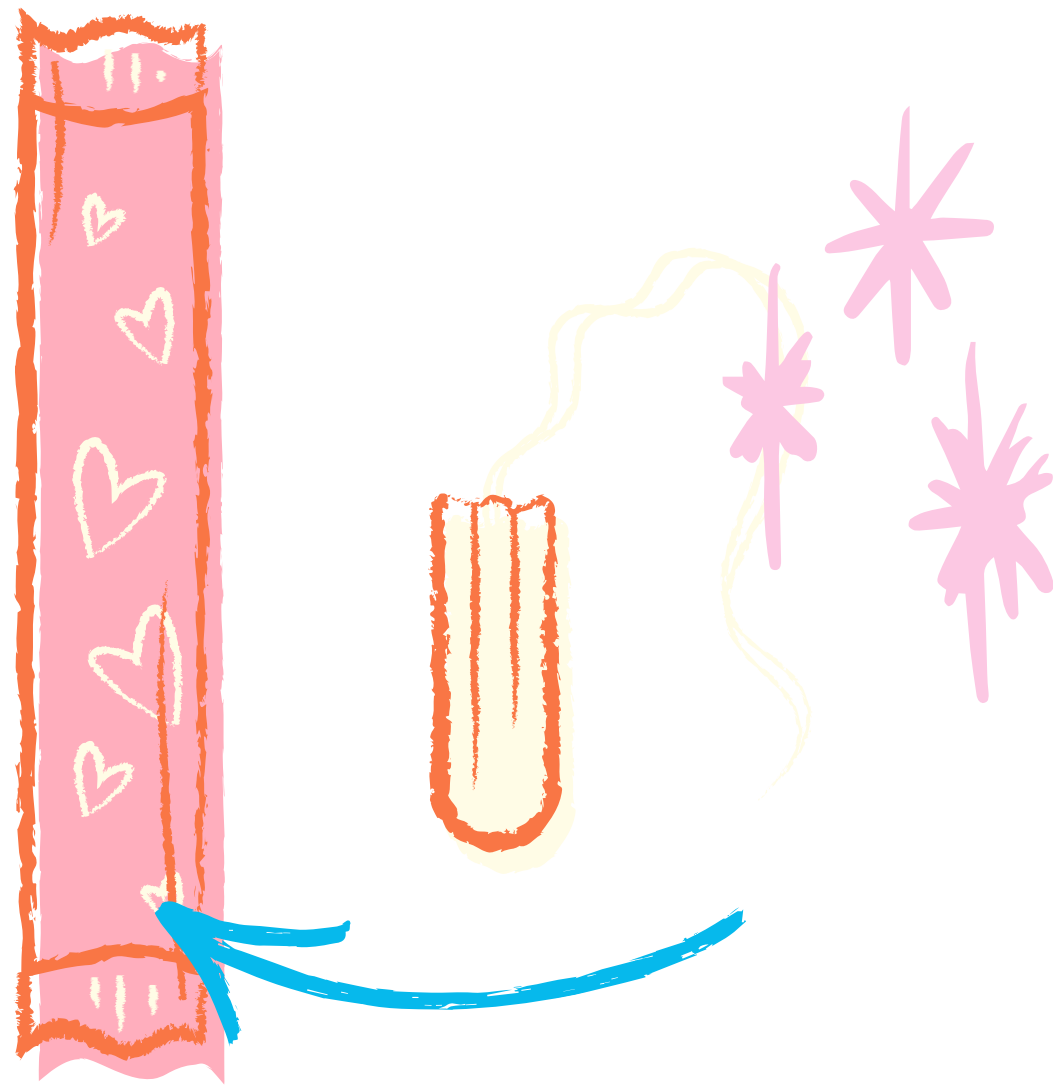
EMPOWERMENT

Our aim is to equip our patients with the necessary knowledge to make informed decisions.



CONFIDENTIALITY

Our commitment to confidentiality means that we value and respect your privacy.



RESPECT

We respect and celebrate our patients diversity, including their backgrounds, beliefs, and choices.



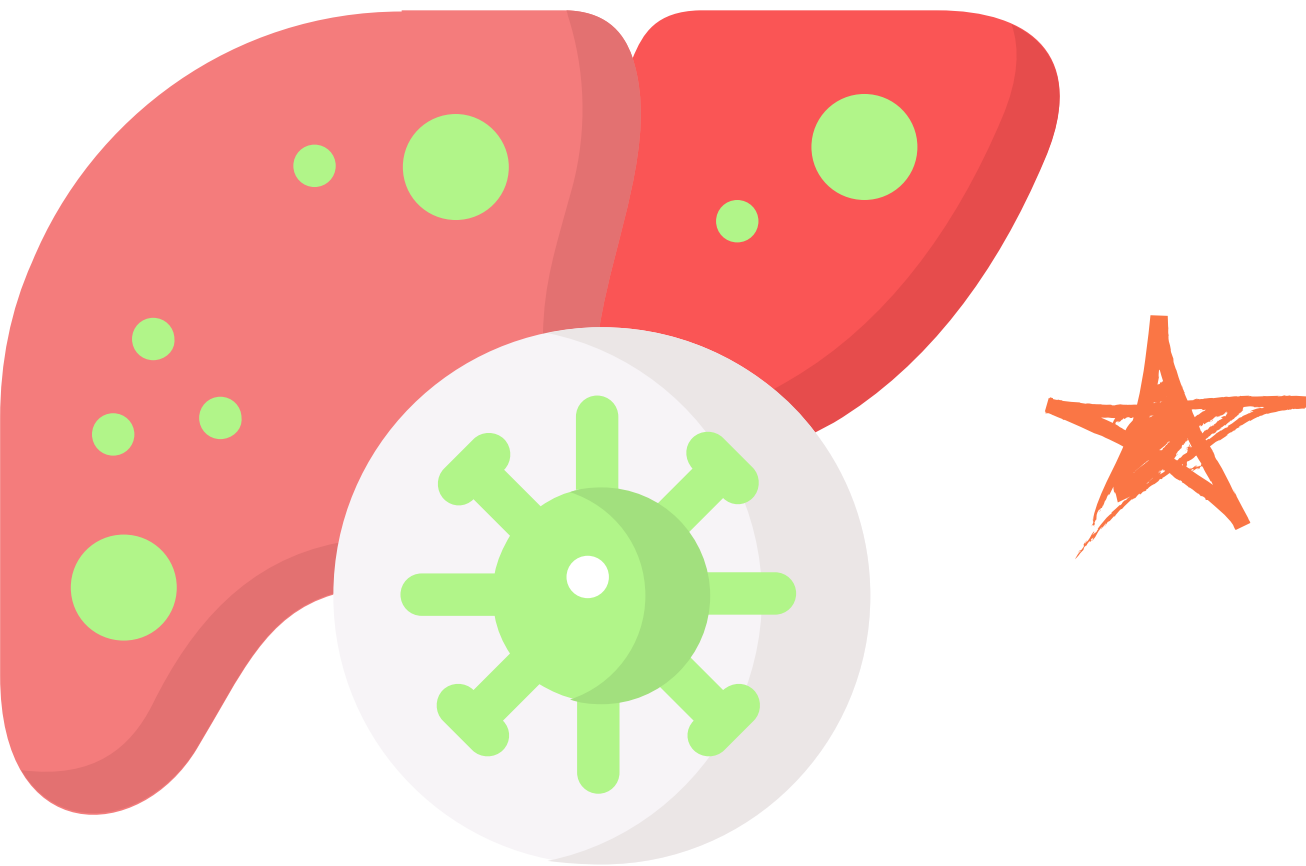
EXCELLENCE

Our commitment is to offer exceptional healthcare services by continuously improving and educating ourselves.

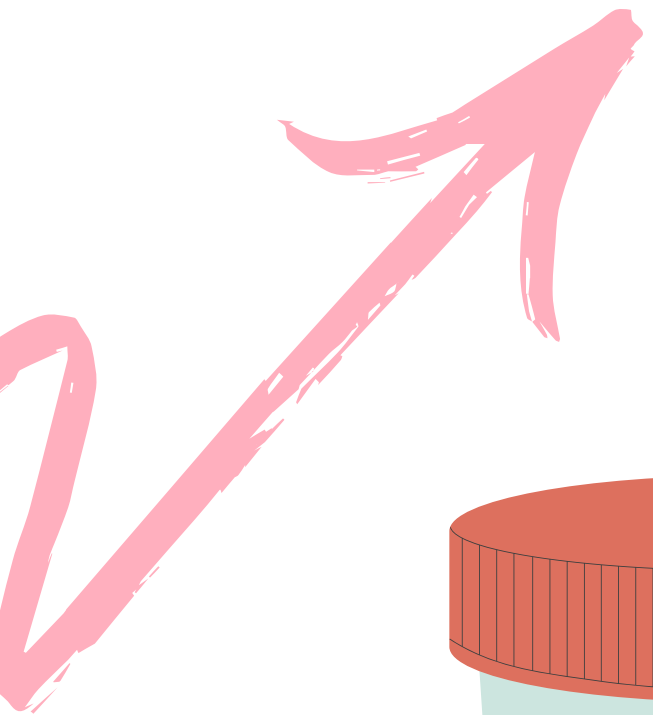


COMMUNITY

We aim to create a supportive community where individuals and families can connect.



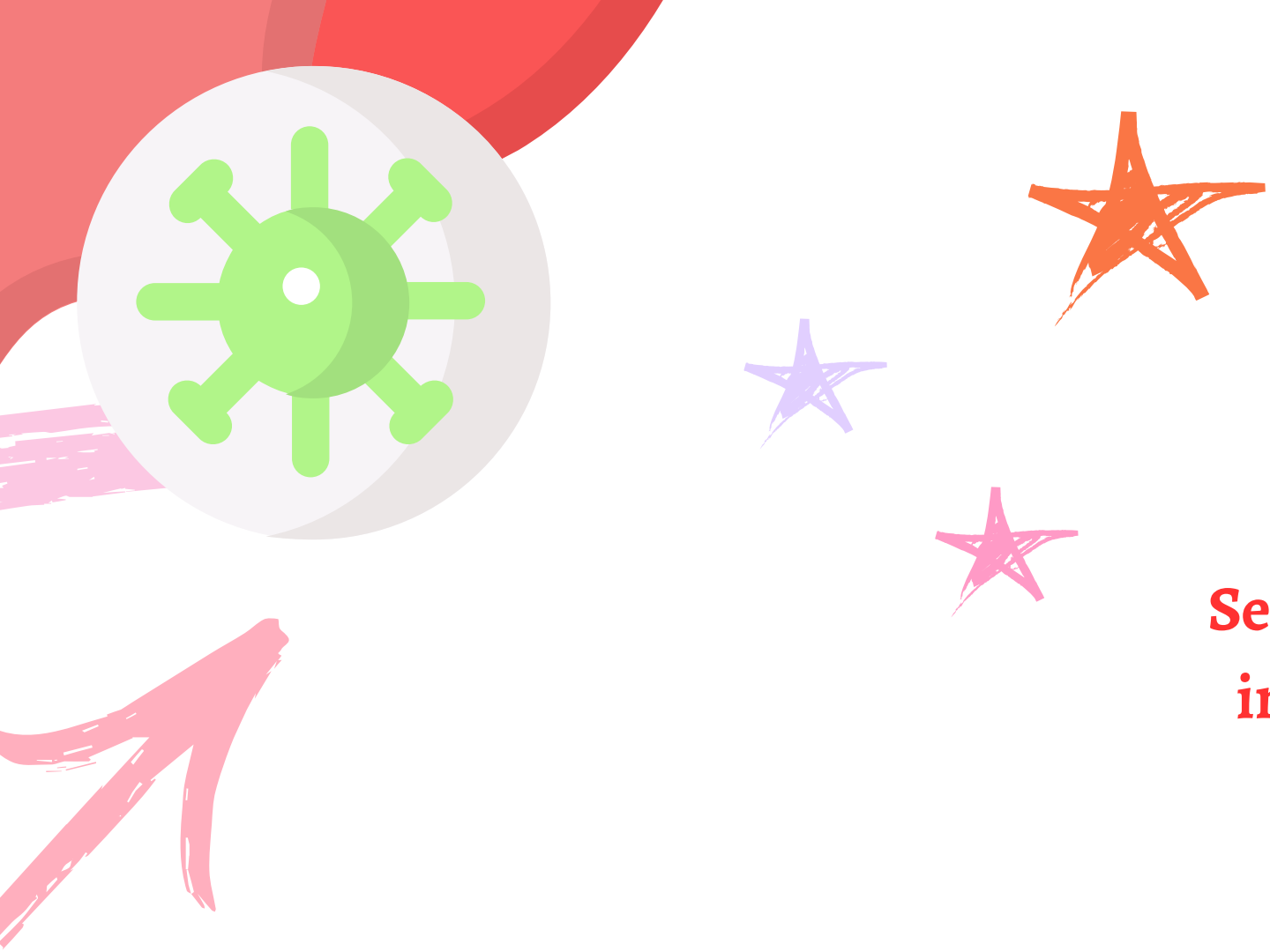
HEPATITIS A (HAV) AND HEPATITIS B (HBV):



Hepatitis A is spread mainly through contaminated food/water or close contact (including sexual contact like oral-anal activity).



Hepatitis B is transmitted through blood, semen, and other body fluids (commonly through unprotected sex, needle sharing, or from mother to child at birth).



WHY VACCINATE IN A SEXUAL HEALTH CLINIC?

Sexual health clinics focus on preventing sexually transmitted infections (STIs), including hepatitis B (a sexually transmitted infection) and, to a lesser extent, hepatitis A.

High-risk groups often seen in sexual health clinics include:

- Men who have sex with men (MSM)
- People with multiple sexual partners
- Sex workers
- People who inject drugs (PWID)
- Partners of people with hepatitis
- Individuals living with HIV

PART OF COMPREHENSIVE SEXUAL HEALTH

OFFERING HEPATITIS VACCINES IS PART OF A HOLISTIC APPROACH TO SEXUAL HEALTH THAT INCLUDES:

- STI SCREENING
- HIV TESTING/PREP
- HPV VACCINATION
- EDUCATION AND BEHAVIOR SUPPORT
- THIS NORMALIZES VACCINATION AS A STANDARD PART OF STAYING HEALTHY SEXUALLY.



HEPATITIS A



HOW YOU CAN GET HEPATITIS A

HEPATITIS A IS CAUSED BY A VIRUS THAT SPREADS IN POO.

THE INFECTION IS MORE COMMON IN PARTS OF AFRICA, ASIA, THE MIDDLE EAST AND CENTRAL AND SOUTH AMERICA.

YOU CAN GET HEPATITIS A FROM:

DRINKING UNCLEAN WATER

EATING FOOD THAT'S BEEN WASHED OR GROWN IN UNCLEAN WATER

EATING FOOD THAT'S BEEN HANDLED BY AN INFECTED PERSON

CLOSE PHYSICAL CONTACT WITH AN INFECTED PERSON, INCLUDING HAVING SEX AND SHARING NEEDLES TO TAKE DRUGS

HOW TO PREVENT HEPATITIS A

- **VACCINATION IS THE BEST WAY TO PREVENT HEPATITIS A.**
- **HEPATITIS A VACCINES ARE NOT ROUTINELY OFFERED IN THE UK BECAUSE THE RISK OF GETTING INFECTED IS LOW.**
- **YOU ONLY NEED TO GET A VACCINE IF YOU ARE AT HIGH RISK OF CATCHING OR GETTING SERIOUSLY ILL FROM HEPATITIS A. FOR EXAMPLE:**
- **YOU ARE TRAVELLING TO A COUNTRY WHERE HEPATITIS A IS COMMON – YOU MAY NEED TO PAY FOR A HEPATITIS A VACCINE FOR TRAVEL**
- **YOU HAVE RECENTLY BEEN IN CLOSE PHYSICAL CONTACT WITH SOMEONE WITH HEPATITIS A**
- **YOU HAVE LONG-TERM LIVER DISEASE**
- **YOU HAVE A BLOOD CLOTTING DISORDER, SUCH SOME PEOPLE WITH HAEMOPHILIA**
- **YOU ARE A MAN WHO HAS SEX WITH MEN**
- **YOUR JOB PUTS YOU AT RISK OF INFECTION – FOR EXAMPLE, YOU'RE A HEALTHCARE WORKER OR A SEWAGE WORKER**

SYMPTOMS OF HEPATITIS A

- **A HIGH TEMPERATURE**
- **FLU-LIKE SYMPTOMS, SUCH AS TIREDNESS, HEADACHE, AND MUSCLE PAINS**
- **FEELING SICK OR BEING SICK**
- **PAIN IN YOUR UPPER TUMMY**
- **DIARRHOEA OR CONSTIPATION**
- **PALE YELLOW OR PALE GREY POO**
- **DARK BROWN PEE**
- **ITCHY SKIN – YOU MAY ALSO HAVE A RAISED RASH (HIVES)**
- **YELLOWING OF THE SKIN AND THE WHITES OF THE EYES (JAUNDICE)**

HEPATITIS B



HOW THE HEPATITIS B VACCINE IS GIVEN

THE HEPATITIS B VACCINE IS GIVEN AS AN INJECTION INTO THE UPPER ARM OR THIGH.

YOU NEED AT LEAST 3 DOSES OF THE VACCINE TO GIVE YOU THE BEST PROTECTION FROM HEPATITIS B.

THERE'S USUALLY A MONTH GAP BETWEEN EACH DOSE, BUT SOMETIMES 3 DOSES CAN BE GIVEN WITHIN 21 DAYS (WITH A 4TH DOSE 12 MONTHS AFTER THE FIRST DOSE) IF YOU NEED FASTER PROTECTION.

SOME PEOPLE (SUCH AS BABIES EXPOSED TO HEPATITIS B BEFORE BIRTH) NEED MORE THAN 3 DOSES TO GET THE BEST PROTECTION.

HEPATITIS B IS SEXUALLY TRANSMITTED, ESPECIALLY THROUGH:

- SEXUAL TRANSMISSION (MOST COMMON IN ADULTS)
- UNPROTECTED VAGINAL, ANAL, OR ORAL SEX
- SHARING SEX TOYS WITHOUT CLEANING OR PROTECTION
- HIGHER RISK AMONG MEN WHO HAVE SEX WITH MEN (MSM)
- BLOOD TRANSMISSION
- SHARING NEEDLES OR SYRINGES (E.G., DRUG USE)
- NEEDLESTICK INJURIES (HEALTHCARE WORKERS)
- TATTOOING OR PIERCING WITH UNSTERILE EQUIPMENT
- MOTHER TO CHILD



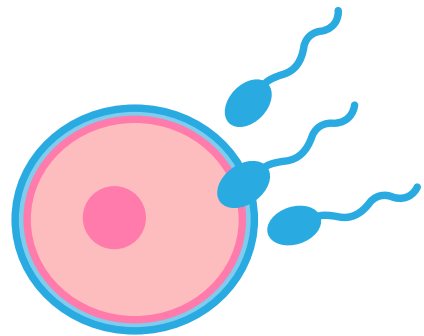
SIDE EFFECTS OF THE HEPATITIS B VACCINE

- SWELLING OR PAIN WHERE THE INJECTION WAS GIVEN
- FEELING TIRED, SLEEPY OR IRRITABLE
- A HEADACHE
- FEELING OR BEING SICK
- DIARRHOEA
- A STOMACH ACHE
- A HIGH TEMPERATURE



FERTILITY

We offer expert guidance, support, and diagnostic assessments to improve your chances of conception – But here are some top tips to increase fertility!



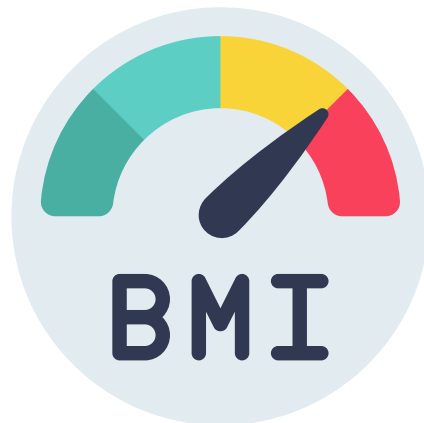
Track Ovulation



Stop Smoking



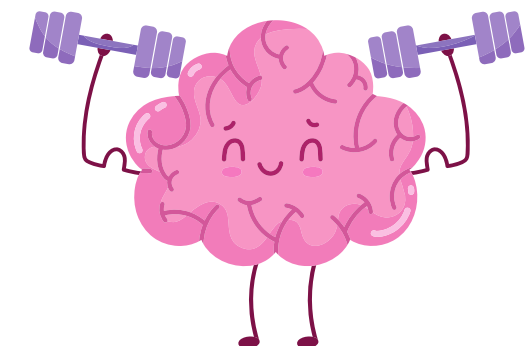
Manage Stress



Maintain a healthy weight



Limit Alcohol and Caffeine



Exercise moderately





PREGNANCY TESTS

Our pregnancy testing services are both confidential and precise.



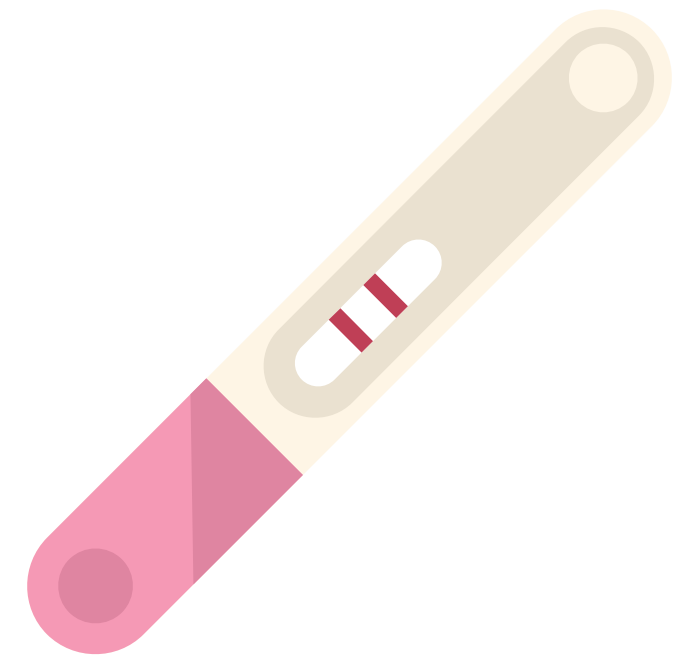
How tests work?

Pregnancy tests work by detecting the hormone human chorionic gonadotropin (hCG) in a woman's urine or blood. This hormone is produced by the placenta shortly after a fertilized egg implants in the uterus — usually about 6–12 days after fertilization

Are they more accurate than a home test?

The tests at the clinic can

- Detect lower levels of hCG than urine tests.
- Can confirm pregnancy earlier (around 6–8 days after ovulation).
- Two types: qualitative (yes/no) and quantitative (measures the exact level of hCG).



CONTRACEPTIVE OPTIONS



VASECTOMY

Over 99% effective, permanent procedure, does not protect against STI's.

FEMALE STERILISATION

Over 99% effective, permanent procedure, does not protect against STI's.

NATURAL FAMILY PLANNING

Relies heavily on education about ovulation and menstrual cycles, no hormones or chemicals, no side effects.

**THERE ARE ALWAYS
RISKS AND BENEFITS
WITH ALL
CONTRACEPTION. PLEASE
VISIT THE NHS WEBSITE
FOR A MORE EXHAUSTIVE
LIST**



IMPLANT

Over 99% effective, hormonal, effective for 3 years, periods may become lighter or stop.

DIAPHRAGM OR CAP

92-96% effective when used correctly with spermicide, no hormones. used every time you have sex.

COPPER IUD (COIL)

Over 99% effective, no hormones, effective for 5-10 years, periods may become heavier.

HORMONAL IUD (COIL)

Over 99% effective, hormonal, effective for 3-5 years, periods may become lighter or stop.

FEMALE CONDOMS

95% effective when used correctly, no hormones, to be used every time you have sex, can protect against STI's.



COMBINED PILL

99% effective if taken correctly, hormonal, to take daily, can choose to have a period or skip.

PROGESTERONE ONLY PILL

99% effective if taken correctly, hormonal, to take daily, periods can become lighter or stop.

PATCH

99% effective if taken correctly, hormonal, to take daily, can choose to have a period or skip.

VAGINAL RING

99% effective if taken correctly, hormonal, change every 3 weeks, can choose to have a period or skip.

MALE CONDOMS

98% when used correctly, no hormones, change weekly, used each time you have sex, protects against STI's.



HELP AFTER RAPE AND SEXUAL ASSAULT



THERE ARE SERVICES THAT CAN HELP IF YOU'VE BEEN SEXUALLY ASSAULTED, RAPED OR ABUSED. YOU DON'T HAVE TO REPORT THE ASSAULT TO THE POLICE IF YOU DON'T WANT TO. YOU MAY NEED TIME TO THINK ABOUT WHAT HAS HAPPENED TO YOU.

ABOUT SEXUAL ASSAULT REFERRAL CENTRES (SARCS)

SEXUAL ASSAULT REFERRAL CENTRES (SARCS) ARE LOCATED ACROSS THE COUNTRY AND AVAILABLE FOR EVERYONE, REGARDLESS OF GENDER, AGE, THE TYPE OF INCIDENT, OR WHEN IT HAPPENED.

SARCS OFFER A RANGE OF SERVICES, INCLUDING CRISIS CARE, MEDICAL AND FORENSIC EXAMINATIONS, EMERGENCY CONTRACEPTION AND TESTING FOR STIS. THEY CAN ALSO ARRANGE ACCESS TO AN INDEPENDENT SEXUAL ASSAULT ADVISOR (ISVA), AS WELL AS REFERRALS TO MENTAL HEALTH SUPPORT AND SEXUAL VIOLENCE SUPPORT SERVICES.



How to get support:

SEXUAL ASSAULT REFERRAL CENTRES (SARCS) OFFER MEDICAL, PRACTICAL AND EMOTIONAL SUPPORT TO ANYONE WHO HAS BEEN RAPED, SEXUALLY ASSAULTED OR ABUSED. SARCS HAVE SPECIALLY TRAINED DOCTORS, NURSES AND SUPPORT WORKERS TO CARE FOR YOU.

YOU CAN GET HELP FROM A SARC BY BOOKING AN APPOINTMENT WITH YOUR NEAREST ONE.

<https://www.nhs.uk/service-search/sexual-health-services/find-a-rape-and-sexual-assault-referral-centre/>

RESOURCES PAGE

- <https://www.nhs.uk/conditions/hepatitis-a/>
- <https://www.nhs.uk/vaccinations/hepatitis-b-vaccine/>
- <https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/>
- <https://www.nhs.uk/nhs-services/sexual-health-services/find-a-sexual-health-clinic/>
- <https://www.nhs.uk/contraception/>
- <https://www.nhs.uk/contraception/methods-of-contraception/natural-family-planning/>

