



UK Health  
Security  
Agency



# Information about testing for chlamydia

This is for women, trans men, non-binary (assigned female at birth) and other people with a womb and ovaries



## What is chlamydia?



Chlamydia is an infection which one person can give to another through unprotected sex



Unprotected sex includes when the person you're having sex with does not wear a condom on their penis while having sex



If it is not treated it can lead to serious health problems in women, for example infections in and around the womb

Sometimes these infections can result in not being able to have children

## What happens if I have chlamydia?



Some people with chlamydia may not know they have chlamydia



Some people with chlamydia have pain in their tummy below the tummy button



Some people have chlamydia have pain when they go to the toilet



Some people with chlamydia have pain when having sex



Some people with chlamydia have bleeding after sex or have bleeding between periods or both

## How do I know if I have chlamydia?

To find out if you have chlamydia you need to take a swab from your vagina. A cotton wool bud is used to wipe the area.

1



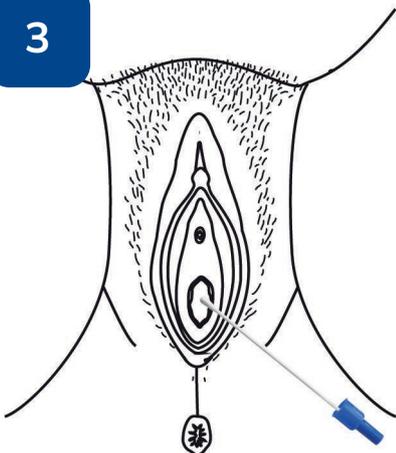
Get into a comfortable position as if you were going to insert a tampon. You may want to lie down to do the swab

2



Take the cotton wool bud out of the test kit packet

3



Softly push the cotton wool bud a little way inside your vagina. You may find it helpful to use a mirror to do this

4



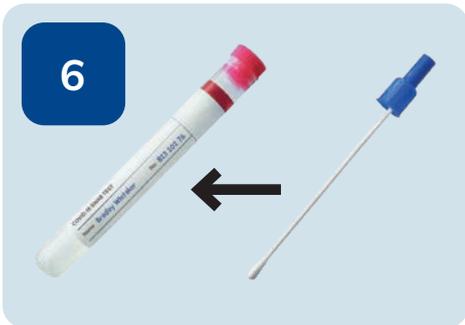
Turn the swab round inside your vagina for a few seconds

5



Carefully take the cotton wool bud out of your vagina – make sure it does not touch anything else

6



Put the cotton wool bud into the container and put the lid on tightly

7



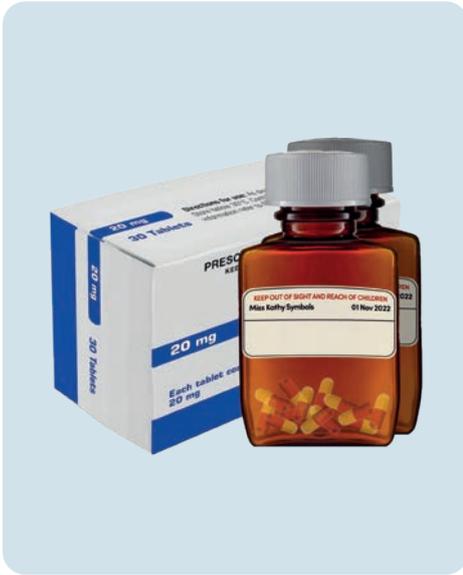
Put the container into the plastic bag and seal

8



Give the container to your nurse or health worker

## What happens if I have chlamydia?



If the test finds chlamydia you will need antibiotics to treat the infection

Follow the instructions on the packet about how many tablets you should take and when

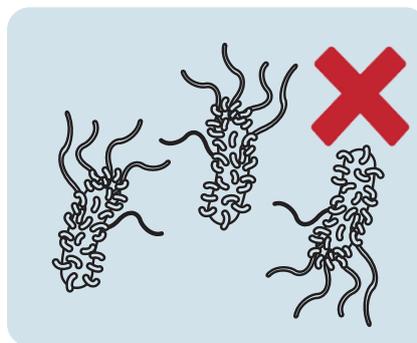


It is important that we know who else you have had sex with

They may need our help as well



Using condoms every time you have sex can stop you getting chlamydia



Using condoms will help stop lots of other infections too



Using a condom can also help to stop you getting pregnant

## Where can I get more information or talk to someone about chlamydia?



For more information visit  
[www.nhs.uk/conditions/chlamydia](http://www.nhs.uk/conditions/chlamydia)

[www.gov.uk/government/  
publications/ncsp-patient-  
information-leaflets](http://www.gov.uk/government/publications/ncsp-patient-information-leaflets)



You can also call  
the sexual health helpline: **0300 123 7123**  
minicom: **0800 521 361**



UK Health  
Security  
Agency

© Crown copyright 2023.

Product code: ERCHL1. UK Health Security Agency gateway number: 20211266

Please visit Health Publications to order or download more of this leaflet: [www.healthpublications.gov.uk](http://www.healthpublications.gov.uk)