

STI Testing:

Why, how, and what to expect



Sexual Health Resource Centre
Student Union Building Room 509
SHRC.ASU@acadiu.ca
@SHRCAcadia

What are STIs?

Sexually Transmitted Infections (STIs) are infections that are spread from one person to another, usually during vaginal, anal, and oral sex, by means of bodily fluids and/or skin to skin contact. Common STIs amongst young adults/adults* include Chlamydia, Gonorrhea and Human Papilloma Virus (HPV).

Why get tested?

STIs are common and lots of folks who have them don't experience symptoms so getting tested can identify if an individual has an STI. Without treatment, STIs can lead to some serious health problems. Fortunately, most STIs are easy to treat.

When should I get tested for STIs?

Getting tested at least once a year is recommended as a good routine practice. It is also a good idea to get tested if:

- You have a new sexual partner and/or your sexual partner(s) has new sexual partner(s)
- You have noticed changes in your body such as bumps, discharge or rashes
- You had sex with someone with an STI and did not use a condom (or other barrier method)
- If you had sex without a condom (or other prevention method) with someone who doesn't know if they have an STI
- You had sex with a condom and the condom broke

STI Testing VIA the Acadia Student Health Centre

Acadia's Student Health Centre is an on campus medical clinic, located in the basement of Dennis House (West side entrance). Their email is studenthealth@acadiu.ca and phone number is 902 585 1238. The on-campus medical clinic currently offers confidential STI testing via urine and swab samples.

- ***At this time, the Student Health Centre is not routinely offering blood drawing STBBIs. Your doctor may provide a bloodwork requisition if you wish to have these tests or they feel they are necessary based on the information you provide at your appointment.***

How do I book an appointment?

- You will need to schedule appointment with a Doctor by phoning 902 585 1238 (No walk-in appointments!). Your Doctor's appointment will be conducted in-person.

What to Expect:

- During your appointment, the doctor will likely ask you some general questions about your sexual history to determine what sort of tests you require.
- The doctor will obtain a sample to be tested, either via a swab OR a urine sample (provided in private with a sample cup). The Doctor will send these to the lab to be tested for STIs (routine testing typically tests for chlamydia and gonorrhea).
- The Student Health Centre will call you only if your results come back positive for an STI.
 - You can always request your results no matter the outcome, by calling the Student Health Centre's Administrative Assistant at 902 595 1238.

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STI Testing Off Campus in Wolfville

Another option for an STI test in Wolfville is to book directly through the After Hours Clinic at the Eastern Kings Memorial Health Centre. The EKM is located at 23 Earnscliffe Ave, a ~10 min walk from campus.

How to book an appointment:

- Sorry, no walk-ins due to Covid-19 protocol. You will need to book an appointment to see a doctor at the after-hours community clinic (appointment slots are from 5pm-9pm Monday-Friday). Call 902-542-2266 between 9am-4pm, Monday to Friday, to book an appointment for the after that same evening.
 - Tip: *The earlier you call, the better! Phone lines open at 9am*
- The phone operator may ask you the purpose of your appointment to help save time when you check-in in person. If you feel comfortable, tell them you are looking for a urine test for STIs. **At this time, the EKM is not routinely offering swab testing or blood drawing for STIs/STBBIs. Your doctor may provide a requisition if you wish to have these tests or they feel they are necessary based on the information you provide at your appointment.**

What to expect at your appointment

- You will register at the clinic and will receive a sample cup to use in a private bathroom to provide a urine sample to the doctor at a later time. For domestic students, bring your health card. International students should bring their student benefit/insurance card.
- During your appointment, the doctor will likely ask you some general questions about your sexual history to determine what sort of tests you require. Typically (particularly with changes in services due to Covid-19) you will only provide a urine sample to be tested for chlamydia and gonorrhoea.
- If a follow-up appointment for a swab, exam, or blood test is required, the doctor may discuss this with you.
- You will receive a phone call with your results if they are positive. You will be able to book a follow-up appointment to access treatment/prescriptions.
- You can request your results no matter what the outcome, but will need to book an additional appointment at the EKM (902 542 2266)