

## What is ChEx?

ChEx is an express chlamydia screening service for heterosexual men and women. It saves you time, and you receive your results by SMS.

ChEx is a chlamydia test from the urine or vagina. The type of test used in ChEx also tests for gonorrhoea, although this is less common in people eligible for ChEx.

ChEx **does not include** blood tests, throat and rectal tests.

You should use Clinic 275's full service instead if:

- > You want a blood test
- > you have symptoms
- > you need treatment or medications
- > You have had sex with someone known to have an STI or HIV
- > You are a man who has sex with men
- > You have had sex with someone from overseas and you have not had a blood test for syphilis or HIV since
- > You use injecting drugs
- > You need a rectal or throat test

## What is Chlamydia?

- > Chlamydia is a common bacterial infection in sexually active people.
- > Most people who have caught chlamydia have no symptoms. It is easily cured by antibiotics.
- > If untreated it can spread to the reproductive organs, and in women it can cause pelvic inflammatory disease (PID), infertility or ectopic pregnancy (a pregnancy in the tubes).

## What if I have symptoms?

- > If you have symptoms you need to see one of our doctors or nurses today, instead of using ChEx.
- > If you have any symptoms just tell the nurse when you see them

## What if I decide I really want a blood test today?

- > Sometimes you might be very worried about blood borne viruses like HIV, hepatitis B, hepatitis C and syphilis.
- > We will happily do a blood test if you would rather have one. Simply ask the nurse when you see them.

## Last time a nurse took my history and I had a blood test – why has this changed?

- > Many STI Clinics around Australia and the world run express clinics like this with great success.
- > We decided to start ChEx as an option for people at low risk of blood borne viruses – it will speed up your visit so you can get on with your day!

## How do you test me for Chlamydia?

- > Men are asked to provide a urine sample and women take a swab from inside their vagina.
- > There is no need for a nurse or doctor to examine you and you can collect the samples yourself – it's that easy!
- > The test done in ChEx also tests you for gonorrhoea in the penis or vagina. It does not test you for chlamydia or gonorrhoea in the throat or rectum (bottom).

## Are my results confidential?

- > Yes! All client information is kept confidential.

## How do I get my results?

You will get your results by text message one week after your test.

The text will say either:

- > Your test results were all negative and you don't need to come back.  
or
- > Please return to Adelaide Sexual Health Centre to discuss your results.

## How is chlamydia treated?

If you are asked to come back in, we will discuss your results with you and if positive, treat you on the spot with antibiotic tablets.

## Do I have to tell my partners if I have chlamydia?

If you have chlamydia we recommend that you tell your partners so they can get tested and treated too. We can help you to do this if you need.

For more information

### Adelaide Sexual Health Centre

(previously Clinic 275)  
1<sup>st</sup> floor, 275 North Terrace,  
Adelaide

Telephone: (08) 8222 5075

Toll free country call:  
1800 806 490

Web:  
[www.sahealth.sa.gov.au/clinic275](http://www.sahealth.sa.gov.au/clinic275)

Email:  
[std.services@health.sa.gov.au](mailto:std.services@health.sa.gov.au)

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SA Health

Adelaide Sexual Health Centre

# ChEx

## Chlamydia Express Testing Service

No appointment necessary

Free and confidential advice,  
testing and treatment for all STDs  
including HIV/AIDS



SA Health