

# Sexually Transmitted Infections

## Sexually Transmitted Infections (STIs)

Many STIs have no symptoms and you can't tell by looking at someone if they have one. If caught early, most are easily treated. If ignored, the problem doesn't go away – untreated infections can lead to such things as infertility and ectopic pregnancies. It is advisable to have an STI screen at the beginning of a new sexual relationship. It is particularly important to get tested if you have been exposed to risk. Sandra Delamere, an advanced nurse practitioner from the GUIDE clinic in St. James's Hospital, explains the signs, symptoms and treatment of the most common Sexually Transmitted Infections (STIs). If used correctly, condoms can protect against most (but not all) STIs.

It is good sexual health practice to get an STI check regularly. Your doctor can arrange tests for you or you can visit a family planning clinic an STI clinic or a genito-urinary medicine (GUM) clinic.



### Your sexual health – Sexually Transmitted Infections (STIs)

This is a comprehensive information booklet about STIs for the general public. It includes information on the most common STIs, their causes, symptoms and how to reduce the risk of getting an STI. To order copies of this booklet log on to [www.healthpromotion.ie](http://www.healthpromotion.ie) or contact your local HSE Health Promotion Department.

For more information on Sexually Transmitted Infections and STI clinics go to [www.thinkcontraception.ie](http://www.thinkcontraception.ie) or [www.yoursexualhealth.ie](http://www.yoursexualhealth.ie)

**In the space of ten years, there has been a 700% increase in cases of Chlamydia in Ireland.** (Health Protection Surveillance Centre, 2008)

# STI Clinics

STI Clinic, St James Hospital - 01 416 2315/6

STI Clinic, Mater Hospital - 01 8032063

Carlow STI Clinic - 051 842646

Clonmel STI Clinic - 051 842646

Cork STI Clinic - 021 4966844

Cork Family Planning Clinic - 021 427 7906

Limerick Family Planning Clinic - 061 312 026

Ennis STI Clinic - 061 482382

Limerick STI Clinic - 061 482382 & (061 316661 Sexual Health Helpline)

Nenagh STI Clinic - 061 482382

Tralee STI Clinic - 021 4966844

Tralee Family Planning Clinic - 066 712 5322

Waterford STI Clinic - 051 842646

Ballinasloe STI Clinic - 090 9648 372 (extension 676)

Castlebar STI Clinic - 094 9021733 ext 3501

Galway Family Planning Clinic - 091 562 992

Galway STI Clinic - 091 525200

Sligo G.U.M Clinic - 071 9170473

Altnagelvin STI Clinic - 048 71611269

Belfast STI Clinic - 048 90 63 4050

Coleraine STI Clinic - 048 703 46027

HIV Support Centre Northern Ireland - 0800 137 437

Newry STI Clinic - 048 30835000 Ext: 5050