



1. Where should I start if I want to make sure I am taking all the right steps to protect myself from STI's?

- Firstly, **always practice safe sex**. Use protection, depending on your sexual activity whether it be condoms or dental dams. A dental dam is used as a barrier between the mouth and genitals (vagina or anus) during oral sex, and is readily available to buy online at approx. €12. Non-latex condoms have a higher risk of breaking.
- Reduce your number of partners.
- Couple screening at start of a relationship, this does not mean that you are consenting to sex and that you are free from catching STI's throughout your relationship.
- Annual screening and screening after a relationship breaks up, or if you plan to have further sexual encounters is recommended.
- Remember, condoms do not protect you from herpes, genital warts and syphilis, all of which can be spread by skin to skin contact. Mouth cold sores can transfer to your genitalia.
- If using sex toys always wash before and after.

2. What are the symptoms of STI's?

Male	Female
½ of men with chlamydia do not have symptoms.	7 out of 10 females do not have symptoms.
Discharge from tip of penis.	Change in normal vaginal discharge.
Pain passing urine.	Pain passing urine.
Pain or discharge from back passage.	Bleeding after sex or between periods.
Pain or swelling in the testicles.	Abdominal pain.
Sore throat.	Sore throat.
Testicular infection which may cause infertility.	Untreated in female STI's can cause PID (Pelvic inflammatory disease) leading to other health issues i.e. ectopic pregnancy, infertility.

3. If I want to get tested what is available here in the college?

The LYIT Health Service is not a GUM (genitourinary medicine) clinic but do provide annual routine screen and symptomatic screen.

If we feel you may need further advice or management we can refer you to the GUM/ STI clinic.

4. What happens next?

Testing consists of e.g., gonorrhoea, chlamydia, syphilis.

Male	Female
(Depending on your sexual activity).	
Urine test.	Self-swab of vagina usually 2 swabs.
Throat swab.	Throat swab.
Anal self-swab.	Anal self-swab.
Blood test.	Blood test.

5. How long am I infected before it will show in swabs and blood test?

Type	Time Frame
Gonorrhoea	6+ days
Chlamydia	6+ days
Syphilis	3-6 weeks
Hepatitis	6+ weeks
HIV	4-12 weeks

6. How often should I be tested for an STI?

- Annually.
- Before and after a sexual encounter, **you must wait a min 6 days before getting tested.**
- Pregnant woman routinely.
- Symptomatic.
- Partner or X partner has been diagnosed with an STI.
- Following a non-consensual sexual encounter, please call us to discuss how we can help.

Certain individuals may need the services of GUM clinic

- **If you are practising high risk behaviours** such as having sex with multiple or anonymous partners, MSM (men having sex with men).
- Anyone who has frequent unsafe sex.
- Anyone who shares IV drug equipment should get tested for HIV at least once a year.

7. Are there any vaccines available for an STI?

Girls will be offered HPV at school - type 6 & 11 which cause genital warts and types 16 & 18 which cause the majority of HPV related cancers.

Individuals who are in the high risk category, MSM, sex workers, escorts or anyone having regular unprotected sex, may be entitled to other vaccines and treatments including Hepatitis B and PREP – which can be obtained free of charge from the GUM clinic.

8. If I have an STI how soon can I resume an active sex life?

Type	Recommendations
Gonorrhoea	No sex for 2 weeks after treatment. Follow-up test for cure 2 weeks after treatment.
Chlamydia	No sex for 1 week after treatment. There is no test for cure.
Syphilis	Contacted by skin to skin contact or coming into direct contact with a syphilis sore. No sex for 2 weeks after treatment. Also, if your sex partners are not treated you can get syphilis again. Do not have sex with any partner who has syphilis until 7 days after he or she finishes treatment.

9. What options are there available for birth control?

- During an initial consult over the phone we can discuss the best option for the individual.
- You will then have a face to face consult for BMI and B/P to ensure correct contraception option.
- OCP (Oral Contraception Pill), Patch, Depo, NuvaRing, Diaphragm, LARC (Long Acting Contraception i.e. bar, coil).
- OCP can help painful heavy periods.
- Contraception may stop babies but doesn't stop STIs so please still use protection.
- Free condoms are available for students in the LYIT Health Centre & LYIT SU.

10. I am not happy about how my partner treats me during sex, how would you recommend I approach this situation?

- Any form of sexual encounter whether kissing, sexting, foreplay or going all the way needs to be consensual, both before and during.
- Discuss what you like/don't like and what you would like to try.
- Consent can be withdrawn at any time and that is your right.
- Consent=OMFG (Ongoing, Mutual, and Freely-Given).
- **If you feel pressurised try and remove yourself from the situation.**

Contact LYIT Student Health Service or Nicole in the LYIT Counselling Service for support or talk to a good/trusted friend.

Your body your right to decide.

11. If someone has experienced non-consensual sex who can they talk to about this?

- LYIT Health Service - Tel: 074 91 86855/ 86850.
- LYIT Counselling Service - Email: Counselling@lyit.ie
- LYIT SU - Email: suwelfare@lyit.ie
- SATU (Sexual Assault Treatment Unit) you do not need to bring a case, forensic samples can be taken up to 7 days but the sooner the better even after 7 days injury mapping can be done and support and treatment offered. Evidence can be stored up to 1 year, 2 options report to guards straight away or get evidence collected and stored until you feel ready.
- An Garda Síochána
- Rape Crisis Centre - Helpline: 1800 77 88 88.
- Donegal Domestic Violence - Helpline: 1800 262 677.
- Your own GP.

12. If someone is having questions about their sexual orientation, who can they talk to about this?

- LYIT Health Service - Tel: 074 91 86855/ 86850.
- LYIT Counselling Service - Email: Counselling@lyit.ie
- LYIT SU - Tel: 074 91 86820
- Jigsaw - Tel: 01 472 7010
- BeLonG To - Tel: 01 670 6223
- BreakOut - Tel: (074) 91 29630
- LGBT Ireland - Tel: 1890 929 539
- [www2.hse.ie/wellbeing/mentalhealth/sexual identity and orientation](http://www2.hse.ie/wellbeing/mentalhealth/sexual%20identity%20and%20orientation)

13. How can students book appointment with the LYIT Student Health Service?

Due to Covid-19, all requests will be triaged by telephone before an appointment is offered. Nurse Hannah Glackin is available from 9.30am until 4.30pm.

Telephone triage can be arranged through the Student Service Administrator on 074 9186855 or contact Hannah directly on 074 9186850 or 087 2052600. If a Doctor consultation is necessary or you wish to request to talk to a Doctor follow the same procedure and one of our doctors will call you back and arrange a face to face consultation if necessary.

Please note there is No GP service on a Friday, however urgent/ emergency GP appointments can be arranged through the nurse at the Doctor's main surgery at a reduced fee of €25 if you do not have a medical card.



www.sexualwellbeing.ie

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Student Health Service