

Why Marie Stopes Australia?

Marie Stopes Australia is the only nationally accredited contraception and safe abortion provider giving Australian women and men real reproductive choices. We are a social enterprise that invests our profits in providing women across the world with access to family planning.

Our network of day surgery clinics provide tens of thousands of women and men each year with the highest standard in sexual and reproductive care, while our non-profit pharmaceutical company, MS Health, brings innovative sexual and reproductive health medicines to the Australian market.

Our national support centre is open extended hours

Monday to Thursday: 7am-7pm

Friday: 7am-6pm

Saturday: 9am-5pm

Sunday: call back service

24-hour aftercare

Get immediately connected to the 24-hour aftercare nurse during or out of hours for free advice, or send us an online enquiry and we'll get back in touch the very next business day.

We are accredited

All our day procedure facilities across Australia are independently accredited against the National Safety and Quality Health Service Standards. For more information, or to provide feedback about our services, visit mariestopes.org.au/about-us/our-standards/.

Protecting yourself from STIs

The most common way sexually transmitted infections (STIs) are transmitted is through vaginal, anal or oral sex without a condom. Some STIs, like genital warts, can be transmitted via close skin contact usually during unprotected sex. Others, like chlamydia, don't always show symptoms. Some can even lie dormant for years and, if left unchecked, can lead to infertility or other ongoing health problems. The best way to protect yourself from an STI (and an unplanned pregnancy) is to always use a condom.

If you have ever had unprotected sex, even just once, you're at risk. A simple sexual health check is all you need to ensure you are in the clear.

So even if you don't have any obvious signs, never assume you're off the hook. On the other hand, just because you've got an itch it doesn't necessarily mean you have an STI.

To make sure your sexual health gets the stamp of approval, it's worth checking it out at either Marie Stopes Australia, a local family planning clinic or by visiting your doctor, as symptoms may vary from person to person.

Treatment

If you have an STI it's important that you and your current partner(s) receive the same treatment at the same time; otherwise you may continue to pass the infection back and forth between you. All of your previous sexual partners whom you feel may be at risk should also be checked and treated.



Abortion

Surgical abortion

Medical abortion in clinic

Medical abortion via teleconsult (tele-abortion)

Second trimester abortion



Contraception

Long-acting reversible contraception

Emergency contraception

Tubal ligation (WA only)

Vasectomy



Support services

Free decision-based counselling

24-hour nurse-led aftercare

Interpreter services available



Love bugs



Call 1300 003 707

Visit mariestopes.org.au

Email info@mariestopes.org.au

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	Bacterial Vaginosis	Balinitis	Chlamydia	Genital Warts	Gonorrhoea	Hepatitis A	Hepatitis B	Hepatitis C	Herpes	HIV	Pelvic Inflammatory Disease (PID)	Pubic Lice/ Crabs	Scabies	Syphilis	Thrush/ Candida	Trichomoniasis
What is it?	Women only. Sometimes called BV or gardnerella.	Men only. Inflammation of the head of the penis (caused from an overgrowth of organisms which are normally present on the skin of the head of the penis).	Caused by a bacteria which can affect the penis, cervix, urethra, fallopian tubes, anus, rectum and less commonly the throat and eyes.	Caused by the human papillomavirus (HPV).	A bacterial infection of the genitals, throat or rectum.	A viral infection that affects the liver.	A viral infection that affects the liver.	A viral infection that affects the liver.	Caused by the herpes simplex virus (HSV). There are two types of HSV: Type 1 is usually found around the lips and is commonly known as a cold sore. Type 2 is usually found around the genital or anal areas.	HIV (human immunodeficiency virus) is a virus which damages the immune system and can lead to serious infections. AIDS (acquired immune deficiency syndrome) is a late form of infection with HIV.	Women only. Caused by the spread of infection into the upper part of a woman's reproductive system (the cervix, uterus, and fallopian tubes).	Tiny parasitic insects found in the genital areas as well as in other parts of the body. They live in pubic and body hair.	Small mites that burrow into the skin.	Caused by a bacterial infection. If left untreated can result in very serious complications (including damage to the heart, brain and spinal cord).	Caused by an overgrowth of candida yeast that irritates the mucous membrane of the genitals or throat.	A protozoal infection often referred to as "trike".
How is it transmitted?	Not sexually transmitted. Caused by changes in the balance of bacteria in the vagina such as from new sex partners or increased sexual activity, but can also occur in women who are not sexually active.	Not always sexually transmitted. Usually occurs in uncircumcised men (as the environment under the foreskin is warm and moist which favours the growth of organisms). More likely to occur if you have not washed for a couple of days.	Sexually transmitted via fingers from genitals to the eyes. Symptoms appear 2-3 weeks after contact but might not show for years.	Transmitted via close skin contact usually during unprotected sex. Sometimes there is no identified source of transmission of the virus. Symptoms can recur.	Sexually transmitted. If left untreated may lead to pelvic inflammatory disease (PID) in women or even infertility in both men and women. Symptoms appear 3-5 days after contact with infection.	Can be sexually transmitted but more commonly through contaminated food or water, not washing hands after the toilet or before touching food.	Sexually transmitted and can also be transmitted via infected blood (sharing needles, syringes, etc). Symptoms appear 4 weeks to 6 months after transmission. Very common in Africa, Asia, South America.	Transmitted via infected blood (sharing needles, syringes, etc) and rarely through sexual contact.	Transmitted via close skin contact including unprotected sex. Sometimes contracted even when people have no symptoms of the virus. Can be transmitted from mouth to genitals during oral sex. Symptoms appear 3-10 days after contact.	Sexually transmitted and can also be transmitted via infected blood (sharing needles, syringes etc).	Can be a result of earlier STI (such as Chlamydia or Gonorrhoea) but not everyone who has had these STIs will get PID. Occasionally develops after termination of pregnancy or other surgical procedures.	Close body contact usually during sex. Can also be transmitted via sharing bedding or clothing with an infected person. Symptoms and signs can usually be expected after several weeks.	Not always sexually transmitted. Skin to skin contact. Can also be transmitted via sharing bedding or clothing with an infected person. Symptoms will appear around 4 weeks after infestation.	Sexually transmitted.	Not sexually transmitted. The overgrowth can happen as a result of antibiotics, when your immunity is low, as a result of diabetes, during pregnancy, following sex and/or a change in weather or diet.	Sexually transmitted. Symptoms appear 1-4 weeks after contact.
Symptoms (may vary between people)	Unpleasant odour (worse after sex or after periods) and/ or white/greyish discharge. Can have no symptoms.	Spots, rash, itching, discharge, pain during sex, swelling and/or inflammation of foreskin.	In many cases it has no symptoms. Women: Unusual vaginal discharge, pain during sex and urinating, bleeding after sex, abdominal pain. Men: Discharge from tip of penis, pain when urinating and/or pain/swelling of testicles if left untreated.	Visible warts/cauliflower-like clusters (can be single or multiple) in genital area (vagina/ penis) and/or anus. May be itchy.	Women: Yellow or green vaginal discharge, pain during sex, abdominal pain, burning when urinating. 50% of women have no symptoms. Men: Yellow discharge from penis, irritation/ discharge from anus, pain in the testicles or when urinating. Most men have symptoms.	Mild flu-like symptoms, tiredness, yellowing of the skin and whites of the eyes, dark urine, nausea, loss of appetite and abdominal pain. Often no symptoms.	Mild flu-like symptoms, tiredness, yellowing of the skin and whites of the eyes, dark urine, nausea, loss of appetite and abdominal pain. Can have no symptoms.	Mild flu-like symptoms, tiredness, yellowing of the skin and whites of the eyes, dark urine, nausea, loss of appetite and abdominal pain. Often no symptoms.	Blisters on the genitals which usually burst leaving sore ulcers, painful urinating, swelling of glands, soreness/ irritation. The first attack may be the worst. Recurrent episodes are usually less severe and of shorter duration.	Most people develop a glandular fever like illness (fever, sweats, diarrhoea, rash, mouth ulcers) between one and six weeks after becoming infected with HIV. This may last a few days to a few weeks. Many have no symptoms for several years.	Symptoms are not always obvious. Low abdominal pain, pain during sex, smelly vaginal discharge, irregular bleeding and/or high fever.	Inflammation, irritation and/or intense itchiness in and around the pubic area.	Itchiness, especially at night on any part of body (except head and central back). A rash.	Single, painless clear ulcer usually on the genitals and usually appearing after a few weeks. Enlargement of glands in groin. Rash on body and flu-like symptoms usually follow several months later. There may be no symptoms.	Women: Vulva and vaginal itchiness, soreness and stinging, superficial pain when urinating, a thick whitish/ yellow discharge, redness and swelling and/or pain during sex. Men: (rare) irritation of the glans and discharge from penis.	Women: Yellow, frothy, smelly discharge, itchiness and soreness of vagina/vulva, pain during sex, burning when urinating. Men: Usually no symptoms – occasional pain when urinating, discharge from penis.
Treatment	Antibiotic tablets or vaginal creams. Male partners do not need to be treated.	Good hygiene; washing regularly with soap and water and keeping the area dry is often all that is necessary. Anti-fungal creams may be used.	Antibiotics. If left untreated in women it may lead to pelvic inflammatory disease (PID), potentially causing chronic pain and an increased risk of ectopic pregnancy or even infertility.	Small warts can be removed with nitrogen (freezing), diathermy (heat) or a chemical paint. Usually a few treatments are needed as there is a risk of warts coming back.	Antibiotics.	Bed rest and adequate fluids. Alcohol and some other drugs should be avoided. Can be immunised for prevention.	Long term medical supervision is required for carriers. Antiviral treatments may be effective for those with liver damage. Alcohol and some other drugs should be avoided. Can be immunised for prevention.	Antiviral treatments are now available that can cure many cases. Long term medical supervision required. Rest, exercise and a well balanced diet avoiding alcohol and drugs. There is no vaccine for Hepatitis C.	Medication cream for mild cases i.e. cold sores. Antiviral tablets for outbreaks or to suppress recurrent outbreaks, saline baths for pain relief. No known cure so can recur. Sexual contact should be avoided from the first indication of an infection until the skin has returned to normal.	There is still no known cure. The most effective form of treatment is a combination of antiviral therapy, which attacks HIV directly.	Antibiotics.	Special lotions/ shampoos applied to affected area. Clothing and bedding should be washed.	Special lotions applied to whole body and cream to relieve itching. Clothing and bedding should be washed.	Antibiotic injections.	Anti-fungal treatment such as creams, and pessaries (inserted into the vagina). Oral antifungal tablets (such as Diflucan®) may be given.	Antibiotics.

If you have an STI, all current and past sexual partners should be tested and treated

Call 1300 003 707 or visit mariestopes.org.au