

## Chlamydia

### What is Chlamydia

It is a sexually transmitted infection (STI) that is passed from one person to another during sex. Without treatment this disease can cause serious problems. Some women will get Pelvic Inflammatory Disease (PID). These women can have damage to their fallopian tubes which can make it difficult to get pregnant or can cause a tubal pregnancy. The disease can also cause inflammation and scarring in the male reproductive system, which can make men sterile.

Pregnant women can pass this infection along to their baby at the time of birth. This can cause eye or lung infections in the newborn.

### Symptoms

Many people have no symptoms, but some may notice any of the following:

#### Women

- Creamy or yellow vaginal discharge
- Bleeding between periods or deep pain after sex
- Pain when you pass urine (pee)
- Abdominal pain

#### Men

- Discharge from the penis
- Burning or pain when you pass urine (pee)
- Pain in the testicles

Even with no symptoms, an infected person can pass Chlamydia to another person during sex.

### Treatment

Anyone with Chlamydia needs to be treated with an antibiotic to cure this infection and their partner(s) need to be tested and treated. Treatments include either Zithromax or Doxycycline. A different antibiotic is sometimes used, such as when a woman is pregnant. Testing and treatment is available free of charge at KFL&A Public Health's Sexual Health Clinics on Monday, Tuesday, and Thursday 4 to 6 p.m. Drop in only, no appointment.

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You must take all your pills. A different treatment can be given if you have stomach upset. Speak to your doctor if this happens. Drinking plenty of water helps prevent stomach upset.

Re-testing for this infection is **not** necessary if **all** of the following are done:

1. Treatment received was either Zithromax or Doxycycline,
2. Treatment was taken as prescribed (e.g. no pills missed),
3. You and your partner were both treated at the same time, and
4. You abstained from sex and genital-to-genital contact for seven days after starting treatment.

If repeat testing is needed, it should be done one month after treatment to be sure the infection is gone. Use a condom until you know the results of your repeat test.

## **Prevention**

You can get this infection again. This is less likely to happen if you:

1. use a condom every time you have sex.
2. limit the number of sexual partners you have.
3. know your partner's sexual history.
5. if you have a new sexual partner, ask your doctor for a Chlamydia test.
6. encourage your partner to also be tested for chlamydia.

## **Zithromax (Azithromycin) or Doxycycline**

### **Points to remember:**

1. If you are taking birth control pills, use a back up method (foam and condoms) until you finish our current pack of birth control pills. Both medications make birth control pills less effective.
2. Do not take this medication with antacids or iron or mineral products. If you are already taking these products ask how to space the dosages.
3. You may be very sensitive to sunlight—avoid sun exposure and tanning lights.
4. Take all the medication you are given or it will not clear up the Chlamydia.
5. Zithromax only—Take with meals, and plenty of fluid.
6. Doxycycline only—Take with meals, and plenty of fluid.