

What to talk about at your STD testing appointment

When going for a medical exam, people often have questions they want to ask their healthcare provider. During an STD testing appointment, here are some important things to discuss.

- **Who are you having sex with: males, females, or both?** Letting your healthcare worker know who you are having sex with can help them customize a conversation about your sexual health.
- **What kind of sex are you having: oral, vaginal, anal?** Talking with your healthcare provider about the types of sex you are having will help them perform the appropriate testing. Testing for STDs in the throat or butt can be different than STD testing of the penis and vagina.
- **What is your STD history?** Let the healthcare provider know what your HIV/STD testing history is and about any previous or current STDs. The information you provide at the appointment can be helpful to the healthcare provider.
- **When is the last time you had unprotected sex?** Your sexual health 'timeline' may impact accuracy of testing performed. Knowing about any recent sexual encounters can help the healthcare worker determine when you need follow up testing.
- **How will you protect yourself?** Let your healthcare provider know the steps you are willing to take to reduce your risk of future STDs. Your healthcare worker may be able to answer safer sex questions and may have ideas on how to make safer sex enjoyable.