

# What if the worst has happened?

If you are reading this particular section of **Best Advice** because you think you may have become infected with a sexually transmitted disease then the advice we can offer is simple.

## **DON'T IGNORE IT. GET IT SORTED.**

Prompt treatment of STI's is essential, as is refraining from being sexually active until the medics have given you the all clear.

You can get treatment from your GP at the surgery or you can go to a specialist clinic which deals with nothing except STI's.

Wherever you go the matter will be dealt with in confidence, but most importantly, it will be dealt with, and that is the main priority.

If you choose to go to a special clinic, known as a GUM (Genito Urinary Medicine) clinic then the details of the ones in and around central Bedfordshire are shown at the end of this section.

All the staff at GUM clinics are aware of the embarrassment that many people feel when they walk in and are trained to help you.

The clinics themselves are usually discreetly located within a Hospital complex and all visitors can remain anonymous. You are identified by a number and you don't have to give any more details about yourself than you want to. Your Doctor won't be told of your visit and all clinics of this kind are subject to special regulations regarding the confidentiality of information.

If you are under 16 these rules still apply so no one will contact your school, parents or Doctor.

(Telling your parents if you have contracted a STI is a matter for you and you alone.)

All the staff in the clinics are totally non-judgemental so regardless of what infection you have (and how you came to catch it) they will only be concerned with treating you. If there is a possibility that you may have passed the infection on to a recent sexual partner they may ask for details so they can contact that person to advise them to get checked out as well, but, don't worry, they are very discrete in how they go about this as well.

If you are a pupil at Sam Whit and you are worried then you can discuss the matter in total confidence with your relevant year Pastoral Support Officer, who will give you all the help and advice you need.

If you are concerned about Chlamydia then a simple test can be arranged to see if you are carrying that infection and suitable treatment sorted out.

**DON'T WAIT.**

**DON'T DELAY.**

**DON'T LEAVE IT AND HOPE IT WILL GO AWAY.**

For advice on STI's or for treatment if you think you have become infected, then you can contact our local STI GUM clinics.

**BEDFORD**

**Bridge House. Sexual Health Clinic (Bedford)**

**Ged Fletcher, GUM Service Manager**

**Britannia Road**

**Bedford**

**MK42 9DJ**

**Tel: 01234 792146**

**Fax: 01234 795717**

**email: [geraldine.fletcher@bedfordhospital.nhs.uk](mailto:geraldine.fletcher@bedfordhospital.nhs.uk)**

**STEVENAGE**

**Woodlands Clinic**

**Lister Hospital**

**Corey's mill Lane**

**Stevenage**

**SG1 4AB**

**Tel: 01438 781121 (direct line)**

For more information on STI's and how to avoid them visit the NHS web site which you can access direct from the home page of **Best Advice**.

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