

Sexually transmitted infections - gonorrhoea and chlamydia

Gonorrhoea and chlamydia are common sexually transmitted infections. They are transmitted through unprotected sex and can cause serious health problems. In order to protect yourself and others, you should get tested regularly.

Gonorrhoea

- **What is gonorrhoea?** Gonorrhoea is a sexually transmitted infection caused by a bacterium called *Neisseria gonorrhoeae*.
- **How is it transmitted?** Gonorrhoea is transmitted through sexual contact with mucous membranes in the genitals, rectum or throat. Transmission may occur vaginally, anally or via oral sex. The infection can be transmitted when genitalia come into contact with each other even without intercourse.
- **Symptoms:** Common symptoms are discharge and stinging during urination. Many people, particularly young females, may have gonorrhoea without noticing symptoms, which increases the risk of complications such as inflammation of the fallopian tubes and pelvic infections in females. Males may develop epididymitis. In the worst case scenario, you could become sterile.
- **Why treatment is important:** Early treatment is important to stop the spread of infection and to prevent serious health problems.

Chlamydia

- **What is chlamydia?** Chlamydia is a sexually transmitted disease caused by a bacterium called *Chlamydia trachomatis*.
- **How is it transmitted?** Chlamydia is transmitted through direct contact with the mucous membranes in the genitals, rectum or throat. Transmission may occur vaginally, anally or via oral sex. The infection can be transmitted when genitalia come into contact with each other even without intercourse.
- **Symptoms:** Common symptoms are stinging during urination, discharge, bleeding after intercourse and pain in the female genitals. Many do not notice symptoms, which increases the risk of complications, such as inflammation of the fallopian tubes and pelvic infections in females, and epididymitis in males. In the worst case scenario, you could become sterile.
- **Why treatment is important:** Early treatment is important to stop the spread of infection and to prevent serious health problems.



Prevention

- **Protection:** Condoms, when used during the whole sexual act, provide good protection against gonorrhoea and chlamydia. Condoms can be obtained free of charge at health centres for adolescents and students, and online at: www.gratiskondomer.no.
- **When should you get tested?** If you have had sex with a new partner and/or unprotected sex and you think you may be infected, you should get tested for gonorrhoea or chlamydia after two weeks has elapsed.

How is the test performed?

- **Urine sample:** Males can get tested for gonorrhoea and chlamydia with a urine sample.
- **Swab test:** Females can get tested with swab sampling from the vagina. Samples are also taken from the throat or rectum if necessary.
- **Results:** You will normally receive the results within a few days or one week. If the test is positive, you will be given information about treatment.

How are gonorrhoea and chlamydia treated?

- **Antibiotics:** Both gonorrhoea and chlamydia are treated with antibiotics.
- **Follow-up:** After completion of treatment, it is important to take a follow-up test to ensure that the infection has completely disappeared.

Where can you take a test?

- **Health centres for adolescents:**
 - [The Health Centre for Adolescents and Students in Bergenhus/Årstad](#)
 - [The Health Centre for Adolescents at Nesttun Health Centre](#)
 - [The Health Centre for Adolescents at Oasen Health Centre](#)
 - [The Health Centre for Adolescents in Arna and Åsane](#)
- **School health service:** [visit the health nurse at your school.](#)
- **The Outpatient Clinic for Sexually Transmitted Infections at Haukeland University Hospital.**
- **Visit your GP**

How much does it cost?

- Testing and treatment for gonorrhoea and chlamydia is free from the service providers above.

