

# Chlamydia

## Testing Practice Tips

General practice is the most common setting for testing for sexually transmissible infections (STIs). Chlamydia is the most common notifiable bacterial infection in Australia.<sup>i</sup> We suggest you offer all patients under 25 years a urine test for chlamydia.

▶ Screen for asymptomatic genital chlamydia annually in sexually active patients < 25 years old; especially:

- If any unprotected sex
- After recent partner change
- As part of antenatal screening

▶ Screen both male and female patients

▶ Request Chlamydia PCR on first void urine (*after not passing urine for one hour - no need for examination unless symptoms*)

▶ Treat with 1g Azithromycin Stat as a single oral dose<sup>i</sup>

▶ Treat all current sexual partners

▶ Following treatment, advise no unprotected sex for 7 days

▶ Provide contact tracing for all sexual partners within the last 6 months<sup>ii</sup>

▶ Retest in 3 months all patients who test positive for chlamydia<sup>i</sup>

▶ Discuss prevention of chlamydia and other STIs by reinforcing condom use and regular testing

▶ CONSIDER BULK-BILLING (labs & consult)

# Why is it important to test for Chlamydia?

- Chlamydia is the most common notifiable bacterial infection in Australia.
- Consistently higher rates of notifications of chlamydia in young people in NSW.<sup>iii</sup>
- Studies have shown a higher rate of chlamydia in pregnant young women.<sup>iv</sup>
- Chlamydia is mostly asymptomatic in both men and women.
- If chlamydia is left untreated, women can experience serious consequences such as: pelvic inflammatory disease, ectopic pregnancy, chronic pelvic pain and both men and women may be at risk of infertility.

Developed for Sexual Health Week 2008. Based on an original resource developed by the HIV & Related Programs Health Promotion Team, SSWAHS (Inner West).

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## Support for GPs

For information and advice about chlamydia testing and treatment and contact tracing, contact your local Sexual Health Service or Family Planning Centre to speak to a sexual health specialist.

## Contact Tracing

*Australasian Contact Tracing Manual Edition 3, 2006* available for download from:  
[www.ashm.org.au/contact-tracing/](http://www.ashm.org.au/contact-tracing/)

## Patient Information

Patient factsheets on chlamydia and other STIs can be downloaded:  
[www.health.nsw.gov.au/sexualhealth](http://www.health.nsw.gov.au/sexualhealth)

## NSW Sexual Health Infoline 1800 451 624 (toll free)

A telephone support service for **patients, nurses, doctors and other health professionals**. Provides on the spot technical support for clinicians during consultations; a statewide referral and triage service for patients; an information service for community members.

- Clinical Guidelines for the Management of STIs Among Priority Populations, Royal Australasian College of Physicians: Australasian Chapter of Sexual Health Medicine, 2004.
- Australasian Contact Tracing Manual Edition 3, 2006, Australasian Society for HIV Medicine.
- NSW Public Health Bulletin 2005; 17 (5-6) 85-86.
- Cheney K, Wray L. Chlamydia and associated factors in an under 20s antenatal population, Aust NZ J Obstetrics & Gynaecology 2008;48(1):40-3