

## INFORMATION FOR PATIENTS

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### The 'MiSSTI' service – mini screening for sexually transmitted infections



#### Please read this leaflet carefully.

This leaflet gives some information about the tests available when you have a mini screening check for sexually transmitted infections (STI).

#### Who is the 'MiSSTI' service for?

The mini screening check for STIs is **only** for people aged 16 years and over, who do not have any symptoms and who have not been in sexual contact with a person with an STI.

The mini screening check for STIs is **not** for women who are pregnant, for anyone who has been sexually assaulted or who may require vaccinations. You will be asked a few questions to make sure the mini screening check is suitable for you.

If it is more appropriate, either the online site or the clinic staff will recommend an appointment at Integrated Sexual Health Services at King's Mill or Newark Hospital.

#### What does the 'MiSSTI' service include?

The mini screening check includes screening tests for chlamydia, gonorrhoea, syphilis and HIV. It does not involve a visual genital examination, tests for other infections, or a cervical smear test.

We recommend that you have all the screening tests which are listed below, as there are some infections which can be present without causing any symptoms. If left untreated, these may cause serious health problems and may be transmitted to sexual partners.

#### The mini screening tests are:

- **Chlamydia** - a bacterial infection, which can be treated with antibiotics. In women, if it is not treated, it can lead to difficulties in getting pregnant (urine/swab test in men and a swab test in women).
- **Gonorrhoea** - a bacterial infection which can be treated with antibiotics. In women, if it is not treated, it can lead to difficulties in getting pregnant (urine/swab test in men and a swab test in women).
- **Syphilis** - an uncommon and yet treatable bacterial infection (blood test).

- **HIV** - a viral infection. It is less common than many of the other infections. It can be found in people who feel fit and well as symptoms can take years to develop (blood test).

### **What will I need to do?**

Men will be asked to provide a urine sample or other swabs if appropriate. Women will be asked to provide a self-taken swab from the genital area.

The blood sample (5mls) will be taken by the clinical support worker or, if booked online, by self-taken finger prick sample. The tests will be sent to the laboratory and the results may take up to ten working days.

Should any of your laboratory test results show that you have an infection or other problem, which requires treatment or investigation, **we will contact you to discuss this.**

We **do not** routinely contact you if your tests are clear of infection.

Reception staff will give you details for the results telephone line, which you can use to obtain your results. If tests are ordered online, results are provided by text messaging.

### **HIV testing**

Please read the following details to ensure you understand the facts about the test.

### **Why have an HIV test?**

You may have HIV infection even if you have no symptoms.

New treatments are now available for people with HIV infection. These treatments may be more effective if given before serious symptoms develop.

Only by knowing that you are infected do you have a choice of using these treatments before you get ill. These treatments have been shown to dramatically reduce the risk of serious illness and early death from AIDS. They can also reduce the risk of an HIV-positive pregnant woman passing the infection to her baby.

### **What if I am found to have HIV infection?**

If a test shows you have HIV infection, you will be offered care, support and treatment when you get the result. Whether or not you should start treatment will also be discussed.

### **How long does it take before the infection will show up in my blood sample?**

The HIV test used is a '4<sup>th</sup> generation test'. This detects the majority of infections within four weeks of a risk exposure. A further test at twelve weeks from risk exposure is recommended.

### **How is HIV transmitted?**

HIV can be passed on in a number of ways:

- Through contact with infected bodily fluids such as blood, semen and vaginal secretions. This may occur during oral, vaginal or anal sex.
- Sharing needles, syringes or equipment for drugs, tattoos and body piercing.

- Through a blood transfusion, especially with untested blood from abroad.
- Infected pregnant women may also pass it on to their babies, either while in the womb or through breastfeeding.

### **Do I need an HIV test if my partner has had one?**

Your sexual partner's HIV result may not be the same as yours, so it is important to have the test yourself.

### **Will it affect my chance of getting life insurance?**

Doctors do not need to report negative HIV tests when writing insurance reports.

Insurance companies should no longer ask whether you have had an HIV test, but only enquire whether or not you are HIV positive. This was agreed by the Association of British Insurers in 1994.

People who know they are infected with HIV can have difficulty obtaining new life insurance. A HIV-positive status can also affect a person's ability to obtain certain types of mortgages. This is the same for many other long-term illnesses.

### **What are the drawbacks of having this test?**

If your results do show you have HIV, the benefits of knowing this result usually outweigh any drawbacks. These drawbacks may include worries about relationships with family and friends. Travel to some countries is currently restricted for people who know they have HIV and others will have to deal with employment issues.

### **When will I get the result?**

Results will usually be back in a week. You will be given information as to how the results will be provided.

### **Confidentiality**

We abide by data protection and safeguarding policy and procedure.

### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [PET@sfh-tr.nhs.uk](mailto:PET@sfh-tr.nhs.uk)

If you need this information in a different language or format, please contact the PET (as above).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [patient.information@sfh-tr.nhs.uk](mailto:patient.information@sfh-tr.nhs.uk) or telephone 01623 622515, extension 6927.

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