

INFORMATION FOR PATIENTS

Preventative health information for men having sex with men



Checks for sexually transmitted infection are recommended every three months for men who have sex with men. Tests offered routinely in this clinic are for chlamydia, gonorrhoea, HIV and syphilis. Annual testing for Hepatitis C is also offered.

In addition, there are now recommended ways to prevent some viral infections which may be transmitted sexually. This leaflet gives some information about these.

Vaccinations for Hepatitis A and Hepatitis B are recommended for men having sex with men (MSM). Some MSM are also eligible for and are recommended to have vaccination for Human Papilloma Virus & Monkeypox. These vaccines are available from the My Sexual Health Hub at King's Mill Hospital, and, excluding Monkeypox, at the Newark clinic.

Hepatitis A

Hepatitis A is a virus which affects the liver, spread by contact with infected faeces (poo). It spreads mainly by contact with food contaminated by human waste but can also be spread by sex where there is oral/anal contact.

Hepatitis B

Hepatitis B is a virus affecting the liver. It is spread by contact with an infected person's blood or body fluids.

Hepatitis C

Hepatitis C is a virus affecting the liver. It is spread by contact with an infected person's blood or body fluids. There is no immunisation available but routine annual testing is recommended as effective treatment is available.

Human Papilloma Virus (HPV)

This is a virus which infects skin and mucous membranes. Some strains may cause warts, while others may lead to cancers of the penis, anus and throat. For MSM aged 15-45 years, a course of two vaccines is available.

Monkeypox

This is a virus which causes skin and genital ulceration. Vaccination is offered to eligible men, subject to availability.

Once all the recommended courses of vaccinations have been completed, men requiring a check-up, who have no symptoms, can book on the mini screen testing (MiSSTI).

This MiSSTI check includes screening tests for chlamydia, gonorrhoea, syphilis and HIV, plus yearly Hepatitis C. It does not involve a visual genital examination.

Tests on the MiSSTI are self-taken so individuals using this service will be instructed on self-collection of urine, and throat and rectal swabs.

Alternatively testing can be requested online:

- For chlamydia and gonorrhoea via www.freetest.me
- For HIV and syphilis testing via <https://freetesting.hiv>

Other information

PEP (post-exposure prophylaxis)

If you have had a possible exposure to HIV within 72 hours, taking a four-week course of particular HIV medication can reduce your risk of acquiring HIV infection. The following link has more information:

<https://www.bhiva.org/PEPSE-guidelines>

PREP (pre-exposure prophylaxis)

Taking a particular HIV medication before sex can reduce your risk of acquiring HIV infection. The following links have more information:

<https://www.iwantprepnw.co.uk/>
www.i-base.info/PrEP

Another useful website for information on HIV prevention and treatment is:

<http://www.aidsmap.com/>

If you require more information on PEPSE or PrEP, please make an appointment to see a specialist sexual health nurse or doctor to discuss these. This medication is now available at My Sexual Health, King's Mill Hospital.

Confidentiality

We abide by data protection and safeguarding policy and procedure.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Integrated Sexual Health Services website



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: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

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 (if relevant) please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202211-03-MSM
Created: April 2019 / Revised: November 2022 /
Review date: November 2024