



A Positive Chlamydia Result

Treatment

Chlamydia infection can be cured with one dose of antibiotics. It is one of the easiest infections to treat and the antibiotics are very effective. The recommended antibiotic is called 'azithromycin' (brand name Zithromax) and this is a white capsule-shaped tablet. The packet will include 2 of these tablets and you will be advised to take both at once. It is a safe antibiotic but your doctor will explain any possible side effects to you beforehand. Some of the more common side effects include nausea, indigestion and diarrhoea or constipation.

You will need a prescription from your doctor for azithromycin and this will be an additional cost when you go to the pharmacy. Sometimes doctors have free samples they can give you.

There are other antibiotics that are just as effective as azithromycin and that are cheaper to buy. The downside is that you need to take them for 10 days instead of just once. These antibiotics include doxycycline, erythromycin and roxithromycin.

How would I feel?

Sometimes it's impossible to know how you would react to the news that you have Chlamydia. For some people it's not a big deal. It could be much the same as being told you have tonsillitis or the flu. You might say to yourself "fine I'll get treated and it will go away". You might be incredibly relieved that it was picked up so that you can get treatment and prevent complications. For others it could trigger lots of emotions such as anger, anxiety or fear. So much will depend on how you feel about sexually transmitted infections in general, your partner/s or relationship/s and even yourself. It's useful to think about your possible reaction before you have a test and to get as much information about Chlamydia as you can beforehand. It might help you put everything in perspective. Talking to your doctor or health professional about how you feel when you are given the result can be very helpful.

What should I do?

If you have a positive Chlamydia test, your doctor will recommend that you take some antibiotics to cure the infection. They will also advise you to avoid sexual intercourse for one week after you have finished taking the antibiotics. And it's likely that your doctor will also talk to you about condom use to prevent other STIs.

Who do I tell?

It is very important that you tell your sexual partner or partners. This is so that they can go and get tested and treated if they are also Chlamydia positive. It will protect their sexual health and also prevent them from reinfecting you after you've been treated.

Talking to your partner about some aspects of sex and sexual health can be difficult at any time, let alone if you have to discuss something like a positive Chlamydia test. You can ask your doctor for advice about how to do this.

How will it affect my health?

Most people with a Chlamydia infection don't have symptoms and don't know they have it. From this point of view you might say that it won't affect your health at all! However the complications of Chlamydia can be very serious and it might be further down the track before you realise the effects on your health. But health isn't always just about physical symptoms or consequences. Feeling positive about yourself, your relationships and in control of your health are all part of feeling healthy for most young people. That's why it's important to understand that Chlamydia is really just another bug, is commonly transmitted, doesn't mean anything 'bad' about a person or their sexuality and best of all it can be prevented and cured. Understanding all of this can really reduce any negative effects of Chlamydia infection on your health.