

Testing for Sexually Transmitted Infections (STIs)

CONFIDENTIAL V. ANONYMOUS TESTING

There are two types of testing – confidential and anonymous. All STI testing is confidential, which means your test results are not shared with anyone unless you give your permission. With anonymous testing, your name is not associated with your test or results, adding another level of confidentiality.

Confidential Testing: Confidential STI testing means that your test results and any other personal information you discuss with your medical providers will be a part of your medical record. Information in your medical record is not a part of any other University record and cannot be shared with anyone (including parents, professors, deans) without your written authorization.

Anonymous Testing: HIV is the only sexually transmitted infection (also known as a sexually transmitted disease) that can be tested anonymously. Anonymous testing means that your name is not associated with the test or the results in any way. You are given a number or a code to identify yourself when receiving your test results. University Health Service does not provide anonymous HIV testing but the resources below include anonymous HIV testing sites in the area. It's important to ask about the test site's policies before you get tested.

UHS places a high value on confidentiality; nevertheless, all STI testing sites are required by law to report positive STI results to the NY Department of Health. This information will be used for statistical purposes and the Department of Health may contact you to help you in seeking any treatments you might need. The Department of Health cannot disclose your results, information, or even the fact that you have been tested to anyone else including your parents, friends, insurance agencies or school officials. If you have questions about STI testing, your primary care provider at UHS will address any concerns you may have during your visit.

CONFIDENTIALITY

Be aware that private insurance companies sometimes notify the subscriber (often parents) as to what tests are performed for covered individuals. Therefore, the subscriber (i.e., the person listed as primary on the insurance plan) may receive a notice from the insurance company that "student X had a Chlamydia test done on date X," though results are generally not reported. If you are concerned, it is a good idea to contact your insurance company before you are tested to find out their billing policies.

You may pay by cash (Medical Center Office only), check, credit card or term bill. This avoids using your private insurance altogether. If you are still not sure about how you would like to proceed with STI screening, you can always discuss this further at an appointment with your primary care provider. Call 275-2662 for an appointment.

BENEFITS OF TESTING

Being tested allows you to take charge of your own health. If your results are negative, you can protect against future risks. If your results are positive, many test sites will help you access a variety of resources to enhance your physical, emotional and spiritual well being. Some people get tested with the idea that if they test negative, they don't need to practice safer sex anymore. This is not true. If you test negative, you still need to protect yourself and your partners.

If you test positive for an STI, early medical intervention will allow you to take measures needed to maintain your health. Many STIs, such as chlamydia and gonorrhea, can be treated with antibiotics. Others, such as HPV and Herpes, can be managed to decrease symptoms and reduce the risk of transmission. If you test positive for HIV, there are treatment possibilities to prolong your life and improve your overall health. Whatever your results, you can make changes that will make your life longer, healthier and happier.

TESTING PROCEDURE

There are many different tests for each of the different STIs. There is not one test that will screen for all STIs. Some STIs are hard to test for if you do not have any symptoms. Some STIs can be tested through blood work, urine tests, or saliva tests. Other STIs can only be tested by culturing a sample of body fluid from the penis, vagina, rectum, or an open sore. If you go in for testing, it is important to talk with your medical provider about which STIs you are at risk for to determine which tests you should receive. Sometimes weeks or months need to pass to give your body enough time to develop antibodies that will show up in a test.

TESTING SITES IN ROCHESTER

University Health Service 585-275-2662

- Services for full-time University of Rochester students and patients with a primary care provider at UHS.
- Testing fee is charged.
- All visits to UHS are confidential.
- Confidential HIV testing is also offered.
- Call 275-2662 to schedule an appointment.

Planned Parenthood of Rochester 866-600-6886
114 University Avenue
Rochester, NY 14605

- Testing fee is charged.
- Anonymous or confidential testing offered.
- Available by appointment or walk-in (call for hours)
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Monroe County STI Clinic 585-464-5928
855 W. Main Street
Rochester, NY 14611

- All services are free and confidential
- No appointment needed. Call for walk-in hours.

SCHEDULING AN APPOINTMENT

The University Health Service (UHS) offers a full range of health care services for men and women. You can schedule an appointment with your primary care provider (PCP) by calling 275-2662. Women can also schedule an appointment with one of the women's health nurse practitioners. All visits to UHS are confidential.

LINKS

Link to other sites in the Rochester area:

<http://www.health.state.ny.us/nysdoh/hiv aids/hivpartner/pdfs/resource/2001/monroe.pdf>