Asymptomatic Self-Directed Screening for Sexually Transmitted Infections

IMPORTANT: If you have any symptoms, please make a Same Day appointment to see a Clinician

What to Do Next:

☐ 1st READ THE HANDOUTS ATTACHED!
   You may be coming in for testing too soon.* We strongly encourage you to use the online risk tool called STD Wizard to assess your risk and inform your decision before proceeding with lab testing (www.stdwizard.org). The link to STD Wizard can be found on the UCSC Student Health Center home page (healthcenter.ucsc.edu). If you are interested in Free and Anonymous HIV testing (using an oral swab) through our peer counseling program, we strongly encourage you to contact our Student Health Outreach and Promotion (SHOP) department. They are located at the Student Health Center in the East Wing next to the pharmacy. You can link to their website from our homepage.

☐ 2nd Check off the tests you want on the Student Health Services Laboratory Requisition Sheet

☐ 3rd Go to the Lab located on the basement level of the Student Health Center. Sign in and leave the Lab Requisition in the orange STI Folder

   Please note Self-Directed Testing times:
   Mon, Tues, Thurs, Fri 9:00 am—12n
   Wednesday 9:30am—12n
   (Closed Sat & Sun)

☐ 4th Keep the information sheet for future reference.

RESULTS

The results will be sent to you through UCSC Student Health Center Secure Messaging
Any messages from the UCSC Student Health Center (SHC) which contain Private Health Information (PHI) will be sent by Secure Electronic Messaging. You will receive an e-mail at your Slugmail e-mail address, which will direct you to the UCSC Student Health Center’s Secure Messaging site. You will need to register to receive a log-in and password. These will be different from other university accounts. The system will not work if your Slugmail account is forwarded to other e-mail accounts, ie. Hotmail or Gmail. Therefore, you must sign into your Slugmail account to receive secure messages.

*Please read the attached information sheet on STIs. If you are tested too soon after exposure, certain tests may yield false results. It is recommended that you wait at least one week after possible exposure, or be seen sooner with a same day appointment if you have any symptoms.
Asymptomatic Self Directed Screening for
STI Laboratory Requisition Form

IMPORTANT: If you have any symptoms, please make a Same Day appointment to see a Clinician

Student must complete all shaded areas:

Today’s Date: _______________ Time: _______________

“Preferred” First Name & 1st Initial of Last Name (ONLY)

____________________________

Your phone number: ______________________

Note: If you are requesting a urine test for Chlamydia or Gonorrhea, DO NOT go to the lab unless it has been at least one hour since the last time you urinated. If you have not waited an hour or more, you will be asked to return to the lab at a later time. Also, any blood work requested can be drawn at that time.

<table>
<thead>
<tr>
<th>Check (✔)</th>
<th>Desired Tests</th>
<th>Type of Test</th>
<th>Test #</th>
<th>Cost with UC SHIP*</th>
<th>Cost with Private Insurance**</th>
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</thead>
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<tr>
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<tr>
<td></td>
<td></td>
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<tr>
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<td>$1.43</td>
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<tr>
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<td>(always included if Not UC SHIP)</td>
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<td>0</td>
<td>$21.00</td>
</tr>
</tbody>
</table>

TOTAL COST if all 4 tests are done $53.02**

* No Charge if you have UC SHIP
** If you do not have UC SHIP, all charges for these lab tests will be billed your student account. The maximum charge for all 4 of the above tests if selected would be $53.02 Fewer tests will result in lower charges. A diagnosis is never disclosed on your itemized statement for privacy reasons. However, if you do NOT want these charges to appear on your student account, please pay our cashier at the pharmacy prior to the closing of the following day. CRUZ Care does not cover any portion of these outside lab charges. If you have another form of insurance through your family, you may consider submitting a copy of your billing statement to your private health insurance carrier for reimbursement.

***Free, anonymous HIV testing by oral swab is available at SHOP Monday-Friday 10am-4pm. No appointment necessary.

Results Will Be Sent to You via Secure Messaging From the Student Health Center
Information about Sexually Transmitted Infections (STI)

IMPORTANT: If you have symptoms, suspicions or particular concerns and questions please make a Same Day appointment to see a clinician.

We strongly encourage you to use the online risk tool called STD Wizard to assess your risk and inform your decision before proceeding with lab testing (www.stdwizard.org). The link to STD Wizard can be found on the UCSC Student Health Center home page (healthcenter.ucsc.edu). If you are interested in Free and Anonymous HIV testing (using an oral swab) through our peer counseling program, you may contact Student Health Outreach and Promotion (SHOP). They are located at the Student Health Center in the East Wing next to the pharmacy (831-459-3772). You can link to their website from our homepage.

STIs can be contracted through oral, anal and genital contact. In such instances, signs and symptoms may present differently and specimens from these sites may be needed.

Laboratory assessment
There is no one test for all STIs. Each disease requires a different test and there are some STIs for which no partial screening test exists. No lab test is perfect. There is a chance of a false positive, however each test has a low risk of false negatives.

Infections Identified by Urine or other Swab Tests
Testing for both Chlamydia & Gonorrhea can be done with urine. These tests are more accurate when collection is done 1 hour or more after the last urination or through direct swab samples. Both infections can effectively be treated with antibiotics. Partners should be treated at the same time.

Chlamydia* is a common sexually transmitted disease caused by the organism Chlamydia Trachomatis. An infection with this organism may or may not cause symptoms 1-3 weeks after exposure. Symptomatic Chlamydia presents in women as abnormal vaginal discharge, abdominal pain, abnormal bleeding and/or urinary symptoms. In men, symptoms may include burning with urination, discharge of pus and/or mucus, swollen or painful testicles, urethral itching or tingling.

Gonorrhea* is a less common sexually transmitted disease caused by the bacterium Neisseria gonorrhea. Symptoms are similar to those for Chlamydia and may appear 2 days to 1 month after exposure. Additional symptoms may include fever, joint aches and rash.

Infections Identified by Blood Tests
Syphilis* is still common worldwide, however, this infection is rare in our community. It is caused by a spirochete, Treponema pallidum. The initial symptom is a painless genital sore which may appear 10-90 days after exposure. This sore then disappears but can be followed by a phase where the illness progresses without apparent symptoms. Significant harm to your health may result. Syphilis can be treated with antibiotics. Please note that partners must be treated as well.

HIV* Infection with the Human Immunodeficiency Virus (HIV) may lead to the eventual development of Acquired Immunodeficiency Syndrome (AIDS). The virus attacks and debilitates the immune system. Secondary infectious illnesses appear that a healthy immune system would normally be able to repel or eliminate. Transmission can occur with any exchange of body fluids (such as sexual intercourse, contaminated blood exposure & hypodermic needles), most commonly through blood, semen, vaginal secretions and breast milk. After exposure, 6-12 weeks or more may pass before the blood test is positive; 6 months after exposure is considered the longest time needed. The treatment of this infection is evolving rapidly, life expectancy is improving but currently there is NO cure.

Hepatitis B is a viral infection that causes inflammation of the liver. Symptoms include fatigue, nausea, abdominal pain, loss of appetite and jaundice (eyes and skin may turn yellow) and can develop 4-6 weeks after exposure. After the acute illness resolves, the virus may be completely cleared from the body by the immune system. However some will go on to become asymptomatic carriers or the infected person may develop chronic hepatitis, liver failure or liver cancer. Hepatitis B is spread in exactly the same manner as HIV, but is significantly more contagious.
If you enrolled at UCSC anytime after 1999, proof of Hepatitis B immunization or immunity was required. So, it is highly likely you have immunity. A blood test can be performed to test for immunity or for the virus if desired; please make an appointment to arrange for the appropriate test.

**Infections Identified by a Visual Exam**

**HPV** (Genital warts, condyloma) is the most common STI on our campus. The multiple strains of Human Papilloma Virus (HPV) cause warts all over the human body. Some of the strains have a particular affinity for the genitals and are spread during sexual activity. Some of those strains also have the potential to cause malignant or cancerous transformation, particularly of the female cervix.

The diagnosis is made by observing the growth of warts on the infected skin surfaces, which generally occur within 3 months of exposure. The presence of warts confirms HPV infection. The absence of warts, however, does NOT exclude infection. HPV can be detected by a PAP test in women. Please note, currently there is no test for HPV in men.

**Molluscum Contagiosum** is caused by a poxvirus and is contracted through direct skin to skin contact or environmental sources. Molluscum are round, skin colored or pearly white, raised, waxy appearing bumps that are non-painful and usually do not itch. The appearance of the bumps often occurs 2 weeks after exposure. Treatment is by destruction of the lesion usually freezing with liquid nitrogen or by extracting the core of the lesion with a sterile needle. It may take a few weeks or months of persistent treatment to eradicate this infection. It can be self-limited even without treatment.

**Herpes** (HSV I & HSV II) is a viral infection that causes itchy and/or painful blisters and ulcers on the infected surface (usually genital regions or mouth). These symptoms occur within 2 weeks after exposure. The lesions go away in 5-14 days, but may reoccur. It is one of the most common STIs in our community. Herpes lesions on the mouth may be transmitted to a partner’s genitals (or vice versa) during oral sex.

Herpes can be confirmed by culturing the live virus from an active lesion. Herpes culture results can take up to 10 days. Blood testing for antibodies to herpes does exist but doesn’t tell you if you have an active STI or are contagious, nor does it tell you if a specific lesion is or is not herpes. Herpes can be treated with medications that suppress the virus. There is no cure, but severity, frequency and duration of recurrences can be reduced.

**Vaginal Infections in Women Identified by Pelvic Examination**

**Yeast** is a common vaginal fungal infection, rarely sexually transmitted, that can cause increased vaginal discharge, external itching, painful intercourse, redness or swelling. Treatment is with antifungal medication in either oral or vaginal form. Routine treatment of partners is not recommended.

**Bacterial Vaginosis** is an infection rarely sexually transmitted that results when there is a disturbance in the bacteria balance in the vagina. The symptoms are often intermittent and consist of excessive discharge that can be associated with an unpleasant odor described as fishy. Itching can also occur with some redness and swelling. Occasionally this infection presents with symptoms that mimic a urinary tract infection. This can be treated with antibiotics either in oral or vaginal form. Asymptomatic carriers do not necessarily need to be treated. Routine treatment of partners is not recommended.

**Trichomoniasis** is a sexually transmitted infection which can appear 5-28 days after exposure. Symptoms may be mild to extreme and consist of irritation, increased discharge with an unusual smell, itching, redness and swelling. Treatment is with an oral antibiotic, often in a single dose regimen. Partners must be treated.

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**CONDOM use can Minimize Your Chances of Contracting ALL of the Above Infections**

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*We are required by law to report the diagnosis of Syphilis, Chlamydia, Gonorrhea and HIV to the Communicable Disease Office of County Public Health Department.