Should I be tested?

The Centers for Disease Control and Prevention recommends:

- Annual testing for chlamydia for women under the age of 26.
- Annual testing for chlamydia and gonorrhea for women who have a new sexual partner or have had multiple partners, test positive for another STI, or who are inconsistent with condom use.
- Chlamydia testing for all pregnant women.
- Re-testing in 3 months if you have already tested positive and been treated for chlamydia or gonorrhea.

It’s time for straight talk

Your healthcare provider is here to help you take care of your health, but it’s up to you to start the conversation. An untreated STI can have serious consequences to your long-term health. If you have symptoms or you’re concerned that you may be infected with an STI, it’s important to talk with your healthcare provider to determine which tests may be right for you.

You might be surprised who's at risk and who can be infected. It’s time to leave the stereotypes behind and start the conversation with your healthcare provider about your sexual health and any other health-related questions or concerns.

For more information on chlamydia, gonorrhea and other women's health topics, please visit promisetome.com.


This is Taylor. An honor student with a steady boyfriend. She has no idea she has a chlamydia infection.

How can that be? Sexually transmitted infections (STIs) don’t discriminate, and if left untreated, they can have serious consequences to your long-term health.

Get the facts on getting tested.
It’s time for straight talk

Taylor has been enjoying her freshman year at college — studying hard and loving her independence. She’s had one sexual partner in the last year. She has been feeling great and has no idea that she has a chlamydia infection.

Chlamydia and gonorrhea: More common — and more curable — than you think

STIs are far more common than you may think. Two of the most common infections, chlamydia and gonorrhea, are bacterial infections that spread through sexual contact. Approximately 20 million new STIs occur in the U.S. each year, half of which affect young people, aged 15-24.1

What are the risks if I have an untreated infection?

It’s easy to test for and treat chlamydia and gonorrhea infections; however, an untreated infection can cause health consequences. Risks include:

- Abnormal vaginal discharge, pelvic pain or pain during sex or urination. These symptoms can sometimes be mistaken for a bladder infection.2
- Irreversible damage to your reproductive organs including pelvic inflammatory disease (PID), infertility or an ectopic pregnancy (occurring in the fallopian tube).2
- For pregnant women, babies can be born too early, which can cause serious health complications for the baby. Both infections can spread to the newborn during birth, causing eye or lung infections.2

You may not be thinking about having children today, but both of these infections can harm your future fertility. They often show no symptoms, so the only way to ensure that you do not have these STIs is through routine testing.

20 million
new STI cases each year1

50%
are aged 15-241

Unfortunately, most people who are infected with chlamydia or gonorrhea don’t show any symptoms.1,2 That’s why it’s critical to talk with your healthcare provider about testing options and to determine which tests are right for you.

If you do test positive for chlamydia or gonorrhea, in most cases these STIs can be easily treated and cured with antibiotics.

Getting tested is easy

Providing a sample for testing is easy and painless. Your healthcare provider may collect a sample along with your Pap test, by a vaginal swab or with a urine sample.

If you test positive — You are not alone. The fact that the infection has been identified and you can take steps to treat it is a good thing for you and your health.

A positive test result does not necessarily mean that you or your partner are engaging in sex outside of your relationship. It is possible to have an infection for many years and not know it. Talk to your partner about being tested and treated to prevent re-infection.

If you test negative — Good news! Talk to your healthcare provider about scheduling an annual well-woman exam and make sure that you are tested for STIs at least once a year.