



# Sexual Health Service



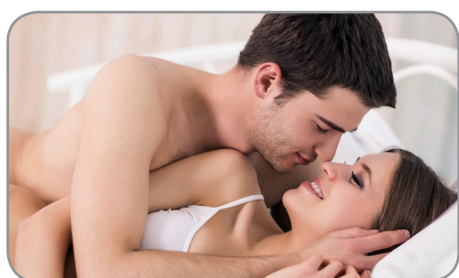
This factsheet will tell you about Sexual Health Services at Sunderland Royal Hospital



This service is sometimes called GUM, which is short for Genito-urinary medicine.

# We can help support you with your sexual health.

You may want to visit us for help if you have had sexual contact with someone.



Sexual contact means any intimate touching, oral, vaginal or anal sex with another person.



Sexual contact also includes sharing sex toys like vibrators.

People can have sexual contact with a man or a woman:



- Women and men can have sexual contact together.
- Men can have sexual contact with another man.
- Women can have sexual contact with another woman.

It is important to stay safe if you have sexual contact.

Condoms and femidoms are the best way to protect yourself from sexually transmitted diseases.



How condoms and femidoms are used.



A condom goes over the penis.



A femidom is condom for women. It goes inside the vagina



If you are a woman and have sex with a man without using a condom or femidom you can get pregnant.

For more information about our contraceptive service see page 5 of this factsheet.

# We can test you for sexually transmitted diseases.

You do not always know you have an infection. You might not have any symptoms or problems.



## We can test you for different sexually transmitted diseases.

**SEXUALLY  
TRANSMITTED  
INFECTIONS**

We can test you for infections including Chlamydia, gonorrhoea, syphilis and HIV.

If you have had unprotected sexual contact it is important we test you for infections.



Unprotected sexual contact means not using a condom or femidom.



It is possible to catch a sexually transmitted disease even if you did use a condom or femidom.



We also have a contraceptive service.

Our contraceptive service can help you to make sure you don't get pregnant.



We can give you advice about different types of contraception.



We can give you condoms and show you how to use them properly.

Other ways we can help you.



We can help you to do a test to see if you are pregnant.



We can also do a test called cervical screening. This is often called a smear test.

Our Easy Read Family Planning factsheet will tell you more.

Go to page 15 for more information about how to find the factsheet.

You can drop-in to see us without an appointment.

See page 7 for times when we are open for people to drop-in.



If you want to make an appointment, or to talk to us about which service you need please phone **0191 5699021**.

Support for people who might need extra help.



Your support worker or carer can phone us before you come to talk to us about how to support you.



Your support worker or carer can come with you to see us.



We can make sure you have a longer appointment if you need more time with us.

# Times for drop-in sessions and appointments.

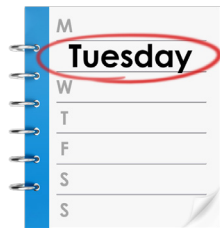


## Drop-in

- 8.45am to 12noon
- 1.30pm to 3.30pm

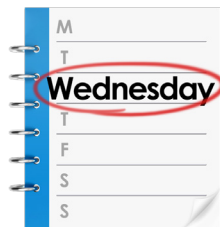
## Appointments

- 4.30pm to 7.20pm



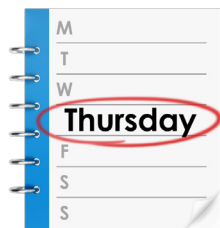
## Drop-in

- 8.45am to 12noon
- 1.30pm to 4pm



## Drop-in

- 8.45am to 12noon
- 1.30pm to 6pm



## Drop-in

- 8.45am to 12noon
- 1.30pm to 4pm



## Drop-in

- 8.45am to 12noon

## Appointments

- 2pm to 4pm

Sometimes we may need to close drop-in sessions early.



If a drop-in session is very busy we will close the door early.

We are based at  
Sunderland Royal Hospital.

**Address:**

Sunderland Royal Hospital. Kayll Rd,  
Sunderland, SR4 7TP.



Our building is at the Kayll Road  
entrance, opposite the Niall  
Quinn Children's Centre.

Come in through the brown door at the side of the building.



Inside there is a sign saying  
reception with a red and green  
light above a closed door.

If the light is red please sit down and wait.



When the light turns green you  
can go in to the reception.



The receptionist will ask you for some information.

They will ask you your name, address and date of birth.



Tell the receptionist if you would like your support worker or carer to come to the appointment with you.



The doctor or nurse usually sees people on their own, but if you need support that will be okay.

We will then show you to a waiting room.



We have separate waiting rooms for men and women.  
If you need to wait somewhere quieter please tell us.



The doctor or nurse will find you in the waiting room. They will take you to a small private room.

The doctor or nurse will talk to you in private so other people can't hear.

You can ask to see a male or female doctor or nurse.



We will ask you questions about your relationships, who have sex with and your health.

We will not tell other people like your GP (doctor) or parents, what you tell us.



If we think you are being badly treated we may need to tell someone who can help. We will tell you if they need to do this.



We can get help for you if you have been badly treated.

The doctor or nurse may need to look at private parts of your body to check them.

This will depend on what you tell us and what kind of sex you have had.



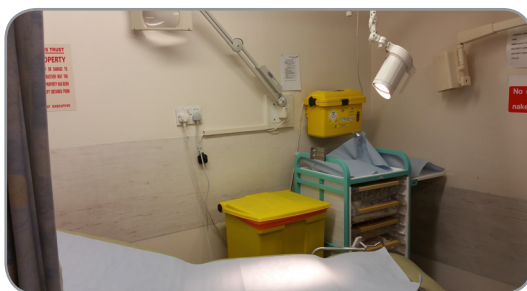
We may need to look at your penis, vagina or anus (bottom)



You will need to take some clothes off if we examine you.  
You won't take all your clothes off.



If we need you to take any clothes off you will do this behind a curtain to keep it private.



You will need to lie on a bed while we examine you.

## We may need to do some tests to check for infections

We will check you agree to have a test before we do it. We will help you understand about the test. This is called helping you give consent.



There are different tests that we might need to do.



We may ask you to give us a urine sample.

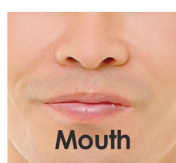


We may need to do a blood test.



We may do a test using a swab. This is like a cotton bud.

We may need to gently rub the swab on your mouth, penis, vagina or anus to do the test.



Mouth



Penis



Vagina



Bum



We will keep checking you are okay when we examine you or do tests.



We will explain everything to you



You can ask us to stop if you don't want to do anything, like a test. This is your choice.

The Learning Disability Liaison Team can give people extra help.



They can give extra support to people with a learning disability.

**Phone:** 0191 565 6256 and ask for extension 47146.

You may have a chat with a health advisor to check you are okay and if there is any other help you need.



We can tell other care and health services that you need help if you want us to. This is your choice.

We will tell you the results of your tests when we get them.

We might get the test results the same day, but it usually takes a week.



You can come back to see us for your test results, or we can phone or text you. It is your choice.



If your results show that you do have an infection we will invite you back to see us for treatment.

If you have an infection we will ask you who you are having sex with.



We may need to test them for infections. We need to stop them giving you the infection again.

There is more information about this service and contraceptive services on the Sunderland Action For Health website.



Go to:

[www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk)

We hope you have found this Easy Read factsheet helpful

Please do contact us if you need any further advice.

**GUM Clinic**

**Phone:** 0191 5699021



## Credits

This factsheet was developed by the Learning Disability Liaison Service and The Sexual Health Service at City Hospitals Sunderland, and funded by the Sunderland Clinical Commissioning Group.

Designed by The Clear Communication People Ltd. using Photosymbols and other stock photography.

**NHS**  
**Sunderland**  
**Clinical Commissioning Group**

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**City Hospitals Sunderland** **NHS**  
NHS Foundation Trust

## About Easy Read information

Easy Read information using larger print, easy words and pictures to make information easier to understand. Easy read is a summary of the key points. Whilst it is useful to help people understand complex subjects it should not be relied upon solely in the process of supporting people to make decisions about their health care and treatment.

This factsheet can be downloaded free of charge from: [www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk)