

# Things to ask your GP

Sometimes you might feel unsure of what you can ask your GP, especially when it comes to talking about your sexual and reproductive health. Here's some questions you can ask to get the conversation going:

## Contraception:

- I don't want to get pregnant. What contraception options could I try?
- Do you insert IUDs or implants?
- What are the side effects of this contraception?
- Is it normal to have this reaction to this contraception method?

## STIs and BBVs:

- I recently had sex with a new partner, and I've been experiencing some symptoms. Could I have an STI?
- I received an anonymous text telling me to test for chlamydia. How do I do that?
- What type of STI test will you do? Will it be a blood, swab or urine test?
- How/when will I get my STI test results?
- I have a sexual relationship with a person living with HIV. Can I find out more about PrEP and PEP?

## Other sexual and reproductive health

- In my home country, I was not offered the HPV vaccine. Can I get the vaccine here?
- When I have sex, it is really painful. What can I do about it?
- My periods are extremely heavy and painful. What could be causing it?
- My periods are extremely irregular. Is there anything we can do to regulate them?
- I am having strange discharge coming from my vagina/penis. What should I do?



## Pregnancy and abortion:

- I'm worried because my period is late. Can you check if I'm pregnant?
- I'm pregnant and I haven't decided what to do. Can you refer me to non-directive pregnancy options counselling?
- I'm pregnant and I don't want to be. Do you provide medication abortions?
- I have a pregnancy I would like to terminate. Can you give me a blood test and a dating ultrasound scan referral?
- I'm wanting support with a pregnancy. Do you provide pregnancy care?

## Cervical Screening:

- Can I see a female doctor, or self-collect?
- Why do my results need following up?
- I have had a Pap Smear in my home country. Is that the same as a CST?

## Relationships

- My partner wants to have sex but I'm not ready. What should I do?
- How do I tell a partner I have an STI?

## Privacy

- Will anyone else see that I have had an appointment for contraception, abortion or STI testing?