

# Sexual Health & GUM clinics



**MESMAC**  
NORTH EAST

### ABOUT G.U.M. CLINICS

The best place to go if you think you've got a sexually transmitted infection, or if you want a sexual health check-up, is your local GUM (Genito-Urinary Medicine) clinic. Many gay and bisexual men and other men who have sex with men already have routine check-ups, maybe every 3 months, even if they feel perfectly well. Others like to go if they're starting a new relationship. This way you're reassured that you're free from any infections and that you're not passing anything on to your partner(s).

### ABOUT G.U.M. CLINICS

GUM clinics are confidential, so information isn't given to your partner(s) or family. However, if you've been referred to the clinic by your GP or a hospital, they'll usually be kept informed about your diagnosis and treatment. If confidentiality is particularly important to you, go straight to the clinic without seeing your GP. GUM clinics see lots of gay and bisexual men and other men who have sex with men; for example, around 10% of the men attending Newcastle GUM clinic are gay or bisexual. It will help the staff if you're honest about the kinds of sex you've been having, because they'll be able to treat you more promptly.

### WHAT HAPPENS AT THE CLINIC?

At GUM clinics you often have to make an appointment. Procedures vary a little from one clinic to another, but you'll be asked to give a name (though you don't have to), and you'll be given a clinic identification number. You'll then be asked to wait till you're called (either by your name or by the number you've been given). If you ask for a check-up, or you have something wrong with you but don't know what it is, the doctor is likely to do the following:

- Examine your cock, balls, arse, and general groin area to look for scabies (little mites which burrow under the skin) or crabs (pubic lice), and to see if there are any warts, sores, or moist discharges.
- Ask you to piss into 2 glasses; they're looking for signs of infection in your urethra (the tube you piss through).
- Use a small cotton bud or plastic 'loop' to take a swab of the end of your urethra.
- Look up your arse for warts or evidence of infection; the doctor might use an instrument called a proctoscope to help them do this, this may be uncomfortable but does not hurt.
- Take a swab from your throat with a cotton bud.
- Take a blood sample to check for syphilis.

You should also be offered a blood test for Hepatitis B, and vaccination if you need it.

You'll be asked if you want a test for HIV, the virus that can cause AIDS. This is NOT compulsory, and you can refuse the test. If you decide to take the test, you'll be asked to speak to a Health Adviser who'll make sure you know about the advantages and disadvantages of having an HIV test.

### AFTER THE CHECK UP

With some infections (such as gonorrhoea) you can start antibiotic treatment immediately. You usually get the results of other tests by returning to the clinic (probably a week later). However, all results apart from the HIV test are usually available over the phone. You should stop having any kind of sex that could put others at risk until you're clear of infection, but you can still have safer sex. Ask the doctor or Health Adviser if you aren't sure what's risky.

GUM Clinics should treat gay and bisexual men with courtesy, and you should never be made to feel guilty for having sex, or for being gay or bisexual. If you feel that you've been badly treated, ask to make a formal complaint. Alternatively, your local gay men's service can take up the complaint on your behalf.

### GONORRHOEA

There are 3 parts of your body that can be affected by gonorrhoea – the throat, the urethra (the tube in

your cock you piss through), and the rectum (up your arse).

### Throat

The bacteria lurk at the back of your throat, but you can't usually see them. Only 20% of people with infection in the throat have any symptoms (such as a sore throat). You can get infected by sucking (even if your partner doesn't come) and sometimes by rimming. Kissing is safe.

### Urethra

The bugs are found in the tube you piss through, and in 90% of cases you'll feel pain or heat when pissing, or you'll get a discharge from the end of your cock. This discharge may be clear, but it's more likely to be cloudy or even yellow. You can get infected by being sucked, or by fucking without a condom.

### Rectum

Many men who've got gonorrhoea up their arse don't realise it, though a few will notice some pain or a discharge. You'd usually be infected with gonorrhoea by having anal sex without a condom, but it's possible to be infected if your partner nuzzles his cock against the hole in your arse without completely penetrating.

### To protect yourself from gonorrhoea

If you're sucking/being sucked: the only sure way to

protect yourself is to use a condom (ordinary condoms taste awful so try a mint or fruity flavoured one!) Apart from that, you can reduce the risk by not taking the end of his cock in your mouth (lick the shaft and balls instead). Not coming in his mouth is no guarantee that gonorrhoea won't be passed on.

It's no good using a mouthwash after sucking - it won't kill the bacteria. Keeping your dick clean, or only sucking men with very clean dicks isn't a safeguard either. However, you should avoid sucking dicks which look sore, or which are producing a discharge other than pre-cum!

To avoid getting gonorrhoea up the arse, you should always use condoms when fucking (which you should be doing anyway to avoid getting or passing on HIV!) Since infection can happen without full penetration, put the condom on before you start nuzzling round your partner's arse-hole. You should also avoid sharing dildos and other sex toys that go up the arse, make sure you wash them in hot soapy water, or cover them with a condom. If you use sex toys on more than one person change the condom each time you use it on someone else.

You don't always get symptoms with gonorrhoea. Sometimes the only way you find out you've got it is if you infect somebody else, or if you go for a routine check-up.

### SYPHILIS

Syphilis is serious and has made a big comeback in the UK. There has been a significant rise in new cases in men who have sex with men. Syphilis is caused by bacteria.

**Symptoms:** There are three stages to syphilis with different symptoms for each stage:

**Primary Syphilis.** A painless sore (called a chancre) appears on your cock, balls, arse or throat. It weeps at first then dries up and heals. Glands near the sore may swell up.

**Secondary Syphilis.** Fever, headaches, nausea, swollen glands and hair loss may occur. Some people develop a rash across the trunk of the body; a rash may affect hands and feet. In some cases warty growths may appear around your anus, or ulcers in your mouth or on your cock.

**Tertiary Syphilis.** After years, if untreated, syphilis can cause damage to your heart, brain and nervous system. Sometimes the symptoms are scarcely noticeable. If you think you may have been at risk GUM clinics will always be happy to give you a check-up.

### Syphilis is passed on by:

Contact with the sore in Primary Syphilis, or the rash in Secondary Syphilis. Some people don't have very visible symptoms, so it is not always easy to see. It can be passed on by unprotected sexual activity such

as fucking or being fucked, sucking or being sucked, fingering or fisting.

Using condoms for fucking and sucking, or the use of latex gloves for fingering/fisting can prevent it. Syphilis is treated with a course of antibiotics, usually given by injection, but sometimes by tablets. Syphilis **MUST** be treated, it won't go away!

### NSU

NSU (Non-specific urethritis) is a common problem that isn't always caused by sexual contact. The symptoms may include a thin watery discharge and pain when pissing, but you may get no symptoms at all. NSU is normally treated with antibiotics.

### WARTS

Genital warts usually affect the area round your cock, balls, and arse; they're caused by a virus. You get them by touching a wart or skin infected with the wart virus. This usually occurs if you're screwing, but also as a result of any close genital-genital contact. Sucking & rimming can occasionally lead to infection in your mouth, which can then be passed on by sucking and rimming other cocks and arses. The warts appear as small cauliflower-like growths, and are easy to see externally, but you may not notice them if they're up your arse.

### G.U.M. CLINICS IN THE NORTH-EAST

#### Newcastle:

Newcastle General Hospital, Ward 34, Westgate Road.

Call: 0191 219 5013 or 0191 219 5011

#### North Shields:

1 to 1 Centre, Hawkey's Lane, North Shields.

Call: 0191 219 6610 or 0191 259 2519

#### Northumberland:

Blyth.

Call: 01670 814873 or 07919 591032

#### South Shields:

Stanhope Parade Health Centre, Gordon Street.

Call: 0191 451 6104 or 0191 451 6103

#### Sunderland:

Sunderland Royal Hospital, Kayll Road.

Call: 0191 569 9021 or 0191 569 9022

#### Durham:

University Hospital of North Durham, North Road.

Call: 0191 333 2660 or 0191 333 26601

#### Darlington:

Darlington Memorial Hospital, Hollyhurst Road.

Call: 01325 743203 or 01325 743982

#### Bishop Auckland:

Bishop Auckland General Hospital, Escomb Road.

Call: 01388 455700 or 01388 603180

## Sexual Health & GUM clinics

### Middlesbrough:

James Cook University Hospital, Marton Road.

Call: 01642 854548

### Hartlepool:

University Hospital of Hartlepool.

Call: 01429 522577

### Stockton:

North Tees General Hospital 'Clinic E', Hardwick.

Call: 01642 624400

### Contacting MESMAC North East

#### Newcastle Office

3rd floor, 11 Nelson  
Street,  
Newcastle upon Tyne  
NE1 5AN

Tel: 0191 233 1333

Minicom: 0191 233 2112

#### Teesside Office

4<sup>th</sup> Floor, Prudential  
House,  
31-33 Albert Road,  
Middlesbrough TS1 1PE

Tel: 01642 804400

Minicom: 01642 732 392

Email: [all@mesmacnortheast.com](mailto:all@mesmacnortheast.com)

Website: [www.mesmacnortheast.com](http://www.mesmacnortheast.com)

## Sexual Health & GUM clinics

**For more information about sexual health, GUM clinics, safer sex or other things you may be concerned about contact your local service:**

### NEWCASTLE

MESMAC North East: 0191 233 1333

(MESMAC NE work throughout the region)

(Minicom: 0191 233 2112)

### GATESHEAD

STAG Project: 0191 490 1708

### NORTHUMBERLAND

LGBT Worker: 01670 523 701

### COUNTY DURHAM

GAD: 01325 355 551

Health Promotion (north): 0191 374 4131

Health Promotion (south): 01325 746 141

### TEESSIDE

MESMAC North East: 01642 804 400

(Minicom: 01642 732 392)

Teesside Positive Action: 01642 254 598



# **MESMAC**

## **NORTH EAST**

For more information contact:  
MESMAC North East

### **Newcastle**

Phone 0191 233 1333  
(24 Hour answerphone available)  
Minicom 0191 233 2112  
Fax 0191 233 1551  
MESMAC text service:  
TEXT: MESMAC (space) MEN (space)  
Then your message to 60003  
Email [all@mesmacnortheast.com](mailto:all@mesmacnortheast.com)

### **Teesside**

Phone 01642 804400  
(24 Hour answerphone available)  
Minicom 01642 732392  
Fax 01642 809800  
Email: [enquiries@mesmacnortheast.com](mailto:enquiries@mesmacnortheast.com)  
Website: [www.mesmacnortheast.com](http://www.mesmacnortheast.com)

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across the north east