



# CLINIC 60 FAQs

Clinic 60

## FREE YOUTH SEXUAL HEALTH SERVICE

### How can Clinic 60 help me?

Our Clinic 60 team are dedicated to supporting people to make decisions that are right for you. The clinic offers testing, advice and support in all areas of sexual health. If you're sexually active, it's important to have a sexual health check every 12 months, or whenever you have symptoms or change sexual partners. We want you to feel comfortable to come as often as you need for your free sexual health check.

### Who is Clinic 60 for?

Our service is free for everyone under the age of 30.

### Is the clinic confidential?

Yes, Clinic 60 is confidential and privacy laws cover all our services.

### Can I just walk in?

We prefer if you call ahead to book an appointment. Usually it only takes about 15 minutes for an STI test, but we will always give you as much time as you need. You can book an appointment in person (60 McCrae St) or by giving us a call on (03) 5033 9337.

### Can I get contraceptive advice?

Our Clinic 60 staff can talk to you about different forms of contraception available, how each works and which one is best for you. We can provide emergency contraception.

### Do you provide free condoms?

Yes, free condoms are available at reception or in the room of your appointment.

### What if I'm pregnant?

Clinic 60 can provide testing, support and options on pregnancy choices. Giving you all the facts needed to make an informed choice about your health and wellbeing. We are a non-judgmental service; we will support you with information on all your options: pregnancy care and how to access support in our community; termination of pregnancy, including medical and surgical; and advice about adoption.

### What STIs are tested at Clinic 60?

We test for Gonorrhoea and Chlamydia (urine test). These are common STIs for young people. We assess your risk for other STIs and facilitate a GP consultation.

### I don't have any symptoms - why would I get an STI test done?

It's really important to have an STI test even if you don't have any symptoms. Often you can have an STI with no symptoms.

### I haven't been sexually active for a few years. Do I need an STI test?

If you haven't been sexually active since your last STI test, you may not need a test.

### FOR MORE INFORMATION:

Health Promotion | Swan Hill District Health

Phone: (03) 5033 9337 | Email: [hpreception@shdh.org.au](mailto:hpreception@shdh.org.au)



Swan Hill  
District Health

## What happens during the appointment?

During your appointment we may want to learn a few things about you to give you the best advice and treatment. Some of the questions may be personal, but do not feel embarrassed we are not here to judge and we are used to asking these questions, all day, everyday. We may ask:

- Are you sexually active?
- Do you have a current partner?
- Do you use contraception? And what sort?
- Do you have any symptoms?
- Are you, or the partner an IV drug user?
- Do you partake in any practices that could increase your risk of STIs?

We may require a urine sample to complete an STI test, and that will involve urinating into a sample cup. Some STI tests involve a blood test, we may refer you to another service to have this done. We do not do a physical examination, unless you are concerned about a symptom, in which case we would usually refer you to a GP.

## What if I don't feel comfortable during the appointment?

The best thing to do if you feel uncomfortable is to tell the nurse that you feel anxious or you do not feel comfortable. It is okay to feel nervous before and also during your appointment, the nurses are very understanding

## Will I have to take my pants off during the appointment?

We do not require you to undress. We can take a look at anything that concerns you, but at all times, it's you who calls the shots. Generally our assessments are through discussion and we refer any concerning physical symptoms to a GP. Our services are completely confidential and discreet.

## What happens if I test positive to an STI test?

We will let you know in a discreet manner that you have tested positive to either chlamydia or gonorrhoea. A Doctor appointment is needed for antibiotic treatment and the nurses can arrange this appointment for you.

## What if I don't want my parents/employer to know that I'm getting an STI test done?

You can get an STI test without parents/employer involvement. That means we won't tell parents or anyone else. We are strictly confidential.

## Do I need to shave, wash or prepare in any way for my appointment?

We are a non-judgmental service and do not require any preparation. Please note, in most cases STI screening involves providing a urine sample. If it makes you feel more comfortable, you can have a shower or use a gentle wipe before your appointment.

## What if I know someone who works at Clinic 60?

We understand that sometimes you want to remain anonymous. Our Clinic 60 staff keep all information confidential. When making an appointment you can request which nurse you would like to see. We have 3 friendly nurses to choose from. We also have other services operating out of the same building including Health Promotion, Dietetics, and Community Health, which means you could be attending the Clinic for a number of different reasons.

## I'm worried about my partner - can you give me advice?

We are good listeners, who care about you. We want you to feel comfortable to raise any issues that are important to you and we can provide you with information and referrals to services who can help.

## What LGBTIQ+ support do you offer?

Clinic 60 provides reproductive and sexual health services, information and referrals to LGBTIQ+ clients. We are an inclusive and safe service who can provide you with a listening ear, or provide you with more information, support or advice on local or regional support services and groups.

## What if I'm over the age of 30?

If you are a woman over the age of 30 you can access the Well Women's Clinic from the same building. This service does include a fee and you find out more about the sexual and reproductive health services that are offered at the Well Women's Clinic by visiting <https://www.shdh.org.au/our-services/womens-health/>. Men who are over 30 can visit their local GP for all their sexual and reproductive health needs.

## Where can I get more information?

For more information about contraception, pregnancy options and sexual health in Victoria. Call 1800 696784 or visit the 1800 My Options website at [www.1800myoptions.org.au](http://www.1800myoptions.org.au)

