

DOCTOR DISCUSSION GUIDE

Managing Chlamydia

Even though chlamydia is a common sexually transmitted infection, it can still be uncomfortable for some to receive a chlamydia diagnosis. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

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| <i>Chlamydia trachomatis</i> | The bacterium responsible for chlamydia infections. |
| Asymptomatic Chlamydia | Asymptomatic chlamydia is when someone is infected with the bacteria but doesn't show any signs or symptoms of the disease. This is very common. In fact, most people with chlamydia don't look or feel sick but can still pass on the bacteria to their sexual partners. |
| Urogenital Infection | Chlamydia bacteria can affect several different parts of the body, but most infections occur in or around the genitals. These are called urogenital infections. |
| Chlamydial Conjunctivitis | While many chlamydia infections occur in the genitals, they can also happen in the eye. Chlamydial conjunctivitis is when chlamydia bacteria get into the eye, causing redness and swelling. |
| Dysuria | Pain or a burning sensation when you pee. This is a common sign of chlamydia. |
| Nucleic Acid Amplification Testing (NAAT) | The primary way doctors test for chlamydia. It's done by taking a small sample—like a vaginal swab (in women) or a urine sample (in men)—and testing it for the presence of chlamydia bacteria. |
| Chlamydial Pelvic Inflammatory Disease (PID) | When an untreated chlamydia infection spreads to a woman's reproductive organs. Symptomatic PID happens in about 10–15 percent of untreated chlamydia cases and can lead to permanent damage or infertility. |
| Ectopic Pregnancy | An ectopic pregnancy is when a fertilized egg attaches itself outside of the womb, often in the fallopian tube. This is a potential complication of untreated chlamydia in women and can be life-threatening. |



Questions to Ask

These questions will help you start a conversation with your doctor about how to best manage your chlamydia.

About Symptoms

- If I have chlamydia, why don't I have any symptoms?
- What can I do to relieve the discomfort when I pee?
- Are there any warning signs I should watch out for that could signal PID or other complications?

About Causes & Risk Factors

- What can I do to protect my sexual partner(s) from getting infected?
- Is there a way to know how I got chlamydia? What increases your risk of getting it?
- How likely is it that I'll get PID or become infertile as a result of the infection?

About Diagnosis

- I don't have any symptoms at all. Why do you think I have chlamydia?
- If the NAAT results were positive, do you recommend doing a culture for chlamydia to confirm the diagnosis?
- Is it important for me to tell my sexual partner(s) about the diagnosis? Why or why not?
- Should I be tested for other sexually transmitted infections (like gonorrhea) as well?

About Treatment

- Why do I need to take medications to treat the infection if I don't have any symptoms?
- Can you tell me more about the antibiotics you're recommending? What are the side effects, and is there anything I should avoid while taking them?
- Can I still have sex while I'm being treated for chlamydia? If not, how long should I wait before engaging in sexual activity again?
- Should I be tested again for chlamydia after I finish the course of antibiotics?
