

**CSU-P Student Health Services**

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**Information Sheet**





**Chlamydia**

**Definition:** Chlamydia trachomatis is a sexually transmitted disease of the reproductive tract. It is one of the most common sexually transmitted disease in both males and females in the United States.




**Transmission:** Sexual contact with 1-3 weeks incubation period before symptoms of Chlamydia begins.

**Signs and Symptoms:**

**A. In a female**

-  Many times a woman will not have symptoms. She will simply carry the infection and easily spread it to her sexual partners.
-  May have an unusual amount of vaginal discharge.
-  Possible, frequent uncomfortable urination.
-  Advanced symptoms include severe pelvic pain and fever.

**B. In the male**

-  Possibly, thick and cloudy discharge from the penis.
-  Possible, painful urination and or frequent urination.
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**Diagnosis**

- A. Evaluation may include tests to rule out candidiasis (yeast), trichomoniasis (Trich), bacterial vaginosis (BV), gonorrhea, syphilis, and urinary tract infection (UTI).
- B. Vaginal and urethral smears are examined for Chlamydia “bug”. A urine sample is collected from males and a vaginal discharge sample is collected from females during the pelvic exam.

**Patient Do's and Don'ts**

- A. Do contact any sexual partners and let them know you have contracted Chlamydia.
- B. Don't have intercourse until you and any sex partners have completed treatment.
- C. Do use a condom at all times when not in a mutually monogamous relationship. Ladies it is OK to insist that your partner wear a condom!
- D. Don't ignore your symptoms because you are embarrassed. If Chlamydia goes untreated in both the male and female it can cause infertility and scarring.
- E. Do wash all sex toys, diaphragm, cervical cap with soap and water. Be sure to rinse thoroughly.

**Treatment**

- A. Treatment is based on national guidelines and is an antibiotic. Your practitioner will know what the best antibiotic is for you.
- B. You must take all of the prescribed medicine, even though your symptoms may decrease early in the treatment. Incomplete treatment gives Chlamydia a chance to hide and reinfect later.

**Additional Information**

- A. CDC STD hotline: 1-800-227-8922
- B. Web site: <http://www.cdc.gov>