

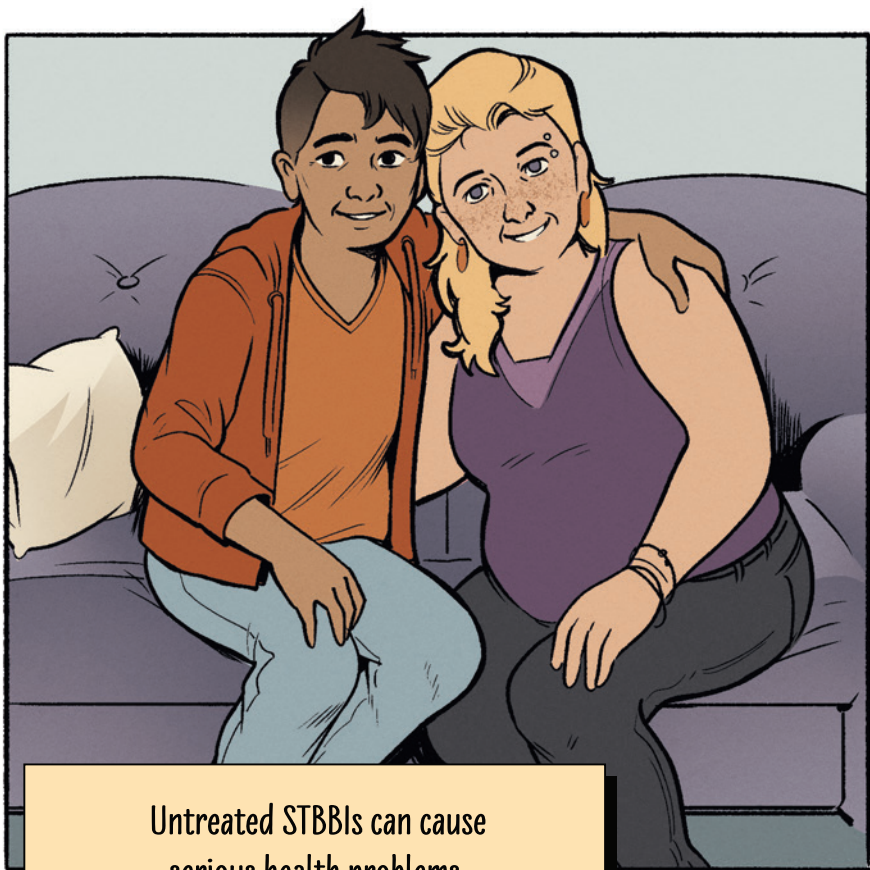


Your Sexual Health Matters




Testing for Trans People

Testing for sexually transmitted and blood-borne infections (STBBIs) protects your health and the health of your sex partners.



Untreated STBBIs can cause serious health problems.

Most STBBI treatments are very effective, but treatment can only begin if you're diagnosed – which starts with getting tested.



If you're trans or nonbinary,
getting tested for STBBIs
can be challenging.

Like most health services, sexual
health services often aren't built
with trans people's needs in mind.

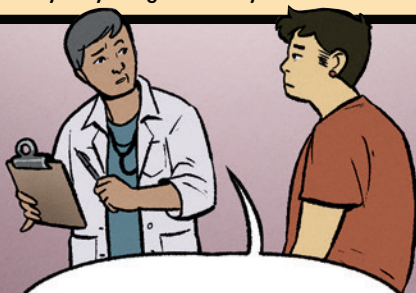
☐ M ☐ F

Below the gender options, there are several horizontal lines for text entry and three checkboxes for additional information.

Many healthcare providers do not know a lot about meeting trans people's sexual health care needs.

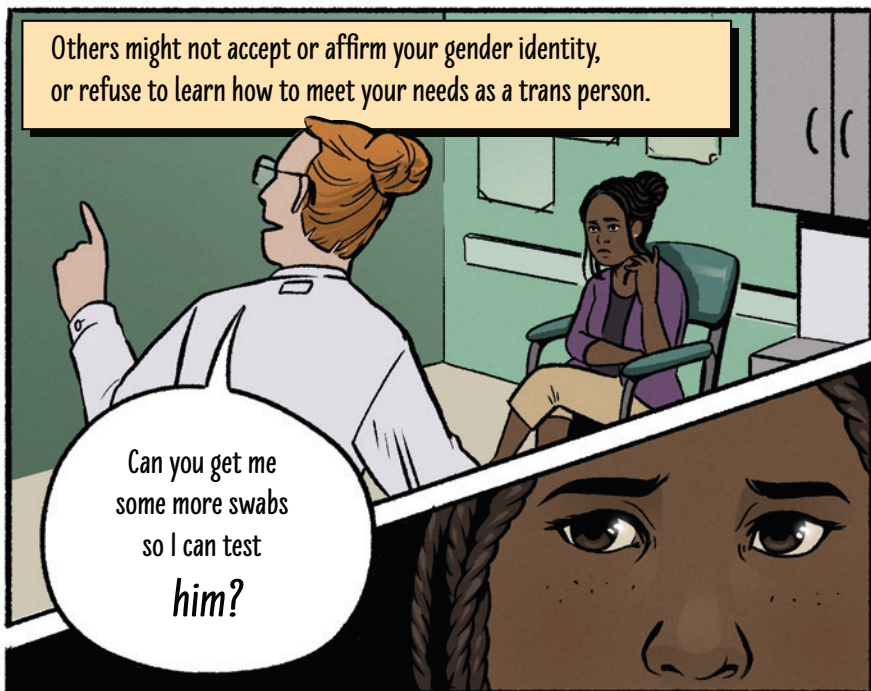


Some may hold misconceptions about you, your gender or your sex life.



But you're a trans man -
I thought you had sex with women...

Others might not accept or affirm your gender identity, or refuse to learn how to meet your needs as a trans person.



Can you get me
some more swabs
so I can test
him?

These issues can cause negative experiences and reduce the quality and effectiveness of STBI testing services for trans people.

But remember that

YOUR HEALTH MATTERS



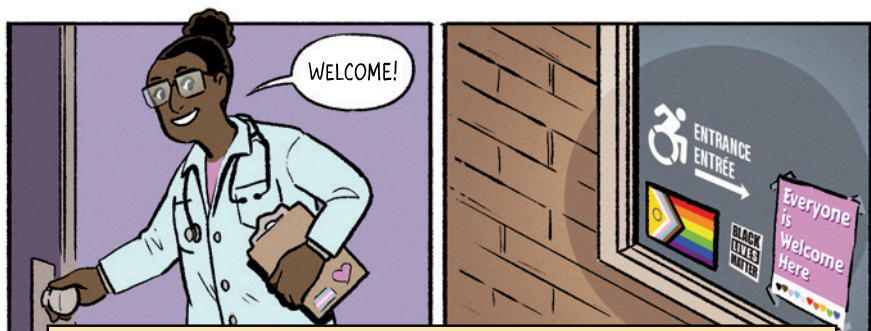
**You have the right to
sexual health services
without discrimination.**

Knowing what to expect during testing,
and preparing some strategies in advance,
can help you access the care you need.



Getting tested starts with finding testing services.

Try to find a healthcare provider who is sensitive to the experiences and needs of trans people.



Ask a trans friend, peers you trust or community organizations who serve trans people.



Online research can sometimes help.



Thinking through some key information ahead of time can help you feel prepared to bring it up or correct any inaccuracies.



- my concerns, such as symptoms
- my gender identity
- my name and pronouns
- who I have sex with, such as cis men, trans women, trans men, cis women...
- parts of my body I use to have sex and the names I use for them
- details of gender affirming care, such as surgery or hormone therapy
- kinds of sex I have, such as anal, frontal, vaginal or oral



This can also help a healthcare provider know which test(s) to offer and whether you should be tested regularly. It can also help them know whether specific parts of your body should be tested.

Preparing for interactions with healthcare providers can help you feel more ready to advocate for your needs.

You can even practise asking questions or responding to challenging interactions, alone or with a friend.



All tests require a sample to be collected.
Depending on what you're being tested for, this can include....



...a blood sample,

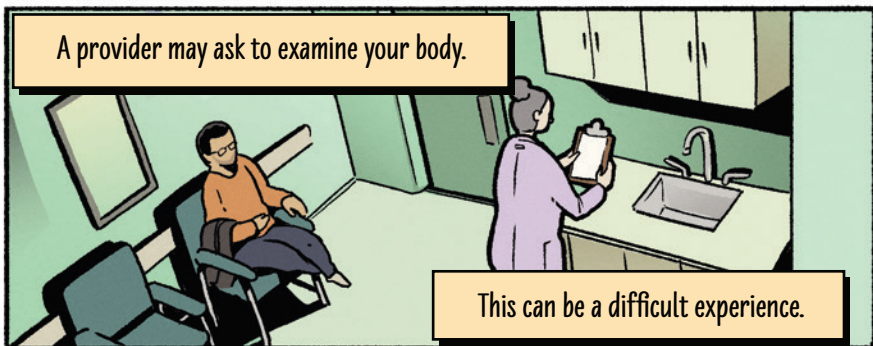


...a urine sample



...or a swab of your genitals, rectum, or throat.
(you may have the option of collecting a swab sample yourself)

A provider may ask to examine your body.



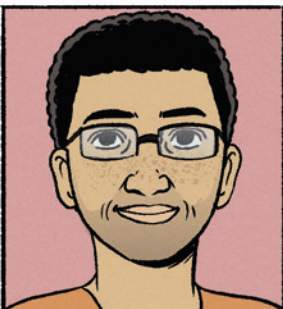
This can be a difficult experience.



It may help to ask the
provider to describe the
exam process to you first.

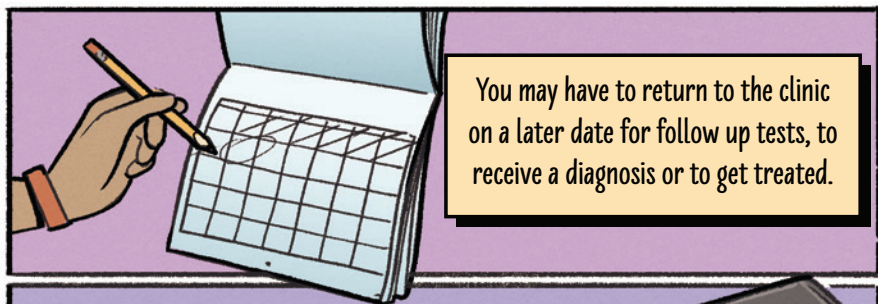


It can also help to have
someone you trust
there with you.



Remember: You're in charge.
You can pause or stop the
exam at any time.

Depending on the test, it can take between a few minutes and a few weeks for the results to be available.



You may have to return to the clinic on a later date for follow up tests, to receive a diagnosis or to get treated.



In some cases, you can receive your results by phone, online or through the mail.

Just remember: even if you find out you have an STBBI, you've already taken the first step to dealing with it.

Knowing your status allows you to start treatment right away and consider how you may want to prevent future STBBIs.

This means you're already taking action to take care of your sexual health and the sexual health of your community.

That's something to be proud of!



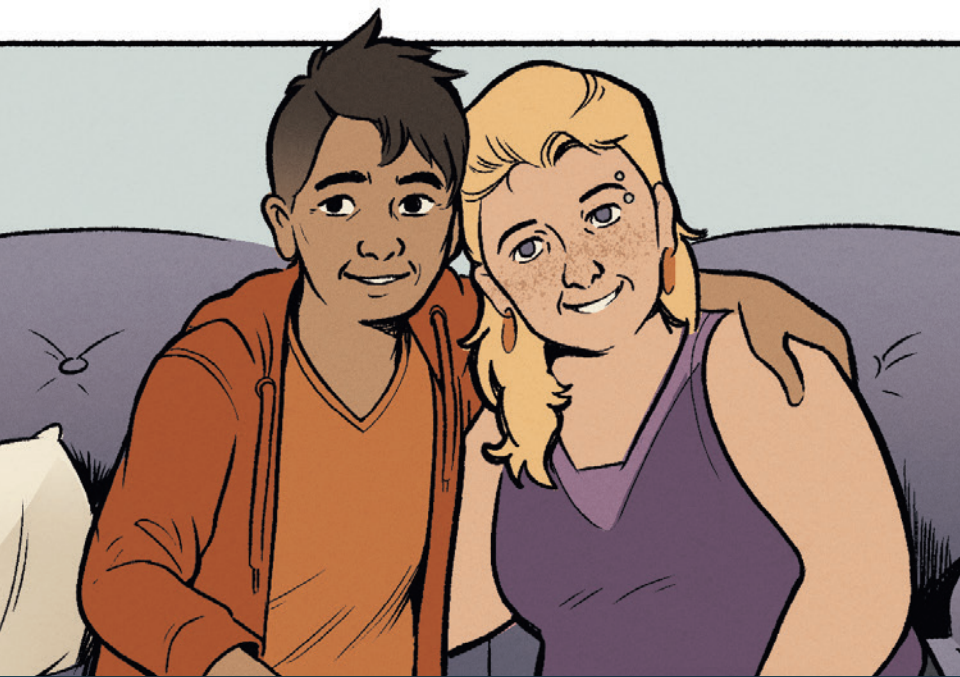


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Production of this resource has been made possible through a financial contribution from the Public Health Agency of Canada. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.

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health services
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