



Tips for Talking with Your Health Care Provider

You want to get tested for sexually transmitted diseases (STDs) but aren't sure how to bring it up with your health care provider. You may feel a little nervous or embarrassed asking to be tested — that's okay, a lot of people do.

Here are some tips to make talking with your health care provider about testing easier:

- ✚ When you make your appointment, say that you want to get tested for STDs. That way your health care provider will already know you want testing when you get there.
- ✚ Think about any questions you might have ahead of time. Write them down, and bring the list with you. Include anything — from changes in your body to mysterious bumps, to how infections might or might not be transmitted. If you've noticed any symptoms of infections or other signs of health problems, be sure to write them down and talk about them.
- ✚ If your health care provider doesn't bring up testing first, just say it. Take a deep breath and spit it out however you can. There is no reason to be ashamed about asking to be tested — it shows that you are taking care of yourself and your partners.
- ✚ Be prepared to be asked what may seem like very personal questions about your sex life. You may feel a little embarrassed, but it is important to be honest with your health care provider. It's not about judging you. Your provider needs information to help you make important decisions about what test(s) you may need. Remember that STDs and STD testing are very common, so this is nothing new to your doctor.
- ✚ Before you leave, be sure to ask the health care provider when you'll get the test results, and ask if someone will call you or if you should call in for them.

For more tips and resources, visit www.plannedparenthood.org.