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Sexual health for men who have sex with men

We recommend regular STI checkups for people who identify as men who have sex with men. STIs may have no symptoms.

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-- Sexual health for men who have sex with men

If you have new or casual sexual partner/s or your sexual partner has other partners, we recommend an STI checkup **every three months**.

STI checkup

During an STI checkup for men who have sex with men, we offer:

- **Urine test** for [chlamydia](#) and [gonorrhoea](#)
- **Throat swab** for [chlamydia](#) and [gonorrhoea](#)
- **Anal swab** for [chlamydia](#) and [gonorrhoea](#) (if you bottom during anal sex)
- **Blood test** for [HIV](#) and [syphilis](#)
- **Blood test** for [hepatitis A](#) and [hepatitis B](#) (if you are not already immune or vaccinated)
- **Blood test** for [hepatitis C](#) (if you have ever injected drugs which were not prescribed by a doctor)

HIV window period

When you have a HIV test, it will not tell us anything about any possible HIV exposures from risky sex in the 6 weeks before the day of the HIV test. This 6 week period is called the [window period](#). If you have had risky sex in this 6 week period, you will have to retest. A HIV blood test done during the [window period](#) may show a person does not have HIV when in fact they do have HIV.

Had a HIV risk?

Post exposure prophylaxis ([PEP](#)) is a HIV medication which is taken within 72 hours of possible exposure to HIV infection and is taken for 28 days. In most cases, [PEP](#) can stop HIV from establishing itself in the body and can prevent you from becoming HIV positive

To be at risk of HIV you need to have had risky contact with a person who has HIV.

Risky contact includes:

- penetrative sex
- sharing a needle/syringe
- other sex which involved blood

Want to get on PrEP?

[PrEP](#) is highly effective in preventing HIV when taken consistently every day or on-demand under the advice of your doctor.

[PrEP](#) is suitable for you if you are at high risk of HIV infection. For example:

- if you are a man who has sex with men without using a condom
- if you have a sexual partner who has HIV infection and is not on treatment, or is at high risk of getting HIV

[PrEP](#) can be prescribed by any GP.

You can find a GP in your area at [Prep Access Now](#).

Safe sex practices

Safe sex practices can reduce your risk for STIs.

Use:

- condoms for penetrative sex. Always check the use-by date, as old condoms can break easily.
- dental dam (a thin plastic barrier) for oral sex.
- water-based lubricant to reduce the chance of the condom or dam breaking. Don't use Vaseline® or massage oil as this can weaken the condom or dam.
- new condom or dam each time you have sex (even if you or your partner didn't ejaculate). Never wash out a condom and use it again.

Blood is a high risk fluid for HIV transmission. If you are practicing sexual activities that involve blood, use gloves. Gloves are important for protecting both participants. Surgical gloves are best.

Activities could include:

- fisting
- S&M
- piercing

If you are using drugs, sharing injecting or snorting equipment increases your risk of blood borne viruses. Use your own clean equipment and do not share equipment to minimise your risk.



CONDOMS, PREP, UVL. HOW DO YOU DO IT?



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THERE ARE NOW MORE WAYS TO DO IT



0:02 / 1:22



YouTube



Video Link: <https://youtu.be/rmpwoLRDF38>

Condoms, PrEP, UVL. How do you do it?

There are now more ways to do it. Protecting yourself from HIV that is. Meet Tom, Dick and Harry. These guys all like a good time, but they stay safe in different ways.

Credit: [Ending_HIV](#)



Could it be HIV?



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Staying health,

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Video Link: <https://youtu.be/bkuE2ojLwWM>

Could it be HIV?

Seroconversion illness is the illness that occurs when your body comes into contact with HIV. This short video provides 3 quick things to know about HIV seroconversion illness.

Credit: [Thorne Harbour Health](#)

Related links

[PEP fact sheet](#) 

[Get PEP](#) 

[Alfred Health: Victorian NPEP Service](#) 

[PrEP fact sheet](#) 

[Alfred Health: Victorian PrEP Service](#) 

[PrEP Clinic](#)

[PrEP'D for change](#) 

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Centre opening hours

Mon-Fri 8.30am-5pm
Closed Victorian public holidays

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We acknowledge the people of the Kulin Nation who are the custodians of the land and waters, and pay our respects to Elders past and present. We welcome all cultures, nationalities and religions. Being inclusive and providing equitable healthcare is our commitment.



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