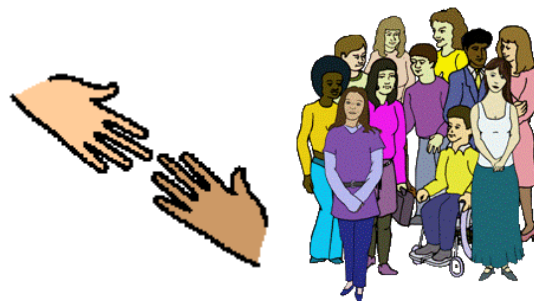


EASY ENGLISH

# Our Sexual Health Victoria Clinics

We are here to help everyone



Care  
Education  
Advocacy



The things in this factsheet are for lots of different people.



For information just about



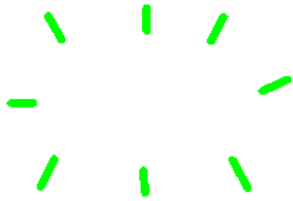
- you
- your needs



talk to a



- Doctor or Nurse

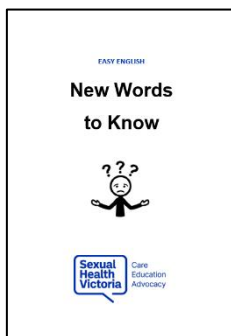


## New words

There may be words in this factsheet

- that are new to you and
  - you may **not** know what they mean
- or
- you may be unsure what they mean.

We will make them **blue** the first time we use them.



Read about them in the

Sexual Health Victoria Fact Sheet

**New Words to Know.**



# Sexual Health Victoria

We are also called SHV.

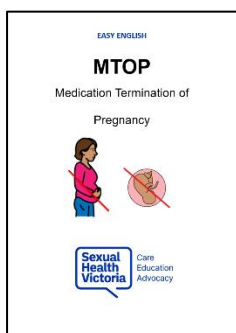
We have been here for more than 40 years.



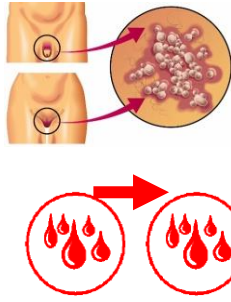
## What we do

We can help you learn about

- your sexual health
- **contraception**
- how to get pregnant
- how to **not** get pregnant
- how to end a pregnancy with medication.



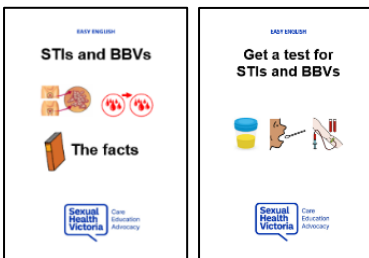
Read about how to end a pregnancy with medication in **MTOP Medication Termination of Pregnancy**.



We can also help you learn about

- Sexually Transmissible Infection or STIs
- and**
- Blood Borne Viruses or BBVs.

Read about STIs or BBVs in the  
Sexual Health Victoria Fact Sheets



- **STIs and BBVs. The facts**
- **Get a test for STIs and BBVs.**

We have lots of Fact Sheets to help you.

You can get them from



- <https://shvic.org.au/for-you/resources/easy-english>

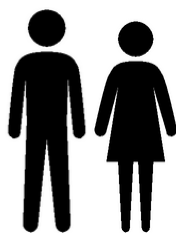
**or**

- Phone 03 9257 0100

Freecall 1800 013 952



We can mail you some if you need us too.



# Who we see at Sexual Health Victoria



Anyone can come to our clinics.

You can be

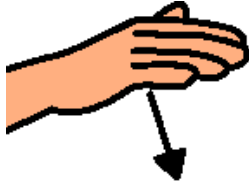
- any age
- any gender
- any sexuality
- born in Australia
- born in a different country
- a person with disability.



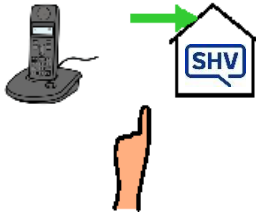
Read about gender and sexuality in the

Sexual Health Victoria Fact Sheet

**Diverse sexes, sexualities and genders.**



## Before you come to our clinic



You need to

- make an appointment
- tell us if you need help to understand English.



We can get an interpreter.



We will need to make a time when

- you can come
  - the interpreter can come
- and**
- there is a doctor or nurse to see you.



# When you come to our clinics



You need to go to the desk and tell them  
your name.



Everything you talk about is private to

- you
  - the nurse
- and**
- the doctor.



We will need to keep some notes on a  
computer.

It helps us to know

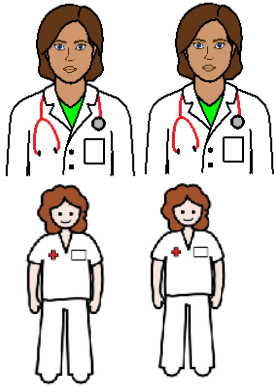
- why you came
  - what we talked about
- and**
- what we did.





# Your appointment

You will have time with the doctor or nurse.

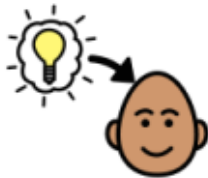


Sometimes there will be 2 doctors or nurses.

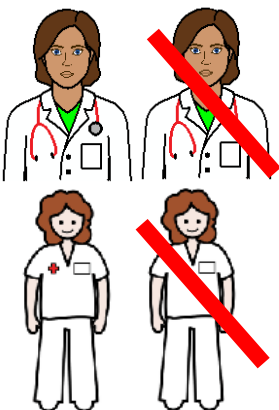
This may be so we can help you better.



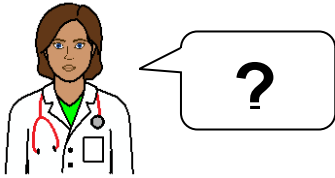
We also help other doctors and nurses learn more about sexual health.



They need to practice new skills.



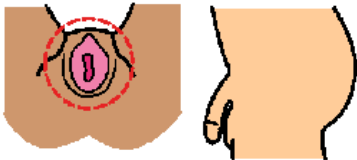
If you do not want one of these doctors or nurses please tell us.



The doctor or nurse will ask lots of questions.

They may seem very private. Like

- when you last had sex
- how many people you have had sex with in the last 3 months.



They may need to

- check your **private parts**

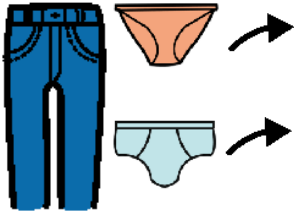
or



- do some tests.



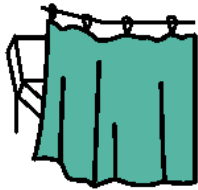
You can ask why.



They may ask you to take off your

- pants
- underwear

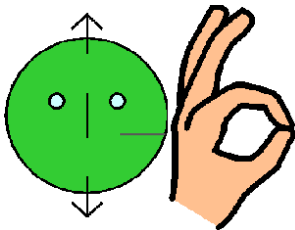
and get on the clinic bed.



You will be in a private space in the room.

You can ask someone else to be in the room with you. Like

- a support worker
- a parent
- a friend.



You **must** say it is ok.



If you say **no**



The doctor or nurse can **not** touch you.

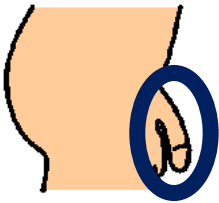


## Remember

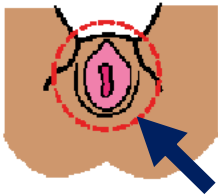


Your private parts are private to you.

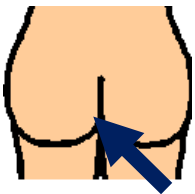
These are your



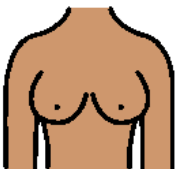
- **penis**



- **vulva**



- bottom and **anus**



- **breasts.**

The doctor or nurse may also ask you

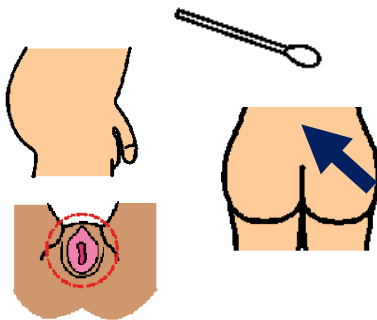


- to wee in a jar

It is also called a wee sample or a urine sample.



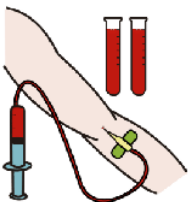
- for a mouth swab



- for a swab of your

- penis
- anus
- vulva

It is also called a **genital** swab.

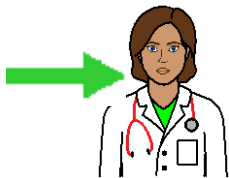


- for some blood in a blood test.



The doctor or nurse may talk with you about

- any problems you have
  - with your private parts
  - with the sex you have
- what you are worried about
- tests they want you to do
- medicines you can take
- other people you can talk to.



Some tests take time to find out the results.

You may need to go back to see  
the doctor or nurse.



## How much will it cost?



If you have a health care card you can see us for free.

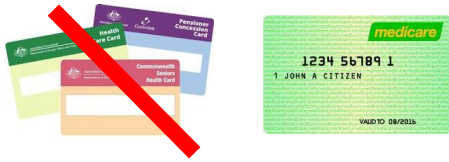


Tests are free too

**but**

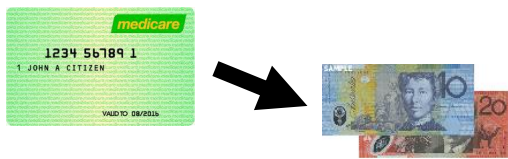


you will have to pay for any medicine the doctor or nurse wants you to have.

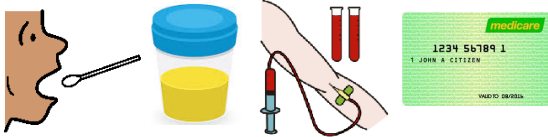


If you do not have a health care card, but **do** have a Medicare card, you have to pay to see the doctor or nurse

**but**



Medicare will give you some money back. It takes about 24 hours to get the money back in your bank account.



Tests are paid for by Medicare.



You will have to pay for medicines the doctor or nurse want you to have.





If you do **not** have a Medicare card  
you have to pay to



- see the doctor or nurse



- get tests

**and**



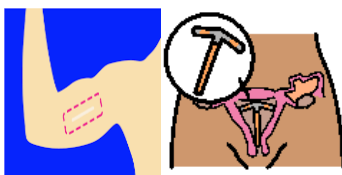
- get any medicines.



Everyone has to pay to have contraception

- put in
- or**
- taken out.

The contraception could be an



- IUD
- Implant.



## Want more information?



Talk to your own doctor or nurse.

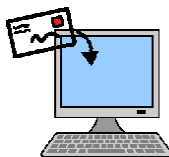


Contact us.



Phone 03 9257 0100

Freecall 1800 013 952



Email [clinic@shvic.org.au](mailto:clinic@shvic.org.au)

## Images

We have used images from



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- Spectronics



Reviewed by Sexual Health Victoria. March 2023.

Original Easy English written by Access Easy English. May 2018.