7 STDs – Sexual Health Profile by PCR

Sexual Health Profile by PCR

- Chlamydia
- Gonorrhoea
- Mycoplasma genitalium
- Ureaplasma genitalium
- Trichomonas vaginalis
- Gardnerella vaginalis
- Herpes Simplex I/II

Tests can be requested individually or as a profile of 7 tests from one sample

7 PCR Tests from one sample

<table>
<thead>
<tr>
<th>Test</th>
<th>Code</th>
<th>Sample type</th>
<th>Turnaround Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>DL12</td>
<td>DL12</td>
<td>1 x First Catch Urine Sample</td>
<td>4 working days</td>
</tr>
<tr>
<td></td>
<td></td>
<td>or 1 x PCR Swab</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>or 1 x Thin Prep Vial</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>or 1 x Semen Sample</td>
<td></td>
</tr>
</tbody>
</table>

Choice of Sample types

- Urine
- PCR Swab
- Cytcy Thin Prep Vial
- Semen

Sexual Health – Testing for Infection and Infertility by PCR

Being able to test for 7 tests from 1 sample type of choice (First Catch RANDOM urine sample, PCR swab, Thin Prep Vial or semen) provides several advantages, and is more cost effective. Tests can also be requested as single assays, or in combination:

Chlamydia

Chlamydia is the most common curable STD. It infects the cervix in women, and the urethra in men. Its most frequent symptoms are pain during sex, and discharge from the penis or vagina. However, the reason chlamydia is so common is that most people who get chlamydia don’t have symptoms for weeks, months, or even years. Despite the lack of symptoms, all sexually active individuals, adolescents and pregnant women are considered at increased risk of chlamydia infection and it is considered important for individuals to be screened and treated.

Gonorrhoea

Gonorrhoea is another common bacterial STD. In general it infects the same organs as chlamydia, and has similar long-term effects. Symptoms of gonorrhoea include burning when urinating and, in men, white, yellow, or green discharge from the penis. Just as with chlamydia, however, many people with gonorrhoea don’t have symptoms. Gonorrhoea can also infect the throat and rectum – individual PCR swabs for each site should be used to screen for gonorrhoea.

Mycoplasma Genitalium

Before wide testing by PCR was available, it was not possible to culture N. genitalium satisfactorily. It is well recognised now that infection with N. genitalium has surpassed gonorrhoea in prevalence, but most cases of N. genitalium don’t cause symptoms. It is thought that M. genitalium is associated with serious long-term consequences, including infertility from pelvic inflammatory disease. M. genitalium, like gonorrhoea and chlamydia, may emerge as a recognised cause of cervicitis in women, and non-chlamydia, non-gonococcal persistent urethritis in men.

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Ureaplasma

U. urealyticum is part of the normal genital flora of both men and women. It is found in about 70% of sexually active humans, usually without symptoms. It has been well documented however, to be associated with non-specific urethritis, infertility, and associated discharge, burning, urinary frequency, urinary urgency, and pain.

Trichomoniasis

Trichomonas vaginalis is the most common STD in sexually active young women. Some women may mistake this infection for a yeast infection or bacterial vaginosis since the symptoms are similar: frothy discharge, strong vaginal odour, pain on intercourse, irritation and itching. Men can get trichomoniasis too, but they don’t tend to have symptoms. Partners (male or female) need to be treated to avoid ongoing re-infection.

Gardnerella vaginalis

Gardnerella vaginalis is a bacterium. It is one of a number of bacteria and other anaerobic organisms known to cause BV. It is characterized by a fishy smelling and white vaginal discharge and in women of child bearing age it will most commonly cause vaginal infection.

Herpes/Herpes Simplex Virus I/II

Herpes is another viral STD. HSV1 is most often associated with cold sores, and HSV2 is most often associated with genital sores. However, it is possible to transmit herpes from the mouth to the genitals and vice versa. Herpes symptoms can be treated with antiviral drugs, but the virus cannot be cured. People with the herpes virus need to know that they can transmit the virus even when they do not have any sores or other symptoms. Although using a condom can reduce the risk of herpes transmission, condoms are not 100% effective since herpes can be spread from skin-to-skin.

<table>
<thead>
<tr>
<th>Single tests</th>
<th>Code</th>
<th>Urine*</th>
<th>PCR Swab</th>
<th>Cytcy Vial</th>
<th>Semen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chlamydia trachomatis</td>
<td>CPCR</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>N.gonorrohea</td>
<td>CGON</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Mycoplasma genitalium*</td>
<td>MGEN</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Ureaplasma urealyticum</td>
<td>UGEN</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Mycoplasma/Ureaplasma</td>
<td>MUPC</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Trichomonas vaginalis</td>
<td>TVPC</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Gardnerella vaginalis</td>
<td>GVPC</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Herpes Simplex I/II</td>
<td>HERD</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

*first catch random urine