

INTERNATIONAL STUDENT FACT SHEET 2: Things to ask your GP

Sometimes you might feel unsure of what you can ask your GP, especially when it comes to talking about your sexual and reproductive health.

Here's some questions you can ask to help get the conversation going:



Contraception:

- I've just started a sexual relationship but I don't want to get pregnant. What contraception options could I try?
- What are some other contraception options, apart from the pill?
- I've heard some negative things about this contraception. Can you explain more about the possible side effects?
- Is it normal to have this reaction to this contraception method?

STIs and BBVs:

- I've recently had unprotected sex with a casual partner, and I've been experiencing some symptoms... Could I have an STI?
- I received an anonymous text telling me to get an STI check for chlamydia. How can I get one?
- What type of STI test will you do? Will it be a blood, swab or urine test?
- How and when will I find out the results of my STI test?
- I have a sexual relationship with a person living with HIV. Can I find out more about PrEP?

Cervical Screening:

- Can I see a female doctor to do my cervical screen?
- Why do my cervical screen results need follow up?
- I have had a Pap Smear in my home country. Is that the same as a Cervical Screening Test?

Pregnancy and abortion:

- I'm worried I'm pregnant because my period is late. Could you please confirm if I'm pregnant?
- I'm pregnant and I haven't decided what to do. Can you please write me a referral for non-directive pregnancy options counselling?
- I'm pregnant and I would like to have an abortion. Do you provide medical terminations?
- I have an unplanned pregnancy I would like to terminate. Can you please provide me with a blood test and a dating ultrasound scan referral?
- I'm wanting support with a pregnancy. Do you provide pregnancy care?

Other sexual and reproductive health

- In my home country, I was not offered the HPV vaccine. I would like to know more about getting the HPV vaccine here.
- When I have sex, it is really painful. What can I do about it?
- My periods are extremely heavy and painful. What could be causing it?
- My periods are extremely irregular. Is there anything we can do to regulate them?