

**HIV**  
Ireland

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**GET TESTED**

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A GUIDE TO **FREE** HIV,  
STI AND HEPATITIS  
TESTING IN IRELAND.





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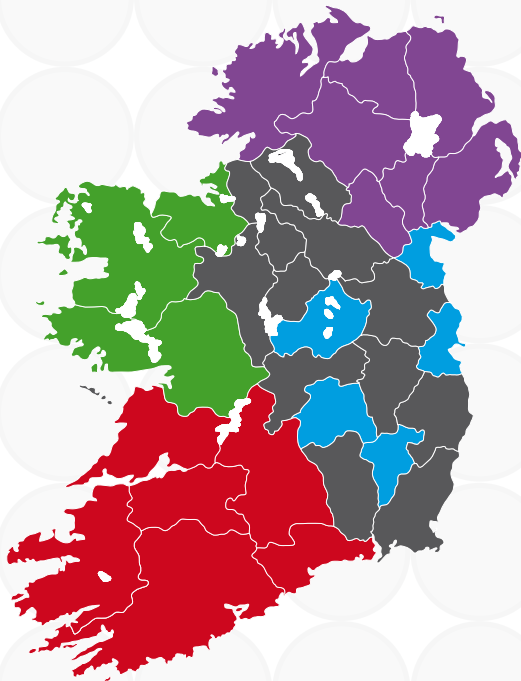
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## LEINSTER

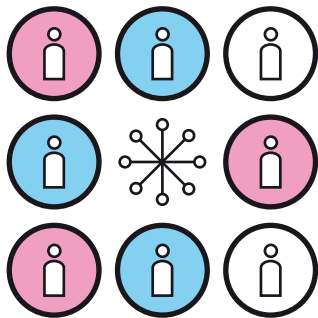
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# INTRODUCTION

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**OUR SEXUAL HEALTH IS AN IMPORTANT PART OF OUR OVERALL HEALTH AND WELL-BEING. IF YOU ARE, OR HAVE BEEN SEXUALLY ACTIVE, IT IS RECOMMENDED THAT YOU GET TESTED. GETTING TESTED AND KNOWING IF YOU HAVE HIV OR ANOTHER STI ALLOWS YOU TO PROTECT YOUR PARTNER(S) AS WELL AS YOURSELF.**

If you think you have been exposed to HIV or other Sexually Transmitted Infections (STIs) then you should go for a complete check-up. The testing clinics listed in this booklet are free of charge, offer a confidential service, and unless otherwise stated, offer a full range of HIV, STI and hepatitis tests.

Vaccinations for hepatitis A and B are available at most clinics. This service is also free of charge. Clinics are listed by province (Leinster, Munster, Connaught and Ulster) and are for everyone. There are specific clinics available also for men who have sex with men (see page 13), and for young people (see page 15).

## FREQUENTLY ASKED QUESTIONS

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### When to test:

If you are sexually active, it is important to have regular health checkups, which includes testing for HIV, hepatitis and other STIs. You might not know if you have an infection as many STIs have no obvious symptoms, so you may not be aware that you or your partner(s) are infected. If you had symptoms and they've gone away it does mean that an infection has been cleared and this is why testing is so important. If are currently injecting drugs or previously done so it is recommended that you get tested.

### What do the tests involve?

An HIV test consists of a blood test. Most HIV tests are antibody tests that search for antibodies your body has produced if you have become exposed to HIV. It can take the body up to 12 weeks to produce these antibodies. This is known as the 'window period'. If you present to a clinic for testing within the 'window period' you will be tested, and you may be asked to come back for re-testing. Blood tests are also used to test for hepatitis B, hepatitis C and syphilis. An STI screen can involve a visual examination of the mouth and genital area. Swabs may be taken from the penis, vagina, anus and throat. A urine sample may also be required and it is recommended not to pass urine at least one hour before the tests.

### **What is a 'Rapid' HIV test?**

This is a HIV test which is offered in some public clinics. The result is available within about 20 minutes. It involves a fingertip prick (or sometimes an oral swab), and a specimen is applied to the test kit. If there is a 'reactive' result, a blood sample is taken and sent to the laboratory for a confirmatory test.

### **What happens when I go to a clinic for HIV and STI tests?**

A doctor (or nurse) will take your sexual history, and then you will have a series of tests. Each test usually takes only a couple of minutes to perform. Sometimes they can be slightly uncomfortable, but should not be painful. If you are having an HIV test, an advisor will talk you through it. Counselling may also be available. You can be tested if you have your period.

### **When will I get the results?**

This differs between clinics. If you have had a range of tests, you may receive some results while you are at the clinic. Results for blood tests, however, can take between 1 to 4 weeks. If you need treatment, this will be given to you at the clinic, and will be free of charge.

### **How are results given?**

This differs between clinics. Some clinics will give you a follow-up appointment date to come back for your results; some give results by telephone; and some clinics offer a text service provided consent has been given by you. When you are at the clinic, ask how you will be informed of your results. You will be provided with free follow up appointments and medication if you receive a positive test result. Most STIs can be cured with medication, but some STIs can only be treated to manage the symptoms. STIs can sometimes cause long term medical complications; if left untreated they can cause infertility, bladder and kidney infections, and anal or cervical cancer.

### **Is there anything I can do if I've had a very recent exposure to HIV?**

There is a medical treatment course for people who have had a very recent sexual exposure or a needle-stick exposure to HIV, known as Post Exposure Prophylaxis (PEP). PEP works by trying to prevent the virus (HIV) from establishing itself in the bloodstream, and must be taken within 72 hours (3 days) after the possible exposure to HIV. PEP is effective, but is not a cure, for HIV. PEP is also available if a person has been exposed to hepatitis B infection. PEP is available at most STI clinics and hospital A&E departments. A list of HIV PEP availability can be found on our website [www.hivireland.ie](http://www.hivireland.ie)

# TESTING CLINICS LEINSTER



County	Clinic Name & Contact Details	Clinic Days/Times
Dublin	<b>St. James's Hospital, GUIDE Clinic</b> James's Street, Dublin 8 Telephone: (01) 416 2315 (01) 416 2316 Website: <a href="http://www.guideclinic.ie">www.guideclinic.ie</a>	<b>Walk in Clinics:</b> Mondays from 9:00am. (Present at 8:00am for tickets) Tuesday and Thursday from 1:30pm (Present from 8:30am for tickets and return in the afternoon for the clinic) <b>By appointment only (must be referred by a GP):</b> Fridays 9:00am to 1:00pm
	<b>Mater Hospital</b> Infectious Diseases Unit Eccles Street, Dublin 7 Telephone: (01) 803 2063	<b>By appointment only:</b> Mondays, Tuesdays and Wednesdays 1:45pm to 6:00pm
	<b>Beaumont Hospital</b> Department of Infectious Diseases Beaumont Road, Dublin 9 Telephone: (01) 809 3006	<b>Walk-in Clinic (or by appointment):</b> Thursdays 10:00am to 12 noon (Note: HIV testing only clinic)
	<b>HIV Ireland</b> 70 Eccles Street, Dublin 7 Telephone: (01) 873 3799 <a href="http://www.hivireland.ie">www.hivireland.ie</a>	<b>Walk-in Clinic:</b> 2nd and 4th Wednesday of every month Doors open 1:00pm <a href="#">Places are limited and allocated on a first come first served basis</a>



County	Clinic Name & Contact Details	Clinic Days/Times
<b>Westmeath</b>	<b>Midland Regional Hospital</b> Mullingar Telephone: 086 416 9830	<b>By appointment only:</b> Thursdays 9:00am to 12 noon
<b>Carlow</b>	<b>Carlow District Hospital, STI Clinic</b> Athy Road, Carlow Town <a href="#">Contact Waterford Regional Hospital for an appointment at this clinic.</a> Telephone: (051) 842 646	<b>By appointment only:</b> Alternate Tuesdays 10:30am to 11:15am and 1.00pm to 3.00pm
<b>Laois</b>	<b>Portlaoise STI Clinic, St. Fintan's Hospital</b> Dublin Road, Portlaoise Telephone: (086) 859 1273	<b>By appointment only:</b> Tuesdays 5:15pm to 7:00pm
<b>Louth</b>	<b>Louth County Hospital, GUM Clinic</b> Outpatients Department, Dublin Road, Dundalk Telephone: (086) 824 1847	<b>By appointment only:</b> Tuesdays 2:00pm to 5:00pm Fridays 1:30pm to 4:30pm
	<b>Our Lady of Lourdes Hospital</b> Drogheda Telephone: (086) 824 1847	<b>By appointment only:</b> 1st and 3rd Fridays of each month 9:00am to 11:30am
	<b>The Red Door Project</b> St. Mary's School Convent, Dublin Road, Drogheda. Telephone: (041) 980 4957/086 783 1162	<b>Walk-in Clinic:</b> Third Wednesday of every month 1.30-3.30pm

# TESTING CLINICS

## MUNSTER



County	Clinic Name & Contact Details	Clinic Days/Times
<b>Clare</b>	<b>Ennis General Hospital</b> Ennis Contact University Hospital Limerick for an appointment at this clinic. Telephone: (061) 482 382	<b>By appointment only:</b> Mondays 9:30am
<b>Cork</b>	<b>South Infirmiry Victoria University Hospital</b> Old Blackrock Road, Cork City Telephone: (021) 496 6844	<b>By appointment only:</b> Monday to Thursday, 9:00am to 12:30 pm Wednesdays 2:00pm to 4:30pm
<b>Limerick</b>	<b>University Hospital Limerick</b> Dooradoyle, Limerick City Telephone: (061) 482 382	<b>By appointment only:</b> Tuesday and Thursdays 9:00am (some Fridays 9:00am)
<b>Tipperary</b>	<b>Mid-Western Regional Hospital</b> Nenagh Contact University Hospital Limerick for an appointment at this clinic. Telephone: (061) 482 382	<b>By appointment only:</b> Wednesdays 2:00pm
<b>Waterford</b>	<b>Waterford Regional Hospital</b> Dunmore Road, Waterford City Telephone: (051) 842 646	<b>By appointment only:</b> Mondays 9:00am to 11:00am and 2:00pm to 3:30pm Tuesday to Friday, 9:00am to 11:00am
<b>Kerry</b>	<b>Tralee General Hospital</b> Tralee, Co. Kerry Telephone: (021) 496 6844	<b>By appointment only:</b> Fortnightly on Thursdays 11:30am

# TESTING CLINICS CONNAUGHT



County	Clinic Name & Contact Details	Clinic Days/Times
<b>Galway</b>	<b>University College Hospital, Infectious Diseases Clinic</b> Newcastle Road, Galway City Telephone: (091) 525 200	<b>Walk-in Clinic:</b> Wednesdays and Fridays, 9:00am.  <b>By appointment only:</b> Mondays and Wednesdays from 2:00pm
	<b>Portiuncla Hospital</b> Ballinasloe Telephone: (090) 964 8372	<b>By appointment only:</b> Thursdays 2:00pm to 5:00pm
<b>Mayo</b>	<b>Mayo University Hospital</b> Castlebar Telephone: (094) 9021733	<b>Walk-in Clinic:</b> Tuesday's 9.00-11.00am
<b>Sligo</b>	<b>Sligo Regional Hospital, GUM Clinic</b> The Mall, Sligo Town Telephone: (071) 917 0473	<b>By appointment only:</b> Tuesdays and Thursdays 6:00pm

# TESTING CLINICS ULSTER



County	Clinic Name & Contact Details	Clinic Days/Times
<b>Donegal</b>	<b>Letterkenny General Hospital, GUM/STI Clinic</b> Letterkenny Telephone: (074) 912 3715	<b>By appointment only:</b> Thursdays 5:30pm to 9:00pm
<b>Monaghan</b>	<b>Monaghan General Hospital, GUM Clinic, Outpatients Department,</b> Monaghan Town Telephone: (086) 824 1847	<b>By appointment only:</b> Tuesdays 9:00am to 12:30pm
<b>Antrim</b>	<b>Royal Group Hospitals, GUM Clinic, Level 3 Outpatients Department</b> Grosvenor Road, Belfast Telephone: (028) 9063 6477, (028) 9063 6483	<b>By appointment only:</b> Mondays, Wednesdays, Thursdays and Fridays from 9:00am

County	Clinic Name & Contact Details	Clinic Days/Times
<b>Armagh</b>	<b>Portadown Health and Care Centre, Clinical Zone, Ground Floor</b> Tavanagh Avenue, Portadown Contact the GUM Clinic in John Mitchell Place, Newry for an appointment at this clinic. Telephone: (028) 3083 4215	<b>By appointment only:</b> Nurse-led clinic on Tuesdays 9am
<b>Derry</b>	<b>Causeway Hospital GUM Clinic, Outpatients Department 2</b> 4 Newbridge Road, Coleraine Telephone: (028) 7034 6028, (028) 7034 7872.	<b>Walk-in Clinics:</b> Tuesday evenings: register by 5:00pm sharp. Friday afternoons: register by 1:30pm sharp. <b>By appointment only:</b> Nurse-led clinic Mondays, Tuesdays, Thursdays and Fridays 9:30am to 12:00 noon and 1:30pm to 4:00pm
	<b>Altnagelvin Area Hospital, GUM Clinic</b> Anderson House, Glenshane Road, Londonderry Telephone: (028) 7161 1269	<b>Walk in clinics:</b> Mondays, Wednesdays and Fridays 9:30am to 11:30am <b>Appointments are available. Contact the clinic to arrange.</b>
<b>Down</b>	<b>Downe Hospital, Sexual Health Clinic, Outpatients Department</b> 2 Struell Wells Road, Downpatrick Telephone: (028) 4483 8133	<b>By appointment only:</b> Mondays 8:30am to 12:30pm Wednesdays 8:30am to 6:00pm Fridays 8.30am to 12.00pm

County	Clinic Name & Contact Details	Clinic Days/Times
<b>Down</b>	<b>Bangor Community Hospital</b> Castle Street, Bangor Contact the Sexual Health Clinic in Downe Hospital for an appointment at this clinic. Telephone: (028) 4483 8133	<b>By appointment only:</b> Nurse-led clinic Fridays 9:00am to 2:00pm
	<b>John Mitchell Place, GUM Clinic</b> Hill Street, Newry Telephone: (028) 3083 4215	<b>By appointment only:</b> Mondays 2:00pm to 5:30pm Wednesdays and Fridays 9:00am to 12:30pm
	<b>Lisburn Health Centre</b> Linenhall Street, Lisburn Contact the Sexual Health Clinic in Downe Hospital for an appointment at this clinic. Telephone: (028) 4483 8133	<b>By appointment only:</b> Tuesdays and Thursdays 8:30am to 12:30pm
<b>Tyrone</b>	<b>Tyrone County Hospital, Sexual Health Clinic, Outpatients Department</b> Hospital Road, Omagh Telephone: (028) 82833189 Appointments can also be made by contacting the GUM Clinic in Altnagelvin Hospital. Telephone: (028) 7161 1269	<b>By appointment only:</b> Wednesdays 1:00pm to 6:00pm

# TESTING CLINICS FOR MEN WHO HAVE SEX WITH MEN

City	Clinic Name & Contact Details	Clinic Days/Times
Dublin	<p><b>Gay Men's Health Service</b>            Baggot Street Hospital,            Dublin 4            Telephone: (01) 669 9553            SMS: 087 941 0934            Website: www.gmhs.ie</p>	<p>Clinical services are for gay, bisexual and other men who have sex with men and transgender people.</p> <p><b>Walk-in Clinics:</b>            Tuesdays and Wednesdays            5:00pm to 6:30pm</p> <p><b>If you have no symptoms:</b>  <b>Walk -in clinic: HIV Rapid Testing and Full STI Screening</b>            Mondays            2.00pm-4.00pm</p> <p>Foreign Language Interpretation Services are available - book one day in advance. ISL Interpreters available – SMS at least one day in advance to book. Wheelchair access is possible (from Haddington Rd) - SMS to arrange.</p>
	<p><b>Gay Men's Health Service            OUTREACH CLINIC</b>            Outhouse LGBT Community Centre, 105            Capel Street, Dublin 1            Telephone: (01) 669 9553</p>	<p>Third Saturday of every month.            Doors open 1:30pm to 3:30pm</p>

City	Clinic Name & Contact Details	Clinic Days/Times
<b>Belfast</b>	<p><b>The Rainbow Project</b>            LGBT Centre, 1st Floor, Old Memorial House, 9-13 Waring Street, Belfast.            Telephone: (028) 9031 9030 (Area code 048 from ROI)            Web: <a href="http://www.rainbow-project.org">www.rainbow-project.org</a></p>	<p>The Rainbow Project, in partnership with the Royal GUM clinic, organise free, confidential sexual health testing and support clinics at various community venues:</p> <ul style="list-style-type: none"> <li>- The Rainbow Project's offices at the LGBT Centre</li> <li>- Pipeworks Sauna, Belfast</li> <li>- Outside Sauna, Belfast</li> <li>- Cage Sauna, Londonderry</li> <li>- Altnagelvin, Londonderry</li> <li>- Foyle LGBT Centre</li> <li>- Ballymena</li> </ul> <p>The clinics operate a walk-in service (no appointment necessary). Check <a href="http://www.rainbow-project.org">www.rainbow-project.org</a> for scheduled dates/times.</p>
<b>Dublin, Limerick, Cork</b>	<p><b>Know Now</b>            Free, confidential rapid HIV testing  <a href="http://www.knownow.ie">www.knownow.ie</a></p>	<p>Testing takes place in various non-clinical settings such as bars, clubs, saunas and other community settings.</p> <p>Visit <a href="http://www.knownow.ie">www.knownow.ie</a> for more details</p>



# TESTING CLINICS FOR YOUNG PEOPLE

County	Clinic Name & Contact Details	Clinic Days/Times
<b>Dublin</b>	<b>GUIDE Clinic, St. James's Hospital</b> James's Street, Dublin 8 Telephone: (01) 4162315 / (01) 4162316 Website: <a href="http://www.guideclinic.ie">www.guideclinic.ie</a>	<b>For young people under 18 years of age</b> <b>Appointment only Clinic:</b> Thursdays, 10:00am
<b>Cork</b>	<b>Youth Health Services</b> Penrose House, Penrose Quay, Cork Telephone: (076) 108 4150	<b>For young people aged 21 and under</b> <b>Appointment only Clinic:</b> Tuesdays 2:00pm to 5:00pm Fridays 9:00am to 1:00pm
<b>Fermanagh</b>	<b>Enniskillen Young Peoples Contraceptive and Sexual Health Clinic - South West College,</b> 1 Dublin Road, Enniskillen, Fermanagh. Telephone: (0845) 603 1881	<b>For young people aged 25 and under</b> <b>Walk in Clinic:</b> Wednesday 12.30pm to 3.30pm

## FURTHER INFORMATION

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Further information and support in relation to testing:

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<b>HIV Ireland:</b>	01 873 3799
<b>HSE Drugs/HIV Helpline:</b>	1800 459 459
<b>Gay Switchboard Ireland:</b>	01 872 1055
<b>AIDS West, Galway:</b>	091 566 266
<b>GOSHH, Limerick:</b>	061 314 354
<b>Sexual Health Centre, Cork:</b>	021 427 6676

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Websites:

**[www.hivireland.ie](http://www.hivireland.ie)**

**[www.man2man.ie](http://www.man2man.ie)**

**[www.hepinfo.ie](http://www.hepinfo.ie)**

**[www.knownow.ie](http://www.knownow.ie)**

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***Condoms, when used correctly, offer the best protection against transmission of most Sexually Transmitted Infections (STIs) including HIV.***



FREE condoms are available at:

**HIV Ireland**

70 Eccles St, Dublin 7

Telephone: 01 873 3799

Website: [www.hivireland.ie](http://www.hivireland.ie)

Email: [info@hivireland.ie](mailto:info@hivireland.ie)

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