

HIV
Ireland

GET TESTED

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





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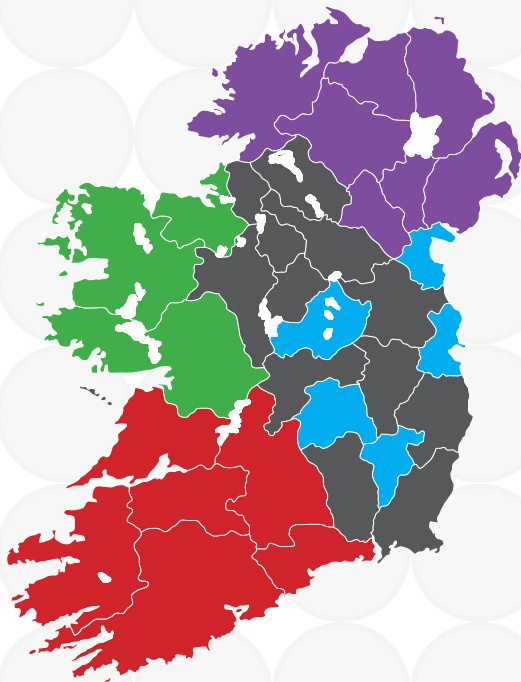
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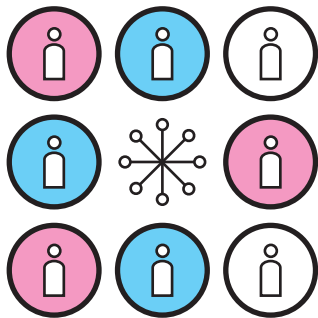
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INTRODUCTION



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.

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



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 doesn't 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 and community based testing services. The result is available within 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 you will be referred to a clinic for a confirmatory blood 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

TESTING CLINICS LEINSTER



County	Clinic Name & Contact Details	Clinic Days/Times
Dublin	St. James's Hospital, GUIDE Clinic James's Street, Dublin 8 Telephone: (01) 416 2315 (01) 416 2316 Website: www.guideclinic.ie	No Symptoms Clinics: Mondays, Tuesdays and Thursday mornings from 8.30am Appointments are booked online at www.guideclinic.ie Walk-in Clinics: Monday mornings at 9.30am Present at 8.00am for tickets Tuesday afternoons at 2.00pm Present at 8.00am and return to clinic in afternoon Thursday afternoons at 2.00pm Present at 8.00am and return to clinic in afternoon By appointment: Fridays at 8.30am
	Mater Hospital Clinic 6, Whitty Wing, North Circular Road, Dublin 7 Telephone: (01) 803 2063	By appointment only: Monday and Wednesdays 1.30pm to 4.30pm
	Beaumont Hospital Department of Infectious Diseases Beaumont Road, Dublin 9 Telephone: (01) 809 3006	Walk-in Clinic: Thursdays 10:00am to 12 noon (Note: HIV testing only clinic)
	HIV Ireland 70 Eccles Street, Dublin 7 Telephone: (01) 873 3799 www.hivireland.ie	Walk-in Clinic: 2nd and 4th Wednesday of every month Doors open 1:00pm Places are limited and allocated on a first come first served basis

County	Clinic Name & Contact Details	Clinic Days/Times
Westmeath	Midland Regional Hospital Mullingar Telephone: 086 416 9830	By appointment only: Thursdays 8.30am to 11.30am
Laois	Portlaoise STI Clinic, St. Fintan's Hospital Dublin Road, Portlaoise Telephone: (086) 859 1273	By appointment only: Tuesdays 5:15pm to 7:00pm
Louth	Louth County Hospital, GUM Clinic Outpatients Department, Dublin Road, Dundalk Telephone: (086) 824 1847	By appointment only: Tuesdays 2:00pm to 5:00pm Fridays 1:30pm to 4:30pm
	Our Lady of Lourdes Hospital Drogheda Telephone: (086) 824 1847	By appointment only: 1st and 3rd Fridays of each month 9:00am to 11:30am
	The Red Door Project St. Mary's School Convent, Dublin Road, Drogheda. Telephone: (041) 980 4957/086 783 1162	Walk-in Clinic: Third Wednesday of every month 1.30-3.30pm

TESTING CLINICS MUNSTER



County	Clinic Name & Contact Details	Clinic Days/Times
Clare	Ennis General Hospital , Ennis Contact University Hospital Limerick for an appointment at this clinic. Telephone: (061) 482 382	By appointment only: Mondays 9:00am
Cork	South Infirmiry Victoria University Hospital Old Blackrock Road, Cork City Telephone: (021) 496 6844	By appointment only: Monday to Thursday 9:00am to 12:30 pm Wednesdays 2:00pm to 4:30pm
Limerick	University Hospital Limerick Dooradoyle, Limerick City Telephone: (061) 482 382	By appointment only: Tuesday, Thursday and Friday mornings 9.00am to 10.30am Thursday afternoons 2.00pm to 3.00pm
Tipperary	Mid-Western Regional Hospital , Nenagh Contact Waterford Regional Hospital for an appointment at this clinic. Telephone: (061) 482 382	By appointment only: Wednesdays 2.00pm to 3.00pm
	St. Joesph's Hospital, Outpatient Clinic Western Road, Clonmel Contact Regional Hospital for an appointment at this clinic Waterford. Telephone: (051) 842 646	By appointment only: Fortnightly on Wednesdays 1.30pm to 3.00pm
Waterford	Waterford Regional Hospital Dunmore Road, Waterford City Telephone: (051) 842 646	By appointment only: Monday to Friday mornings 9.00am to 11.00am Monday afternoons 1.30pm to 3.00pm
Kerry	Tralee General Hospital , Tralee, Co. Kerry Telephone: (021) 496 6844	By appointment only: Fortnightly on Thursdays 11:30am

TESTING CLINICS CONNAUGHT



County	Clinic Name & Contact Details	Clinic Days/Times
Galway	University College Hospital, Infectious Diseases Clinic Newcastle Road, Galway City Telephone: (091) 525 200	Walk-in Clinic: Wednesdays and Fridays 9:00am By appointment only: Mondays and Wednesdays from 2:00pm
	Portiuncla Hospital Ballinasloe Telephone: (090) 962 4676	By appointment only: Thursdays 2:00pm to 5:00pm
Mayo	Mayo University Hospital Castlebar Telephone: (094) 902 1733	Walk-in Clinic: Tuesdays 9.00am to 11.00am
Sligo	Sligo Regional Hospital, GUM Clinic The Mall, Sligo Town Telephone: (071) 917 0473	By appointment only: Tuesdays and Thursdays 6:00pm

TESTING CLINICS ULSTER



County	Clinic Name & Contact Details	Clinic Days/Times
Donegal	Letterkenny General Hospital, GUM/STI Clinic Letterkenny Telephone: (074) 912 3715	By appointment only: Thursdays 5:30pm to 9:00pm
Monaghan	Monaghan General Hospital, GUM Clinic, Outpatients Department Monaghan Town Telephone: (086) 824 1847	By appointment only: Tuesdays 9.00am to 12.30pm
Armagh	Genitourinary Medicine, John Mitchell Place Hill Street, Newry Telephone: (028) 3756 2080	By appointment only: Mondays 1.30pm to 4.00pm Wednesdays 9.00am to 12.30pm Fridays 9.00am to 12.30pm
	Portadown Health and Care Centre Tavanagh Avenue, Portadown Telephone: (028) 3756 2080	By appointment only: Tuesdays 9.00am to 4.00pm Thursdays 9.00am to 4.00pm
Derry	Altnagelvin Area Hospital, GUM Clinic Anderson House, Glenshane Road, Londonderry Telephone: (028) 7161 1269	Walk-in clinic: Mondays Registration from 8.45am (limited spaces) Wednesdays Registration from 8.45am (limited spaces) Fridays Registration from 8.45am (limited spaces) By appointment only: Mondays 2.00pm to 3.30pm, 4.15pm to 6.00pm Tuesdays 9.00am to 11.30am, 2.00pm to 3.30pm Wednesdays 2.00pm to 3.30pm Thursdays 9.00am to 11.30am

County	Clinic Name & Contact Details	Clinic Days/Times
Antrim	Royal Group Hospitals, GUM Clinic, Level 3 Outpatients Department Grosvenor Road, Belfast Telephone: (028) 9063 4050	By appointment only: Mondays 9.00am to 12.00pm, 1.30pm to 5.00pm Tuesdays 1.30pm to 5.00pm Wednesdays 9.00am to 12.00pm, 1.30pm to 5.00pm Thursdays 9.00am to 12.00pm Fridays 9.00am to 12.00pm, 1.30pm to 5.00pm
	Ground Floor South, Braid Valley Building Cushendall Road, Ballymena Telephone: (028) 7034 6028	By appointment only: Mondays 9.30am to 12.30pm, 1.30 to 4.00pm Fridays 9.30am to 12.30pm
	Genitourinary Medicine, Outpatients Department 2, Causeway Hospital 4 Newbridge Road, Coleraine Telephone: (028) 7034 6028	Walk-in Clinic: Tuesdays registration at 5.00pm Fridays registration at 1.30pm By appointment only: Mondays 9.30am to 12.30pm Tuesdays 9.30am to 12.30pm Thursdays 9.30am to 12.30pm, 1.30pm to 4.30pm Fridays 9.30am to 12.30pm
	Sexual Health Clinic, Health Centre Linenhall Street, Lisburn Telephone: (028) 4483 8133	By appointment only: Mondays 9.00am to 12.00pm Thursdays 9.00am to 12.00pm

County	Clinic Name & Contact Details	Clinic Days/Times
Down	Sexual Health Clinic, Bangor Community Hospital Castle Street, Bangor Telephone: (028) 4483 8133	By appointment only: Mondays 8:30am to 12:30pm Wednesdays 8:30am to 6:00pm Fridays 8.30am to 12.00pm
	Sexual Health Clinic, Outpatients Dept, Downe Hospital 2 Struell Wells Road Downpatrick Telephone: (028) 4483 8133	By appointment only: Mondays 8:30am to 12:30pm Wednesdays 8:30am to 6:00pm Fridays 8.30am to 12.00pm
Tyrone	Women and Family Centre Omagh Hospital and Primary Care Complex Omagh Telephone: (028) 7161 1269	By appointment only: Wednesdays 9.30am to 4.30pm Patients from the Republic of Ireland – service now chargeable

TESTING CLINICS

FOR MEN WHO HAVE SEX WITH MEN

City	Clinic Name & Contact Details	Clinic Days/Times
Dublin	<p>Gay Men's Health Service Meath Primary Care Centre, Heytesbury Street, Dublin 8. 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>Walk-in Clinics: Tuesdays and Wednesdays at 4:00pm Full STI Screen, Vaccines, STI Treatment and PEP Tickets available from 4.00pm and places are limited</p> <p>If you have no symptoms: Walk-in Clinic: Mondays at 1.30pm HIV Rapid Testing and Full STI Screening Tickets available from 1.15pm and places are limited</p>
	<p>Gay Men's Health Service OUTREACH CLINIC Outhouse LGBT Community Centre, 105 Capel Street, Dublin 1 Telephone: (01) 669 9553</p>	<p>Walk-In Service: Third Saturday of every month. Doors open 1:30pm to 3:30pm</p>
	<p>Rapid HIV Testing Service (managed by HIV Ireland) www.hivireland.ie</p>	<p>Walk-in Service: Testing takes place in various non-clinical settings such as bars, clubs, saunas and other community settings</p> <ul style="list-style-type: none"> - The George: Tuesdays 8.00pm to 10.00pm - Outhouse LGBT Community Centre: Wednesdays 6pm to 8pm - The Boilerhouse: Saturdays 5.00pm to 7.00pm - Pantibar: Saturdays and Sundays 3.30 to 5.30pm

City	Clinic Name & Contact Details	Clinic Days/Times
Antrim	Royal Group Hospitals, GUM Clinic, Level 3 Outpatients Department Grosvenor Road, Belfast Telephone: (028) 9063 4050	By appointment only: Mondays 1.30pm to 5.00pm
	Ground Floor South, Braid Valley Building Cushendall Road, Ballymena Telephone: (028) 7034 6028	By appointment only: Last Wednesday of each month from 6.00pm to 8.00pm
	The Rainbow Project LGBT Centre, 23-31 Waring St, Belfast Telephone: (028) 9031 9030	The Rainbow Project, in partnership with other providers, organise free, confidential sexual health testing and support clinics at various community venues: <ul style="list-style-type: none"> - Belfast LGBT Centre - Foyle LGBT Centre - Belfast Trans Resource Centre - Outside Sauna, Belfast - Ballymena Braid Hospital The clinics operate a walk-in service (except Ballymena where an appointment is necessary). Check www.rainbow-project.org for scheduled dates/ times

TESTING CLINICS FOR YOUNG PEOPLE

County	Clinic Name & Contact Details	Clinic Days/Times
Dublin	GUIDE Clinic, St. James's Hospital James's Street, Dublin 8 Telephone: (01) 416 2315/ (01) 416 2316 Website: www.guideclinic.ie	For young people under 20 years of age Appointment only Clinic: Thursdays 10:00am
Cork	Youth Health Services Penrose House,, Penrose Quay, Cork Telephone: (076) 108 4150	For young people aged 23 and under Appointment only Clinic: Tuesdays 2:00pm to 5:00pm Fridays 9:00am to 1:00pm
Derry	Brae Clinic 127 Spencer Road, Waterside Telephone: (028) 7132 1759	Walk- in Clinic: Mondays 2.00pm to 4.30pm Fridays 2.00pm to 4.30pm
	Limavady Health Centre Scroggy Close, Limavady Telephone: (028 7776 1100)	Walk-in Clinic: Wednesdays 3.30pm to 4.30pm
Fermanagh	South West College Clinic 1 Dublin Road, Enniskillen Telephone: 0845 603 1881	Walk-in Clinic: Wednesdays 12.30pm to 3.30pm
Tyrone	Omagh Hospital and Primary Care Complex Omagh. Telephone: (028) 8283 3100	Walk-in Clinic: Mondays 2.30pm to 4.30pm
	Strabane Health Centre 1A Upper Main Street, Strabane Telephone: (028) 7138 4114	Walk-in Clinic: 1st & 3rd Thursdays 3.30pm to 4.30pm

FURTHER INFORMATION

Further information and support in relation to testing:

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

Websites:

www.hivireland.ie

www.man2man.ie

www.hepinfo.ie

www.sexualwellbeing.ie

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

Email: info@hivireland.ie

Produced by HIV Ireland (updated 2019)

Publication funded by The Department
of Health National Lottery Fund



All information is correct at time of print.