



Sexual Health for Men Who Have Sex with Men

Frequently Asked Questions (FAQs)

How can I protect myself from HIV and other sexually transmitted infections (STIs)?

- ▶ Use condoms during sex.
- ▶ Talk to your sex partners about safer sex and STI testing.
- ▶ Avoid using alcohol or recreational drugs during sex.
- ▶ Be open with your doctor about sexual health. Include information about your sex partner(s) and what you do during sex and intimacy.
- ▶ Let your doctor know if you have any symptoms that could be related to an STI.
- ▶ Get vaccinated against hepatitis A and B. If you are 45 or younger, get the human papillomavirus (HPV) vaccine. Ask your doctor whether you should get vaccinated against meningococcal disease.
- ▶ Get tested for HIV (if you are HIV-negative) and other STIs at least once a year. Get tested whether or not you:
 - Always use condoms.
 - Have symptoms. People can have HIV or other STIs without showing symptoms.
- ▶ Know about HIV Pre-Exposure Prophylaxis (PrEP) and Post-Exposure Prophylaxis (PEP). These medications can reduce your risk of HIV infection if you are HIV-negative.

Additional resources

For STI testing or to start PrEP:
Visit kp.org/mydoctor/getcare and select Get Started.

Lesbian, gay, bisexual, transgender, queer, questioning, intersex, and asexual (LGBTQIA+) resources:
kpdoc.org/lgbtqhealth

What is PrEP?

PrEP is a highly effective prescription medication that HIV-negative people can take to prevent becoming infected with HIV.

For more information and to find out if PrEP is right for you, ask your doctor or visit kp.org/mydoctor/getcare and select Get Started.

What is PEP?

PEP is a prescription medication that can reduce your risk of getting HIV after you have a high-risk exposure. PEP should be started within 72 hours (3 days) after the exposure. The sooner PEP is started, the more effective it is. PEP must be taken for 1 month.

If you think you need PEP, call our 24/7 Appointment and Advice Call Center at **866-454-8855** as soon as possible after you have a high-risk exposure to HIV.

Use these tables to learn which tests and vaccinations you need. Ask your doctor if you're unsure.

Test	How is it done?	How do I know if I need it?	How often should I get it?
HIV	Blood	If your last test was negative, or if you have never been tested.	<p>Consider getting tested for HIV and STIs at least once every year if you have sex, even if you have no symptoms.</p> <p>You should get tested more often if you or your sex partner:</p> <ul style="list-style-type: none"> • Have had STIs before. • Have had unprotected sex with new partners since your last test. • Are currently living with HIV, herpes, or genital warts. <p>If you have questions, talk to your doctor about how often you should get tested.</p>
Syphilis	Blood	If you had any type of sex with men in the past year.	
Gonorrhea and chlamydia of the urethra (penis)	Urine	If you had insertive anal sex ("topped") or insertive oral sex (received a blow job) in the past year.	
Gonorrhea and chlamydia of the rectum (butt)	Rectal swab	If you had receptive anal sex ("bottomed") in the past year.	
Gonorrhea and chlamydia of the throat	Throat swab	If you performed oral sex (gave a blow job) in the past year.	

Vaccination	How do I know if I need it?	What does it protect me from?
Hepatitis A	If you've never had the hepatitis A vaccine and never had hepatitis A.	A virus that affects the liver
Hepatitis B	If you've never had the hepatitis B vaccine and never had hepatitis B infection.	A virus that affects the liver
Human papillomavirus (HPV)	If you're age 45 or younger and never had the HPV vaccine.	Genital warts, anal cancer, some cancers of the mouth, throat, penis
Meningococcal	Talk to your doctor about whether you should get vaccinated against meningococcal disease.	Invasive meningococcal disease, which can cause meningitis and death

The recommendations are based on guidelines from the Centers for Disease Control and Prevention (CDC).

Your ability to make the best decisions for your sexual health can be seriously affected by violence or abuse. If you are hit, hurt, or threatened by a partner or spouse, there is help. Call the National Domestic Violence Hotline at 1-800-799-7233 or visit thehotline.org.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. Some photos may include models and not actual patients.