

Siarad am ryw

“SEXtember”

Time to talk about sex

Prawf STI -  
Cyflym a Hawdd

STI Testing -  
It's Quick 'n' Easy

Os na fydd Heintiau a Drosglwyddir yn Rhywiol (STIs) yn cael eu trin, gallant arwain at gymhlethdodau a phroblemau iechyd. Mae'n well cael eich profi'n rheolaidd neu pan fydd gennych bartner newydd. Mae cael cyswllt rhywiol unwaith yn ddigon i ddal STI (hyd yn oed rhyw drwy'r geg!). Gallwch gael y prawf yn hawdd iawn yn eich clinig iechyd rhywiol lleol neu feddygfa. Mae croeso i chi drafod prawf gwaed a materion iechyd rhywiol eraill yn cynnwys atal cenhedlu. Gallwch gael eich canlyniad drwy neges testun hyd yn oed! Mae mor gyflym a hawdd cael prawf!

- **Does gen i ddim symptomau, mae rhaid fy mod yn iawn:**  
Nid oes gan STIs symptomau bob amser
- **Rhaid i mi gael fy archwilio i gael fy mhrofi, dydw i ddim yn gyfforddus â hynny:**  
Os nad oes gennych symptomau, gallwch wneud y prawf eich hun
- **Rydw i wedi clywed bod y prawf yn boenus, dydw i ddim eisiau hynny:**  
Mae dynion yn pi-pi mewn pot! Mor hawdd â hynna!  
Mae merched yn defnyddio 'cotton bud' i gymryd sampl eu hunain! Cyflym a Hawdd!

- **I don't have symptoms, I must be fine:**  
STIs don't always have symptoms
- **I have to be examined to get tested, I don't feel comfortable with that:**  
If you don't have any symptoms, you can take the test yourself
- **I heard the test is painful, I don't want that:**  
Men pee in a pot .... that's easy-PEE-zee!  
Women use a cotton bud to take a sample themselves ... it's Quick 'n' Easy!

Sexually Transmitted Infections (STIs), if untreated can lead to complications and health problems. Best to get checked out regularly or when you have a new partner. Having sexual contact with a person once is enough to catch a STI (even oral sex!). You can get tested very easily at your local sexual health clinic or GP surgery. Feel free to discuss a blood test and other sexual health matters including contraception. You can even get your results via a text! It is so 'quick and easy' to get tested!



GIG  
CYMRU  
NHS  
WALES

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[www.sextember.org](http://www.sextember.org)