

**PRACTICAL PEARL: Chlamydia Infection**

<b>INTRODUCTION</b>	<ul style="list-style-type: none"><li>• Chlamydia is the most common bacterial sexually transmitted infection (STI) in the US and is most often asymptomatic. Complications of untreated chlamydial infections include pelvic inflammatory disease, infertility, ectopic pregnancy, and chronic pelvic pain.</li><li>• Symptoms of chlamydia include dysuria and abnormal discharge. <a href="https://www.cdc.gov/std/tg2015/chlamydia.htm">https://www.cdc.gov/std/tg2015/chlamydia.htm</a></li></ul>
<b>INITIAL EVALUATION AND MANAGEMENT BY PRIMARY CARE</b>	<ul style="list-style-type: none"><li>• All sexually-active females &lt; 25 years should be screened for chlamydia yearly. Consider more frequent screening with higher risk of infection (e.g., those with new or multiple sex partners).</li><li>• Always test males whose partner has been diagnosed with chlamydia.</li><li>• Consider screening in males who have a history of STI, reside in areas of high STI prevalence, or have sex with other men.</li><li>• Symptomatic patients should be tested for chlamydia.</li><li>• Gold standard for diagnosis: nucleic acid amplification test (NAAT) of vaginal swabs for women or first catch urine sample for men.</li></ul>
<b>WHEN TO REFER</b>	<ul style="list-style-type: none"><li>• Referral to Adolescent Medicine should be considered:</li><li>• When the diagnosis is unclear</li><li>• When one suspects complications of chlamydia</li><li>• For patients who have recurrent STIs</li></ul>
<b>HOW TO REFER</b>	<ul style="list-style-type: none"><li>• (413) 794-KIDS</li></ul>
<b>WHAT TO EXPECT FROM BAYSTATE CHILDREN'S HOSPITAL VISIT</b>	<ul style="list-style-type: none"><li>• Assessment of STI risk factors, appropriate testing, and treatment.</li><li>• Counseling regarding safe sex practices.</li></ul>

Authors: **Paula Braverman, MD**  
**Laura Koenigs, MD**  
**Adolescent Medicine**  
**September 2018**

Contact: [Baystatechildren'shospital@baystatehealth.org](mailto:Baystatechildren'shospital@baystatehealth.org)