

# THE BIG 5

Your Quick Reference Guide to  
Sexual Health Screenings in Warsaw

We can all agree - taking awesome care of your sexual health is sexy AF.

There's a variety of options for doing this in Warsaw. To save you time, this is one option for getting this comprehensive set of tests.

## The Big 5

The Big 5 are the key STIs to test for at least once annually, and to discuss with each new partner during the Safer Sex Talk. They are HIV, Syphilis, HCV, Chlamydia, and Gonorrhea.

## Where to Go

The Diagnostyka/FES testing point at al. Jana Pawła II 45 A (the testing point is on the 1st floor).

## How it Works

Unfortunately, you cannot get all 5 tests completed on the same visit. This is because HIV, Syphilis, and HCV are tested for by Fundacja Edukacji Społecznej (these tests are free), and Chlamydia and Gonorrhea are tested for by Diagnostyka (you pay for these tests).

### HIV, Syphilis, HCV

Cost: Free

When: Every day between 16:00 - 20:00, no appointment necessary

Pro-Tip: Call before going to check that they have all 3 tests in stock

When you arrive, you will wait for your turn based on the order in which you arrived. You'll go through an interview with a member of the FES team, and will then have your blood drawn by a nurse. Depending on the type of test used, you will either receive your results the same day, or you will be asked to come back and collect the results 7-10 days later.

You must come back during FES operating hours (16:00 - 20:00) to collect your results.

**These 3 tests are completely anonymous.**

### Chlamydia, Gonorrhea

Cost: 140zł bundle price (Separately, 120zł for Chlamydia (PCR) and 55zł for Gonorrhea)

When: Monday - Thursday, 07:00 - 13:30, no appointment necessary

Pro-Tip: Ask for a swab test for Chlamydia, ask for a cervical swab for Gonorrhea if you have a vagina

When you arrive, go to the desk and ask the receptionist for these tests. You pay for them and then wait for the nurse to call you in for the swab test. Chlamydia results will be ready in 14 days, Gonorrhea in 4-10 days (you can collect both at the same time after 14 days).

You must come back during Diagnostyka operating hours (07:00 - 13:30) to collect your results.

**These tests are not anonymous.**

## Your Big 5 Day Out

On the way to work, go to Diagnostyka in the morning for Chlamydia & Gonorrhea swabs. Have an awesome day, and then on the way home in the evening, pop back into the same place for a blood draw for HIV, Syphilis, and HCV. 2 weeks later, repeat this pattern (morning and evening) to collect all of your results.

Want to learn how to talk about safer sex before having sex with a new partner? Be sure to check out my How to Talk About Safer Sex workshop at IPS!