

What are sexually transmitted diseases?

Sexually transmitted diseases (STDs) are diseases caused by bacteria, viruses or parasites that are passed on through sexual contact. They include chlamydia, gonorrhoea, genital herpes, hepatitis, HIV, HPV, syphilis and trichomoniasis, among others. Other possible infection routes are from mother to child during pregnancy and labour, or intravenous route.

Don't hesitate to reach out!

You can contact us by e-mail at info@aqualab.pt, through the chat feature on our **website** or on **Facebook**.

Aqualab Group laboratories has agreements with the main health insurers, health subsystems and other organisations that you can check at www.aqualab.pt.



Sexually transmitted diseases

STD screening

Clinical laboratory analysis

Water and food analysis

At-home sample collection

Anatomical pathology



✉ info@aqualab.pt ☎ +351 289 580 890
f [grupoaqualab](https://www.facebook.com/grupoaqualab) i [aqualab_grupo](https://www.instagram.com/aqualab_grupo) g aqualab.pt



How are STDs diagnosed?

Since many STDs are largely asymptomatic and the symptoms that they do present are non-specific, it can often be a challenge to diagnose them correctly. Many STDs can easily be treated when diagnosed early. However, undiagnosed or untreated STDs can have serious consequences for your health. Asymptomatic individuals not only run the risk of long-term complications but also increase the risk of the disease being transmitted among the population.

Untreated or improperly treated STDs can cause a series of secondary complications including pelvic inflammatory disease, infertility, complications in pregnancy, neoplasms of the reproductive system, an increased risk of becoming infected with and passing on HIV, and epididymitis.

For all of these reasons, it is important that sexually active individuals not only practice safe sex but that they are also regularly tested for STDs.

STD screening serves a number of purposes. Apart from helping to diagnose typical cases, screening is also extremely important in diagnosing atypical cases and asymptomatic infections, as well as being particularly useful for detecting multiple (concomitant) STDs.

Aqualab Group laboratories offers screening for the main infectious agents that cause sexually transmitted diseases. We also offer an STD screening profile, which includes HIV screening and a multiplex molecular biology panel, so that we can detect the most common STD agents in just a few hours.

What does the Multiplex Molecular Biology test for Sexually Transmitted Diseases consist of?

The multiplex test is done on a PCR platform that performs the extraction, amplification and simultaneous detection of 10 target microorganisms on a biochip.

Detectable microorganisms

- Herpes simplex virus 1
- Herpes simplex virus 2
- Chlamydia trachomatis
- Haemophilus ducreyi
- Mycoplasma genitalium
- Trichomonas vaginalis
- Mycoplasma hominis
- Neisseria gonorrhoeae
- Treponema pallidum
- Ureaplasma urealyticum

What are the benefits of doing a Multiplex Molecular Biology test for Sexually Transmitted Diseases?

- The possibility of using various types of samples (e.g. urine, urethral/vaginal swab, etc.) and the simultaneous detection of the most common causal agents of STDs;
- These tests are less dependent on collection techniques;
- They are particularly useful for microorganisms that cannot be cultivated or are difficult to cultivate;
- Detection of multiple (concomitant) infections;
- A reduction in the number of individuals capable of passing on STDs.

Thanks to the benefits described above, these diagnostic methods are faster and more accurate than conventional culture and detection techniques, allowing fast and effective diagnosis and treatment of infections, as well as early screening of contacts;

Recommendations for carrying out the test

No special preparation is required and you do not have to fast before your sample is taken. All that is needed for the test is a urine sample or a genital swab.

