



LESSON A · AWARENESS · REFERENCE CARD

THREE-SITE TESTING SCRIPT

Ask for all the sites that apply to you. Practiced words beat nerves.

WHY THREE SITES

Chlamydia and gonorrhea often sit silently in the throat or rectum. **A urine-only panel can read clean while an infection sits somewhere never checked.**

THROAT

Quick swab of the back of the throat

RECTAL

Quick swab — often you can do it yourself in private

URINE / GENITAL

Urine sample or a genital swab

THE SCRIPT — SAY IT, DON'T MUMBLE IT

“I’d like three-site testing please — throat, rectal, and urine.”

REHEARSE — TICK EACH ONE

☐ To myself ☐ Mirror ☐ Partner or friend ☐ Voice memo ☐ At the clinic

IF YOU HEAR PUSHBACK

Clinic: “We usually just do urine.”

You: “I understand. I’d like all three sites, please — it matches how I have sex.”

ADD-ON ASKS

- “Can you include a hep C screen?”
- “Does this panel include HIV and syphilis blood tests?”

Only ask for the sites that apply to you — **the skill is asking.**

MY TESTING RHYTHM

I test every _____ months. Next test: _____

Clinic: _____ Phone: _____

Free or low-cost testing near you: gettested.cdc.gov