



GP2Health Sexual Health Check - Men

There are 3 stages to your Sexual health check

1. Prior to the health check we ask that you complete 3 questionnaires specific to men to screen for underlying mental and physical health issues.
2. We invite you to the practice for your physical exam, blood testing, urinalysis and ultrasound.
3. Alongside all of your results will be a personalised interpretation of all the results delivered to you in person during a relaxed 30-minute GP consultation.

Please note when you register with GP2Health. We automatically collect basic health data. This is to ensure we have the most up to date relevant information.

Comprehensive Health Screening Questionnaires – Completed prior to the any tests or consultations

You will need to complete these questionnaires at home and record the results on paper or electronically. You will be asked to bring these to the final GP Consultation.

ADAM Questionnaire – Assessment for Testosterone deficiency

<https://themenshealthclinic.co.uk/adam-questionnaire/>

IPSS - The International Prostate Symptom Score (IPSS) is an eight-question written screening tool used to screen for, rapidly diagnose, track the symptoms of, and suggest management of the lower urinary tract symptoms which can be associated with prostate cancer.

<https://www.med.unc.edu/menshealth/calculator-international-prostatism-symptom-score-ipss/>

WHO Mental Health Self-Assessment tool – A real time assessment tool for symptoms of depression and anxiety

https://worldhealthorg.shinyapps.io/steps_depression_tool/

The Sexual Health Inventory for Men (SHIM) – An excellent evidenced based tool to determine if there is any possibility of erectile dysfunction.

<https://www.pcf.org/c/the-sexual-health-inventory-for-men-shim-questionnaire/>



Comprehensive physical exam by GP

Hand, ENT, Heart, Lungs, abdomen.

Optional prostate rectal exam.

Optional testicular exam.

Blood tests

HIV, Hepatitis B and C, Syphilis. (Please note these results may be inaccurate if taken too soon after a sexual encounter. Generally, they are most accurate around 6-12 weeks after the sexual encounter but some tests may detect early infection. Repeat testing may be needed and depends upon the type of sexual encounter and the interval between sexual encounter and testing).

Full blood count, Kidney Health, lipids and heart health, liver function, diabetes, **complete prostate work-up, testosterone work-up and thyroid check.**

Personal health measurements

Height, Weight, BMI and abdominal circumference.

Pulse (rhythm and rate), Oxygen, Blood pressure (lying and standing), respiratory Rate, Temperature.

Urinalysis

Urine dip to check for blood, fasting state, immune cells, by products of bacteria which may indicate infection, high levels of bilirubin in the urine and excess glucose possibly indicating a diabetic state.

Testicular Ultrasound Screen

This is a comprehensive look at the testicles, epididymides and veins around the testicles. If there are any abnormalities with the genitals, we will see it. **This does not include scanning the penis.**

Sexually Transmitted Infection (STI) Urine / Swabs Tests

Either a swab or urine test will be performed depending upon any symptoms or physical signs you may have. We look for many organisms including **Chlamydia trachomatis**, **Neisseria gonorrhoeae**, **Syphilis** (Presence in lesion or urine), **Herpes Simplex I**, **Herpes Simplex II**, **Trichomonas Vaginalis**, **Mycoplasma Hominis**, **Mycoplasma Genitalium**, **Ureaplasma Urealyticum**, Chancroid.



Optional written interpretation of all results

In addition to a booklet with all your current blood test results and their generic meanings, you will receive a personalised report on all your results that is simplified and easy to understand by the GP. There will also be suggestions on ways to improve your health.

GP Consultation

A relaxed discussion to go through your results. **Note we may not be able to go through everything in the 45-minute consultation in which case we will inform you.**

Total Time = 100 minutes of GP time.