

SO YOU'VE DECIDED TO BE A **TOP**

A BASIC GUIDE TO GETTING TESTED

Every doctor has a different idea of what a "standard" or "comprehensive" STD (sexually transmitted disease) test includes. Know which tests you want before you go to get tested. If you're going to a clinic, you may want to call first to ask which tests they provide (don't assume that they will offer the ones you want). When you get there, be sure to communicate your needs with the provider.

EVERY 3 MONTHS?

There is no easy answer to the question "How often should I get tested?" If you are having unprotected sex with multiple or unknown sex partners, three months is a pretty good benchmark for STD tests (including HIV). Bear in mind that the window period for antibodies (time between when you are infected and when antibodies are likely to show up on a test) for HIV is approximately 3 months, up to 6 months. Alternatively, going to your medical provider and requesting an RNA blood draw can detect HIV as quickly as 9-11 days or two weeks. Lastly, a 4th generation finger prick test (Alere Determine) can find the p24 antigen in about 10-20 days.

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NOT SURE ALL THIS IS FOR YOU?

That's OK. It's perfectly normal to not want to have anal sex. There are many other ways to sexually enjoy yourself and your partner. If you feel pressured to have anal sex, let your partner know that you don't want it. See the resources list for help if you feel like you're being forced to have sex. You may also want to explore. Penises are not the only things that can offer you anal pleasure. Try some of these: dildos (make sure it has a flared base to stop it from getting trapped inside), butt plugs, anal beads, fingers, tongues. Visit a local adult bookstore and check out some of the options (Good Vibrations, 2504 San Pablo Ave, Berkeley/3219 Lakeshore Avenue Oakland, CA 94610 are good places to explore). Have fun!



THE NEW FACE OF URBAN SEXUAL HEALTH
416 8TH STREET - OAKLAND, CA 94607

FOR MORE INFORMATION

Visit: **HCH510.ORG**

Call: **510.972.4483**

HERE ARE METHODS OF TESTING FOR SOME COMMON STDs YOU CAN GET FROM ANAL SEX:

STD	CAN I GET IT AS A		COMMON SYMPTOMS	TEST FOR THIS STD?
	TOP?	BOTTOM?		
Gonorrhea	YES and Oral Sex	YES and Oral Sex	Burning when peeing; discharge from penis or anus; pain during bowel movements	If you're topping, pee in a cup. If you're bottoming, you'll get a rectal swab.
Chlamydia				
HIV	YES	YES	Initial flu-like symptoms in some people. No symptoms in most people. You must get tested to know.	There are several methods (be sure to ask beforehand if you have a preference): <ul style="list-style-type: none"> • Blood Draw (results in 1 week) • Oral Swab (results in 1 week) • Rapid Test - finger prick (results in 20 min)
Hepatitis A	Oral Sex	Oral Sex	Hepatitis A signs and symptoms can include: fatigue, sudden nausea and vomiting, abdominal pain or discomfort, especially on the upper right side beneath your lower ribs (by your liver), clay-colored bowel movements, Loss of appetite, Low-grade fever, and dark urine. Joint pain, yellowing of the skin and the whites of your eyes (jaundice) and Intense itching.	Vaccine available, Blood drawing test.
Hepatitis B	YES	YES	Hepatitis B signs and symptoms may include: abdominal pain, dark urine, fever, joint pain, loss of appetite, nausea and vomiting, Weakness and fatigue, yellowing of your skin and the whites of your eyes (jaundice)	Vaccine available, Blood drawing test.
Hepatitis C	YES	YES	Hepatitis C signs and symptoms may include: bleeding easily, bruising easily, fatigue, poor appetite, yellow discoloration of the skin and eyes (jaundice), dark-colored urine, itchy skin, fluid buildup in your abdomen (ascites), swelling in your legs, weight loss, confusion, drowsiness and slurred speech (hepatic encephalopathy) and Spider-like blood vessels on your skin (spider angioma).	Blood drawing test. Curable
Syphilis	YES	YES	Syphilis develops in stages, and symptoms vary with each stage: Primary syphilis (a small sore, called a chancre), Secondary syphilis (a rash that begins on your trunk but eventually covers your entire body), Latent syphilis (no symptoms), Tertiary (late) syphilis (damage your brain, nerves, eyes, heart, blood vessels, liver, bones and joints).	Blood drawing.
Genital / Anal Warts (HPV)	YES	YES	The signs and symptoms of genital warts include: Small, flesh-colored or gray swellings in your genital area, Several warts close together that take on a cauliflower-like shape, Itching or discomfort in your genital area and Bleeding with intercourse.	There is no simple test; instead, medical providers must perform a physical inspection of potential warts in order to diagnose.
Herpes	YES	YES	Itching, tingling, redness, painful blisters.	If you notice blisters, go to a doctor or clinic as soon as possible. Clinicians can usually diagnose herpes by visual inspection. They may also take a swabbed culture, but only before the blisters heal.
Anal Cancer (HPV-related)	YES	YES	None - must get pap smear to know.	Ask your doctor for an anal pap smear every 3 years if you are HIV- negative, and every 1 year if you are HIV-positive. Pap smears can detect early signs of cancer.

SO YOU'VE DECIDED TO BE A FAQ ABOUT ANAL SEX **BOTTOM**

I'M REALLY TIGHT AND NERVOUS, WHAT ARE SOME TIPS TO HELP ME RELAX?

1) Go with your anus instead of trying to control and dominate it. Close your eyes and feel what your anus is feeling. If it's tight, say to yourself, "I'm tight." If it's relaxed, say "I'm relaxed." 2) Practice on yourself with your finger or a toy. It can be easier without the pressure of a partner. Take out a mirror and look at your anus. Love it, acknowledge it and befriend it. 3) Find a partner who is sensitive to your body language and is willing to go as slow as you need to go. 4) Try pushing out slightly as your partner enters you. 5) Try different positions. The position you've been using may be causing the dick to hit the wall of your anal canal. Remember, your anal canal is curved, not straight, and a little change in position may make all the difference. Know that you may also have a mental or emotional block: bottoming may bring up issues related to masculinity, trust, and power, as well as a bad previous experience with anal sex. Building awareness about what these issues may be goes a long way towards resolving them.

HOW DO I MAKE SURE I'M CLEAN BEFORE BOTTOMING?

You can clean yourself by inserting a soapy finger in your anus during a shower (be sure to use a mild soap). An enema is fine to use from time to time, but the fluids in a commercial enema strip your anus of its own bacteria and mucus lining, which it needs to defend itself from outside infections. You can also use a silicone enema bottle and fill it with warm water instead to rinse your anal canal until the water comes out clear.

I ENJOY BARE-BACKING. OTHER THAN CONDOMS, WHAT ARE WAYS THAT I CAN REDUCE MY CHANCES OF HIV INFECTION?

Of all sex acts, bottoming without a condom poses the highest risk for HIV infection. What you heard is right; using a condom every time you have sex is the best way to prevent HIV. If you choose to not use a condom every time, you can reduce your risks if you take PrEP (Pre-Exposure Prophylaxis).

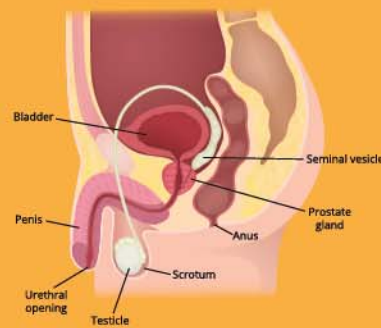
WHAT IS PREP?

PrEP is once a day pill To prevent HIV and one pill must be taken every day. PrEP is a medication called Truvada. It was approved by the FDA in 2012 and is the only current PrEP drug on the market. Studies have shown that when taken consistently every day, PrEP is up to 99% effective in preventing HIV. Side effects are generally low. Less than 10% have some nausea and/or headaches. Truvada can also sometimes affect your liver, decrease kidney function, and lower bone density. Your doctor will check your health before starting you on PrEP. PrEP only prevents HIV, not other STDs or pregnancy. During your three-month visits, your doctor will likely check for other STDs like gonorrhea, chlamydia, and syphilis. Ask us any other questions you have! We are here to help with your PrEP concerns however we can! PrEP@ahschc.org/Call or Text 510.972.4483



WHAT IS THE PROSTATE?

Your prostate, also known as the male G-spot, is a little walnut-sized organ located a few inches inside the anus and toward the stomach. Stimulating your prostate (with a finger, toy, or cock), can produce a dramatically intense orgasm. Also regular massage of the prostate may reduce your chances of developing prostate cancer as you age.



IS IT NORMAL TO BLEED AFTER ANAL SEX?

Bleeding immediately after anal sex is common for many individuals. Blood may come from hemorrhoids or a tear in the anal lining. The seriousness of anal bleeding can only be assessed by a doctor, and could possibly indicate polyps or tumors in the colon, or some other type of infection. If you continue to bleed for more than a few days after anal sex, see a doctor.

WHAT IF THE CONDOM BREAKS OR SLIPS?

If the condom breaks, use a new condom with more lube on the outside. If the condom slips, you may have use too much lube on the inside, or the condom may have been too big, or defective. It is not recommended to double up on condoms - one is effective. If your partner cums inside you, and he is HIV-positive, or you don't know his HIV status, then get on Post Exposure Prophylaxis (PEP) within 72 hours at an urgent care/hospital. Get tested after 3 months. You should also know that you can go on Post-exposure prophylaxis (PEP) within 72 hours of exposure; however, it is not widely available, and it is costly and its effectiveness is unknown. Talk to your doctor or call 510.972.4483 at HCH510.ORG to discuss whether PEP is appropriate.

WHAT ARE ANAL WARTS?

They're fleshy, painless growths that can appear in and around the anus. Warts are caused by the Human Papilloma Virus (HPV). It's estimated that the majority of sexually-active gay men have already been exposed to HPV. You can't get tested for HPV, but there are a few things you can do. If you have warts, get them treated - you'll be more comfortable, and you'll be less likely to spread the virus to your partners. HPV has also been found to be associated with anal cancer. Even if you don't have warts, you can still carry a strain of HPV that causes cancer. If you bottom, ask your doctor for an anal Pap smear every few years to check for early signs of cancer (yes, men can get Paps too). Clearly there is more to be said about HPV and warts. Check out the websites listed in the resources section of this brochure for more information.

SO YOU'VE DECIDED TO BE A FAQ ABOUT ANAL SEX **TOP**

CAN I GET HIV AS A TOP?

It's slightly less likely but yes, it is possible to get HIV by topping, especially if you regularly have sex without a condom. Studies show that men with foreskins are more likely to contract HIV than men without. Things you might do to reduce your risk: use a condom, use more lube, have fewer partners, making sure you regularly clean the area and have no cuts or sores, talk to your partners about their HIV status and/or taking PrEP.



WHAT POSITION ALLOWS ME TO GO IN THE FARTHEST?

Butts and penises are like snowflakes: no two are alike. It depends on how hard your dick is, whether your dick curves, how thick it is, and a lot depends on how relaxed your partner is. The best position is whatever works for you and your partner. Some positions include: doggie-style, missionary (face-to-face, knees in air), the bottom "sitting" down on your dick, or both of you on your sides.

HOW CAN I HELP MY PARTNER RELAX BEFORE I TOP HIM?

First, understand that bottoming can be a really big deal for some men - it brings up a lot of issues about health, trust, masculinity, and power. You can help your partner relax by letting him know that you will take it as slow as he needs, and that you'll stop if it hurts him. You can also help him relax by massaging his anus with your fingers or tongue, or by having a few sessions where you explore his ass (with your finger, tongue, or toy) without penetrating him. Some guys are just naturally tighter so patience is key. As is awareness of both your partner's pleasure and your own, so take your time.



WHAT CAN I GET FROM GIVING SOMEONE A RIM-JOB?

You cannot get HIV from rimming. You can get Hepatitis A (but you can get vaccinated against it), shigella, herpes, and intestinal parasites. To reduce your chances of getting sick, thoroughly clean the anus before you place your mouth on it, or use a dental dam as a barrier between your mouth and your partner's ass.

I HAVE A HARD TIME STAYING HARD WHEN USING A CONDOM - WHAT CAN I DO?

First, ask yourself if you're really committed to using condoms. Your penis may be trying to signal to you that your mind isn't willing. If you're committed to it, try changing things up a little. Lots of guys use the female condom for anal sex. Your partner can put it in before sex, so there's no hassle when you're going at it.

I CAN'T FIND ANY CONDOMS THAT FIT ME - WHAT SHOULD I DO?

Keep looking. If you need larger condoms, try Magnum, LifeStyles Large, or Maxx. For smaller condoms, try Lifestyles Beyond 7, Snugger Fit, or Trojan Ultra Fit. When you find one you like, remember the color of the packaging so you can find it again.

