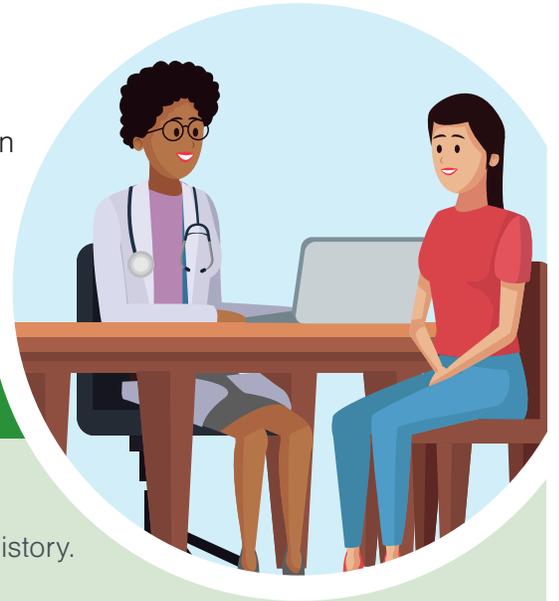


# Taking an Accurate Sexual History

## Sample Script

Obtaining an accurate and detailed sexual history is essential for proper screening for sexually transmitted infections (STIs). While this conversation may be uncomfortable for both physician and patient, a comprehensive sexual history should be part of routine, preventive health care. The conversation starter and sample questions below can help physicians with a standardized approach to obtaining a sexual history.



### 1 Step 1: Set the Stage

Begin the conversation with the following:

“ I am going to ask you a few questions about your sexual history. I ask everyone these questions, as they are important to understand your health. Everything you tell me is confidential. ”

### 2 Step 2: Five Questions to Ask Every Patient

1. Have you ever been sexually active?
2. What is/are the sex and gender of your partner(s)?
3. How many partners have you had in the last 12 months?
4. What types of sexual activity do you have (oral/anal/vaginal/use of sex toys/other)?
5. When was the last time you got tested for STIs?

#### BEST PRACTICE TIP:

It is important to recognize that sometimes taking a sexual history will lead to a longer discussion about sexual health and related issues.

### 3 Step 3: Respond to the History

Based upon the patient's answers, determine if a more detailed risk assessment is needed.

Use the 5 P's approach:

- Partners
- Practices
- Protection from STIs
- Past history of STIs
- Prevention of pregnancy

#### BEST PRACTICE TIP: Language is important

AVOID	INSTEAD USE
Are you married?	What is your current relationship status?
You're married so you don't need STI testing, right?	Have you had any new sexual partners in the last year?
Do you think your partner is cheating on you?	Does your partner have other partners?
Do you sleep with a lot of people?	How many sexual partners have you had?
Are you an IV drug user?	Have you ever injected drugs?