

## Questions to discuss during consultation

Please find below some key questions that you may wish to discuss during your consultation.

Do you sometimes use drugs for sex?

Are you into ChemSex, fisting or slamming (injecting)?

Do you use sex toys/ dildos?

Do you prefer bareback (condom-less sex)?

Do you use gloves for fisting (and change gloves between partners)?

Do you use condoms for dildos/toys (and change them between partners)?

How many partners might you have during a typical bender?

Are you comfortable discussing HCV with partners or when hooking-up online?

Are you comfortable discussing HIV with partners or when hooking-up online?

Are you aware that HCV is common amongst gay men who have ChemSex?

Do you know where to get clean needles from and safer injecting information?

Have you ever been tested for HCV?

Would you like to talk with a health advisor about playing as safely as possible?



It is important that you make the most out of your consultation, which can be achieved by discussing the questions highlighted on this page.

## Transmission risks during ChemSex

ChemSex sometimes involves rougher play for extended periods of time. This is often associated with dehydration that can exacerbate broken skin. Due to the effects of drugs, you may be less aware of pain or damage caused to your own/others bodies, including:

- Entrance to arse/lining of the anus can be vulnerable
  - Sores/cuts/ulcers in mouth/tongue/on lips can be vulnerable
  - Bleeding gums can be vulnerable
  - Lining of nasal passage can be vulnerable
  - Cuts on fingers/fists can be vulnerable
  - Cuts/abrasions on penis can be vulnerable
- HCV can be spread by direct blood-to-blood contact
  - The blood may not always be visible
  - HCV can live outside the body for at least 16 hours and up to four days<sup>1</sup>

### Transmission risks through drug equipment

Blood on used needle/in syringe	↔	Broken skin/vein
Blood on used needle/in syringe	↔	Into cup/spoon a clean needle will draw from
Blood in used cup/spoon	↔	Into clean needle/syringe
Blood on/in booty-bump syringe	↔	Into abrasions/tears on entrance/lining of anus
Blood on mouth of a meth pipe	↔	Into cracked/broken lips
Blood on a snorting straw	↔	Into damaged lining of nasal passage

### Transmission risks through household objects

Blood on razor/scissors/toothbrush	↔	Your broken skin/gums
Blood on douching tools/shower hoses	↔	Your damaged entrance/lining of anus

### Transmission risks through sex toys/equipment

Blood on used condoms	↔	Into damaged lining of anus
Blood on re-used condoms	↔	Onto a sex toy > into damaged lining of anus
Blood on glove	↔	Into damaged entrance/lining of anus
Blood on a lube pump handle/lube bucket	↔	Onto damaged penis
Blood on a lube pump handle/lube bucket	↔	Into damaged entrance/lining of anus
Blood on a lube pump handle/lube bucket	↔	Onto a sex toy > into damaged lining of anus

### Transmission risks during sexual contact

Blood in saliva, on tongue/lips	↔	Onto chapped lips, chewed tongue, bleeding gums
Blood in saliva, on tongue/lips	↔	Onto chafed penis, damaged anus
Blood on (fingering/fisting) hand	↔	To damaged entrance/lining of anus
Blood on (fingering/fisting) hand	↔	Onto a chafed penis
Blood on chafed condom-less penis	↔	To damaged entrance/lining of anus
Blood on chafed condom-less penis	↔	Onto chapped lips, chewed tongue, bleeding gums
Blood in urine (rare, but possible when trauma, infection or drug use has occurred)	↔	Any chafed/damaged area during water sports
Blood in semen (rare)	↔	Into chafed/bleeding mouth or anus

Reference: 1. Center for Disease Control (CDC) Hepatitis C FAQs for the Public available at: <http://www.cdc.gov/hepatitis/c/cfaq.htm> (last accessed December 20 14)



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This guide is endorsed by: **THE HEPATITIS C TRUST**