

Your patient's sexual history is important to their overall health and wellness. A good sexual history will help guide your physical exam, ensure all exposed sites are screened for STIs, and establish your patients' HIV risk.

## Best Practices for Obtaining a Sexual History

- Normalize sex – it's a healthy, natural part of life.
- Find your own words for introducing the topic.

*“ Is there anything you'd like to share with me about your sex life? Any questions or concerns? ”*

*“ I'd like to ask you a few personal questions about your sexual health. These are questions I ask all of my patients. ”*

- Ensure a safe patient environment.
- Assure confidentiality. Be non-judgmental and empathetic.

*“ I recognize that this is a sensitive topic but know that this information will stay between us. ”*

- Maintain neutral body language and facial expressions.
- Avoid assumptions.

## Follow-up Questions

### Partners

*“ Tell me more about the partners you have sex with (e.g. men, women, transgender, non-binary, etc.)*

*In the past 6 months, how many sex partners have you had? ”*

### Receptive or Insertive

*“ Tell me more about the type of sex you are having (e.g., anal, vaginal, or oral).*

*If practicing anal sex – Are you the insertive (top) or receptive (bottom) partner? ”*

### Ever had an STI?

*“ Have you ever been diagnosed with an STI, such as HIV, syphilis, gonorrhea, chlamydia? When?*

*How often do you get tested for HIV and STIs? ”*

### Protection/PrEP

*“ What steps are you taking to protect yourself from HIV and STIs?*

*How often would you say you use condoms?*

*Have you ever heard of, or ever used, **PrEP**? ”*

### Closing

*“ Is there anything else you'd like to tell me about your sexual health to provide the best medical care for you? ”*

For more information about **PrEP**, visit:



Ending  
the  
HIV  
Epidemic