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Registered charity no. 1011220

Has this leaflet been useful to you? Please let us know what you think. Your feedback helps us to improve the services we offer.

You can contact us to find out more about the scientific research and information we have used to produce this leaflet.

If you need extra copies of this leaflet, or would like to translate, adapt or reproduce it, please get in touch.

### For more information on this topic

- Read our 'Better off knowing' leaflet.
- Read our 'HIV testing' page.

### Other titles in The basics series

- Taking drugs on time
- Health checks
- How treatment works

### For information in other languages

[www.aidsmap.com/languages](http://www.aidsmap.com/languages)

### For more information about HIV

- Visit our website [www.aidsmap.com](http://www.aidsmap.com)
- Speak to an adviser at THT Direct **0808 802 1221**

### Please support us

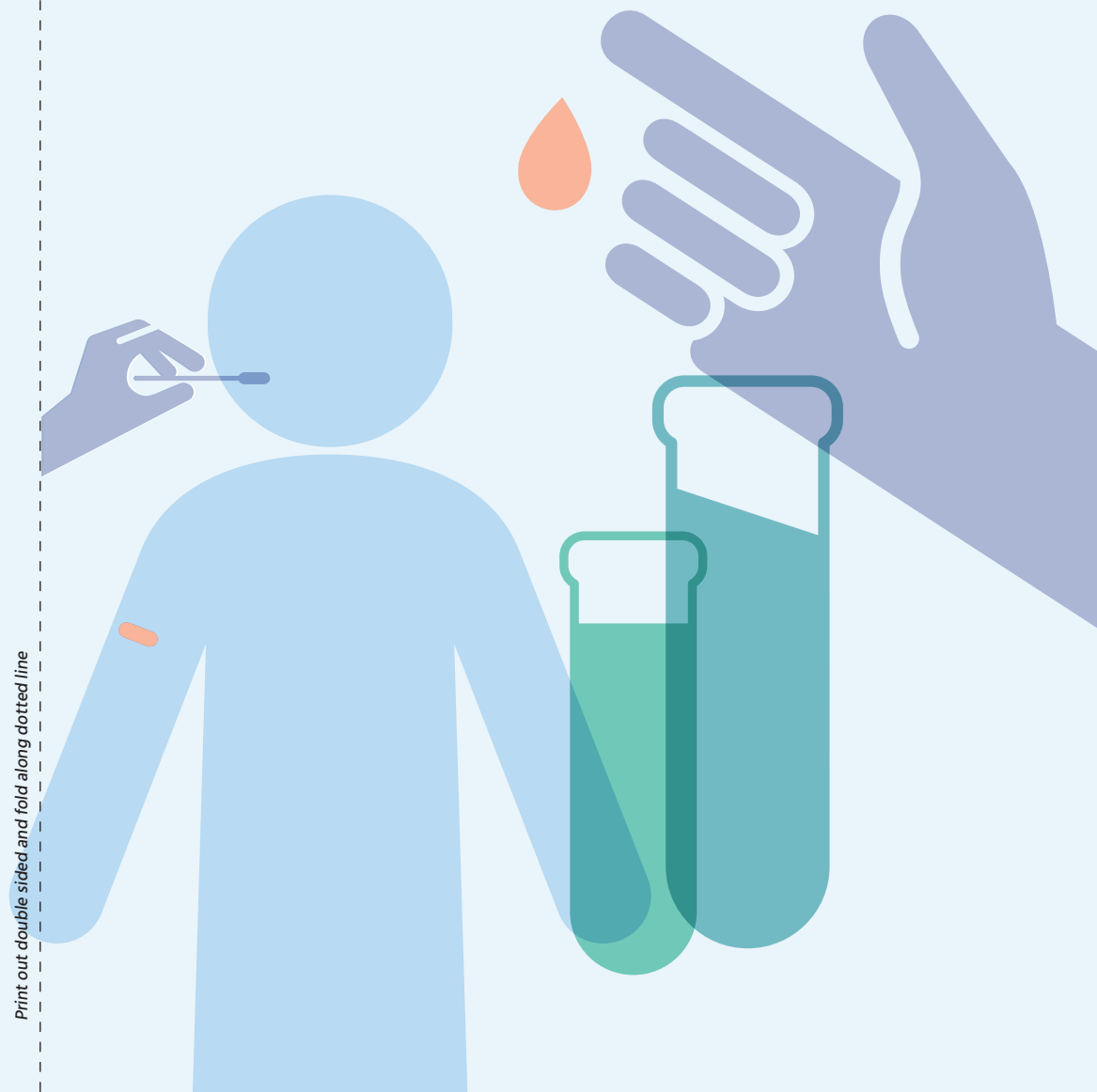
If you would like to support our work and help us to continue to provide resources like this one, please donate today at [www.aidsmap.com/donate](http://www.aidsmap.com/donate)

Thanks to all of the professionals and people with HIV who have helped us to develop this leaflet.

**We recommend that you discuss the information in this leaflet with a doctor or other health worker.**

**aidsmap**

# The basics Testing



Print out double sided and fold along dotted line

## Regular health checks

allow you to be sure that you are in good health.

A health check can include testing to see if you have HIV.



## Testing is:

**Free** - there's no charge in NHS services

**Voluntary** - it's your choice to test or not

**Confidential** - the result will not be given to other people without your permission



## There are lots of places you can test for HIV:

**At home**, using a self-test

**Sexual health clinics**

**GP surgeries**

**Community testing projects**



When you attend a clinic or hospital **for any reason**, the doctor may offer you an HIV test.

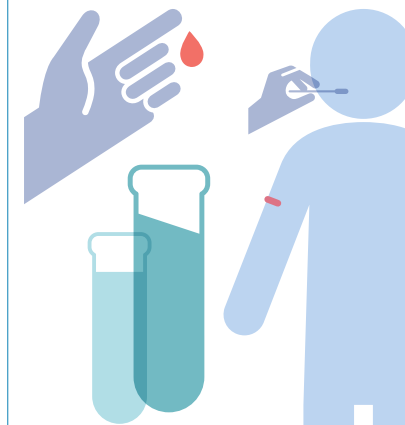


Depending on the test used, you may need to provide:

A drop of blood **from your finger**

Blood **from your arm**

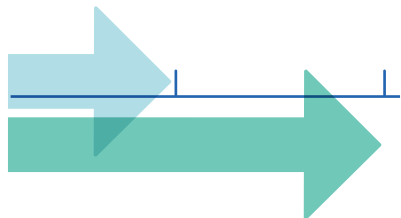
Fluid **from your mouth**



Depending on which test is used, **the result will be available** within a few minutes or within two weeks.



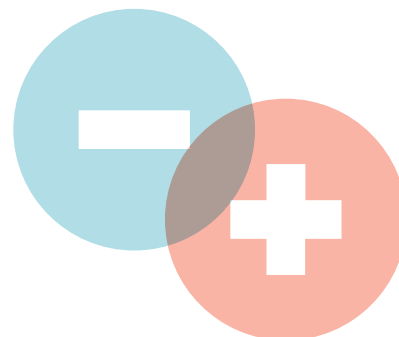
If you have recently taken a risk (for example, had sex without a condom), you may be asked to **come back for another test** in a few months. This is to be sure the result is accurate.



When all the necessary tests have been done, the result will be 'HIV negative' or 'HIV positive'.

HIV negative =  
**You don't have HIV**

HIV positive =  
**You have HIV**



## Important points

**You can take a test on your own or with a healthcare worker.**

**Testing for HIV is free, voluntary and confidential.**

## Notes

To find out where you can get tested in your local area, visit the HIV test finder on [aidsmap](http://aidsmap.com/hiv-test-finder):  
[www.aidsmap.com/hiv-test-finder](http://www.aidsmap.com/hiv-test-finder)

**'Rapid' HIV tests and self-tests provide results in 30 minutes or less.**

- If the result is 'HIV negative', you don't have HIV and you don't need any more tests.
- If the result is 'reactive', this means that you need to have another blood test done.
- An 'HIV positive' result cannot be given from just a rapid HIV test or a self-test.