



**University of North Carolina Wilmington
Abrons Student Health Center**

INSTRUCTION SHEET: SEXUAL ASSAULT

The Student Health Provider has started treatment today for sexual assault. The provider is concerned about both your emotional and physical well-being.

Treatment for sexual assault involves 1) care for physical and emotional injury 2) medical therapy to prevent pregnancy and 3) measures to detect and prevent transmission of STIs (sexually transmitted infections).

Realize that emotional trauma from sexual assault is *very significant*. Counselors familiar with treating sexual assault victims can definitely help you deal with the emotional impact both short-term and long-term.

The chance of becoming pregnant from a sexual assault is low. Nevertheless, most medical providers and victims choose to treat to prevent pregnancy if there is any possibility. A baseline pregnancy test is done prior to treatment to make sure you are not already pregnant (prescribed medicine could potentially harm a fetus already present).

The chance of acquiring an STI is also low. But, again, most medical providers and assault victims decide to treat as if transmission of bacterial infection has resulted. Antibiotics are given to treat gonorrhea and Chlamydia; the antibiotics are also likely to kill incubating syphilis. No method exists to effectively prevent the transmission of HIV after-the-fact. Fortunately, the chances of acquiring HIV from a sexual assault are low. Baseline tests for HIV may be drawn if you and your provider so decide.

MEASURES YOU SHOULD TAKE TO HELP TREAT YOURSELF:

1. Take any prescribed antibiotics as directed, until gone.
2. Take any prescribed medicine to prevent pregnancy as directed. You may have nausea. If you have severe problems with nausea/vomiting and are unable to keep down the medicine, return to the Student Health Center or see your personal/referral doctor promptly.
3. Follow-up appointments are essential to make sure pregnancy and sexually-transmitted diseases have been prevented. Call for an appointment with your personal/referral doctor on a “work-in” basis within a week after your Student Health Center visit, or return to the Student Health Center as directed.
4. Seek emotional support from your family, friends, and religious/spiritual advisors. Professional counseling through the local Rape Crisis Center and UNCW Counseling Center/CARE is very important to your recovery. Return to the Student Health Center if you need assistance in arranging follow-up counseling.