



Preparing for your appointment:

- If you are taking any medications for a chronic condition, please bring a list of your current medications to your appointment. Please take all of your medications as you normally would.
- We encourage you to bring anything that will help you feel comfortable before and during your appointment. This could include snacks, entertainment such as books or music (with headphones), or a sweater or sweatshirt.
- Your plan of care may include having blood drawn. Please be well-hydrated.
- Please contact us at least 24 hours in advance to cancel or reschedule your appointment.
- If you are late, we reserve the right to reschedule. Please leave yourself plenty of time to get here.
- We are able to see patients on a walk-in basis as clinic flow allows. If you have not made an appointment but would like to be seen, come to one of our clinics during open hours or call 518-434-5678. Please note walk-in availability cannot be guaranteed over the phone and we may not be able to accommodate every request to be seen same-day without an appointment. If you would like to schedule an appointment, you can do so online at uhpp.org or over the phone by calling 518-434-5678.

STI testing

- There can be a delay between exposure to an infection and when it shows up on a test. Please be advised if you are concerned you were exposed to gonorrhea or chlamydia, it can take up to two weeks to show up on a test. If you are concerned you were exposed to HIV, it can take up to three months to show up on a test.
- If you are concerned you were exposed to HIV recently (within the past 72 hours) please come to one of our clinics as soon as possible. You may be able to be prescribed medication that can prevent HIV infection.
- Do not urinate for one hour before the visit. We may do chlamydia and gonorrhea tests from a urine sample.