

# SEXUAL ASSAULT RESPONSE TEAM

## ADVOCACY

Assault Care Center (ACCESS) (515) 292-5378

## MEDICAL

Thielen Student Health Center (515) 294-5801

McFarland Infectious Disease Clinic (515) 239-4474

Mary Greeley Medical Center (515) 239-2011

Planned Parenthood, Ames (515) 292-1000

Story County Medical Center (515) 382-2111

Story County Health Department (515) 382-7240

## LAW ENFORCEMENT

Iowa State University Police (515) 294-4425

Ames Police Department (515) 239-5133

Story County Sheriff (515) 382-6566

Nevada Police Department (515) 382-4305

Huxley Police Department (515) 597-2002

Story City Police Department (515) 733-4305



The Story County SART (Sexual Assault Response Team) mission is to serve sexual assault victims by coordinating an immediate, high quality, multi-disciplinary, victim-centered response which may include health care, law enforcement, advocacy, and judicial systems.

SART consists of specially trained professionals from multiple agencies who work together to provide a community coordinated response to reports of sexual assault. Members of SART represent the fields of law enforcement, health care, advocacy and prosecution. They are employed in the public and private sectors (university, city and county governments, medical clinics and nonprofits). SART strives to provide the first response to ensure a consistent, compassionate and professional initial contact for victims and improve the likelihood of successful prosecutions. The program is based out of the Iowa State University Police Department in Ames, Iowa.

**Story County SART services are provided  
24 hours per day, 365 days per year.**

## 2647 UNION DRIVE

Corner of Sheldon & Union  
Across from State Gym

## CLINIC HOURS

MONDAY 8 am - 6 pm

TUESDAY 8 am - 5 pm

WEDNESDAY 9 am - 5 pm

THURSDAY 8 am - 5 pm

FRIDAY 8 am - 5 pm

SATURDAY 9 am - noon

## PLEASE CALL TO MAKE AN APPOINTMENT

To schedule an appointment call (515) 294-5801. When you call for an appointment, please be specific about your needs so that we can schedule you with the appropriate healthcare provider and an appropriate amount of time.

# 515-294-5801

## FREE MEDICAL ADVICE 24/7



Accredited by

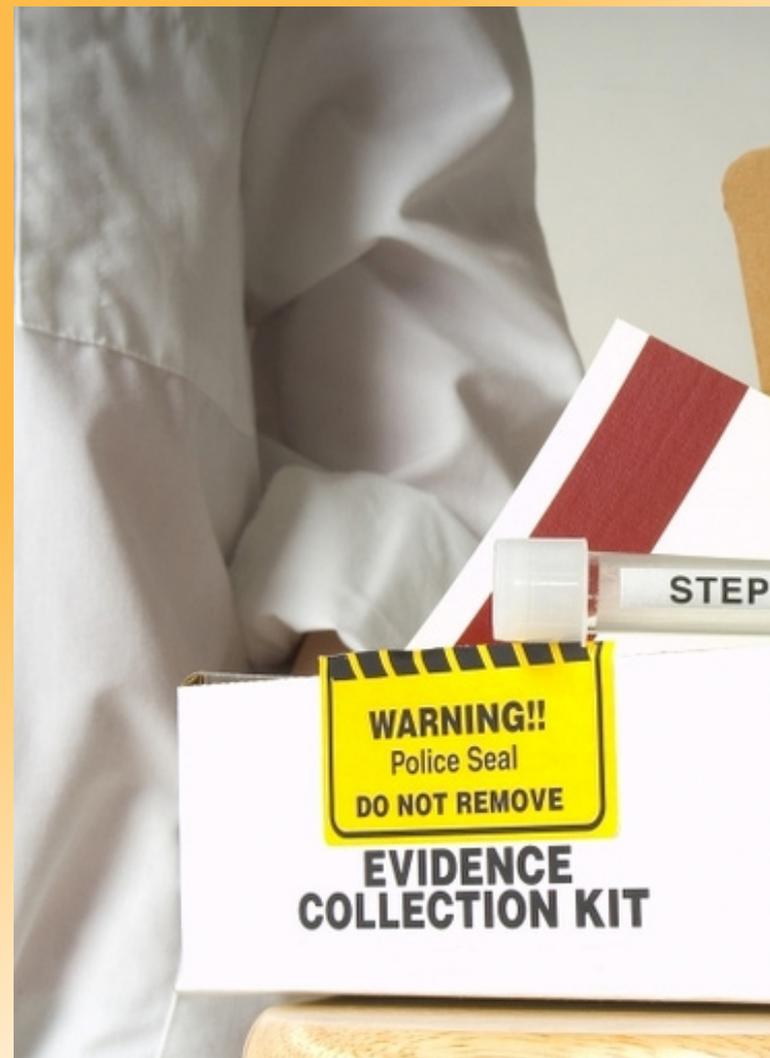


ACCREDITATION ASSOCIATION  
for AMBULATORY HEALTH CARE, INC.

# IOWA STATE UNIVERSITY

Thielen Student Health Center

# SEXUAL ASSAULT RESPONSE TEAM MEDICAL EXAM



**CycloneHealth.org**

**SYMPTOMS REQUIRING FOLLOW-UP**

- Unusual vaginal/penile discharge
- Foul smelling, itchy or burning discharge
- Pain with urination
- Fever
- Unexplained bleeding
- Missed menstrual cycle
- Abdominal pain
- Feelings of self-harm or harm to others

**WHERE TO GO FOR FOLLOW-UP**

- Primary Care provider
- Local clinics (*Thielen Student Health Center, Planned Parenthood, McFarland Clinic, DoctorsNow*)
- County Health Department

**STRANGULATION VICTIMS**

Please go to the nearest Emergency Department or call 911 immediately if you notice:

- Difficulty breathing or shortness of breath
- Loss of consciousness or “passing out”
- Changes in your voice or difficulty speaking
- Difficulty swallowing, lump in throat or muscle spasms in throat or neck
- Tongue swelling
- Swelling to throat or neck
- Prolonged nose bleed (>10 minutes)
- Persistent cough or coughing up blood
- Persistent vomiting or vomiting up blood
- If pregnant, vaginal bleeding greater than one pad an hour
- Left or right-side weakness, numbness or tingling
- Headache not relieved by pain medication
- Seizures
- Thoughts of harming self or others

It is important that a physician evaluate the above symptoms. Keep a log of any changes in symptoms for your physician and law enforcement. If symptoms worse, go to your physician or nearest emergency department.

It is recommended that you have a follow-up medical screening in two weeks with a physician of your choice.



**MEDICATION CONSIDERATIONS**

- Medications should be taken with food
- Medications should be taken individually over a period of a few hours
- If you vomit with 20 minutes of taking your medication, call ACCESS (515-292-5378)
- Do NOT consume alcohol for 48 hours after completion of medications

*Medications given are typically highly effective; however, there is a small percentage of infections where additional treatment could be necessary. Refrain from intercourse for a two-week time period following completion of medications to prevent possible transmission. If intercourse is unavoidable, a condom should be used.*

**EMERGENCY CONTRACEPTION**

Emergency contraceptive pills (ECP) can prevent pregnancy after unprotected vaginal intercourse. (*Ella®*, *Plan B®*). ECP is most effective when used within the first 72 hours of unprotected intercourse. These medications are NOT abortive pills. Both work by preventing ovulation if it has not already occurred. If you are pregnant at the time of administration, the pregnancy will not be affected.

Most common side effects of ECP include:

- Nausea/Vomiting
- Breast Tenderness
- Headache
- Dizziness
- Irregular Bleeding

*Your next menstrual cycle after taking ECP may be a little early, late, heavy or lighter than normal. If you do not get a menstrual cycle within 3-4 weeks, you should contact your health care provider right away for a pregnancy evaluation.*

**SEXUALLY TRANSMITTED INFECTIONS**

Infections associated with sexual activity are a frequent concern for patients. Preventative antibiotics are offered for *Gonorrhea, Chlamydia, Syphilis, Trichomonias* and *Bacterial Vaginitis*. Preventative medications can be started anytime within 30 days of the assault, however, the sooner medications begin, the more effective they are. Unfortunately, preventative medications are NOT available for genital herpes (HSV), genital/anal warts (HPV) or hepatitis C.

You should see your primary care provider or local health department for the administration of the Hepatitis B or HPV immunization(s).

**HIV (HUMAN IMMUNODEFICIENCY VIRUS)**

HIV can be passed from person to person when someone with the infection has sex with our shares drug injection needs with another individual. The virus can be in the infected person’s blood, semen or vaginal secretions and can enter your body through tiny cuts or sores in your skin, or the lining of your vagina, penis, rectum or mouth.

The risk of acquiring HIV infection through sexual assault is low.

Preventative medications are offered for HIV within seven days of an assault. The sooner these medications are initiated, the more effective they are.

Accepting these preventative medications is only a start to prevention. A true preventative treatment is a full 30 day course. There should not be a lapse between the initial and continued treatments.

**You MUST call McFarland Infectious Disease Clinic (515-239-4474) at the beginning of the next business day to request an appointment to prevent a lapse in medication. Please provide code “042” as an appointment reason.**

At your appointment, baseline tests will be performed as well as continued monitoring for potential infectious diseases. These appointments will be covered through crime victims resources.

Regardless of the decision to take prophylaxis or not, follow-up HIV testing is recommended at the following intervals: six weeks, three months and six months.