



Instructions on how to use Chlamydia & Gonorrhoea self-screening kit






Before you start:






- Familiarise yourself with the contents of the kit
- Wash your hands and select a clean surface to set out and collect your samples

1	Fill in the purple sections of the form and give as much information as possible. It is important we have your address and postcode. We will not write to you unless you give us permission. Please provide a contact telephone or mobile number so that we can contact you with your results	
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2	Write your name, date of birth and the date you do the sample on the label on the left side of the form and stick it onto the small tube	
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3	Collect your sample
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Urine collection (if you have a penis)		
1	Make sure you have not passed urine for at least 1 hour	
2	Unscrew the cap from the collection tube. Do not spill or pour out the liquid and do not pierce the foil top	
3	Collect the first part of your urine sample using the paper cone provided	
4	Transfer this into the small urine tube. Full to the 2.0ml line	
5	Put top back on to the urine collection tube securely	

Vaginal Swab Collection (if you have a vagina)		
1	Take out the collection tube and swab. Hold the swab at the black score line. Do not touch the cotton tip	
2	Insert the swab about 2 inches (5cm) into your vagina and rotate the swab for 10-30 seconds	
3	Unscrew the cap from the collection tube. Do not spill or pour out the liquid and do not pierce the foil top	
4	Place the swab cotton tip down into the collection tube and bend the shaft of the swab at the score line until it breaks	
5	Put top back on collection tube securely	

4	<p>Return your sample</p> <p>If in clinic: place the sample tube into the plastic bag on the pack of the pink form and put the sample in the sample post box</p> <p>If mailing the sample back: Place the sample tube into the plastic bag with an orange label and follow the instructions. Neatly fold this bag and insert it into the one attached to the form. Put the bag with the form attached into the box. Close and seal. Post the sealed box into any Royal Mail post box. No stamp required</p>
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Results: Please allow 2 weeks for us to process your results	
Negative - you will receive a text message	Positive - we will contact you to discuss your treatment