

Instructions on how to complete STI test at home

Chlamydia / Gonorrhoea dual PCR test (CHL/ GC PCR)

Information for you

Overview

This kit is used to collect a sample that will be tested for both chlamydia and gonorrhoea.

People with a penis give a urine sample.

People with a vagina give a vaginal swab.

Wash your hands before and after taking your tests.

Please complete each kit as per the instructions.

When you're done, you can put all tests back into the cardboard box for posting.

Before taking your sample, check the test kit is not damaged.

Check there is liquid within the sample tube.

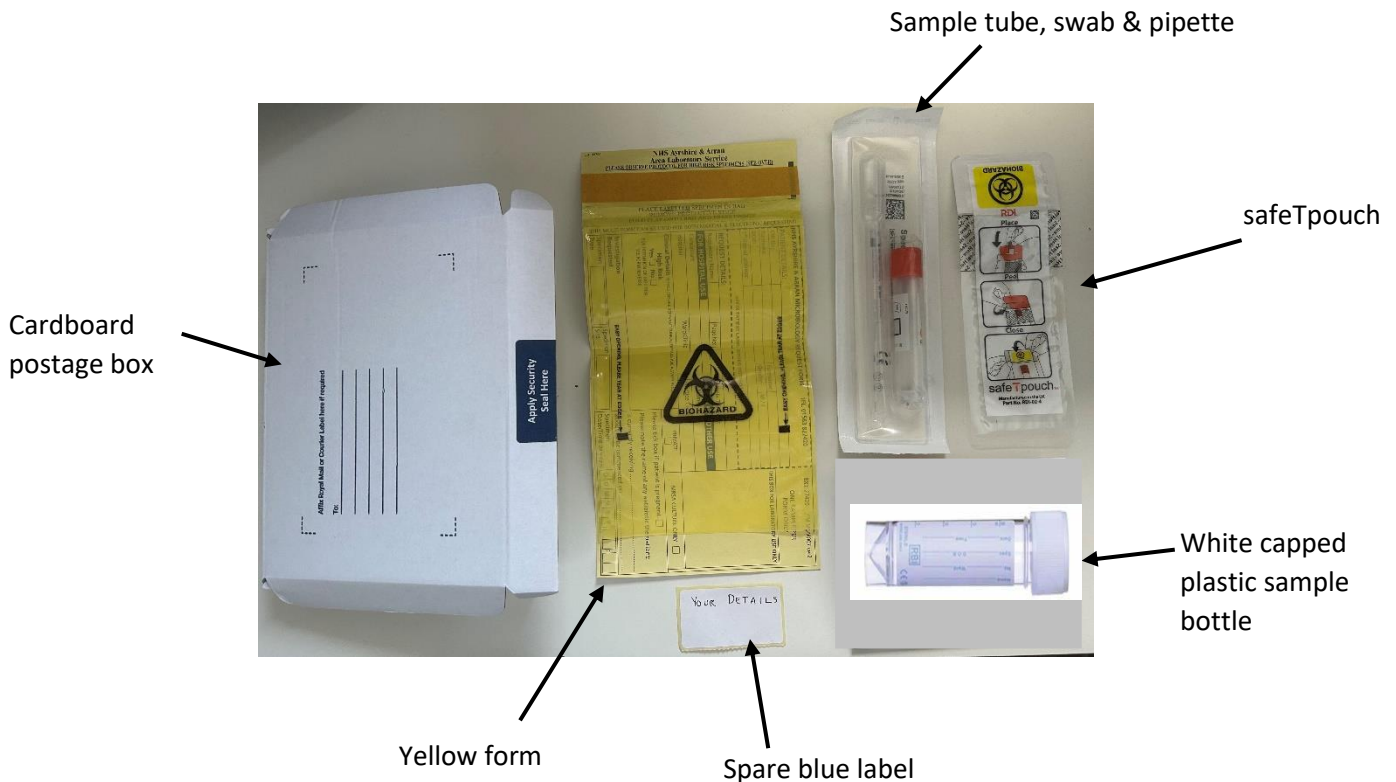
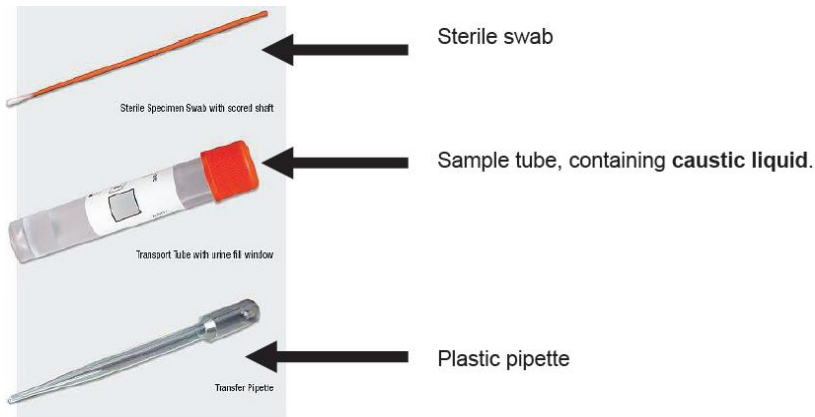
There should also be spare label for you to complete details.

If you think something isn't quite right:-

If you got the test from your pharmacy, please get back in touch with the pharmacy and they will be able to help you.

The kit contains:

- Sample tube with an orange cap (containing 1.2ml of caustic liquid)
- An individually packaged sterile swab (with a cotton bud at one end).
- A plastic pipette
- A white capped plastic urine sample bottle (if you have a penis)
- Sample label
- SafeTPouch (clear plastic with white absorbent lining)
- Yellow form (says "microbiology" on it)
- A cardboard postage box
- A security seal



Caution

The caustic liquid is harmful. Keep the sample tube out of reach of children.

Be careful not to spill the liquid.

Do not let the liquid touch your skin or eyes.

If it spills on your skin, wash it off immediately with plenty of soap and warm water.

If it gets in your eye(s) wash it off immediately with warm water.

Seek medical attention if required.

Do not drink the liquid

If you swallow it seek medical attention immediately.

1. How to test for Chlamydia and Gonorrhoea – for people with a vagina

People with a vagina need to give a swab test. Urine samples aren't accurate for gonorrhoea in people with a vagina; swabs give a more reliable result. Do not send a urine sample if you have a vagina.

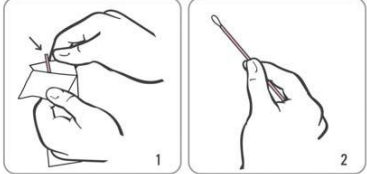


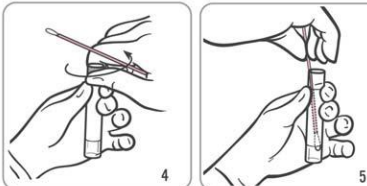


	<p>1. Wash your hands.</p> <p>Open the pack and remove the swab from the wrapper. Take care not to touch the white cotton bud or lay it down on any surface, as it may get contaminated</p>
	<p>2. Separate the skin folds at the vaginal opening with one hand.</p> <p>Slide the white cotton bud end of the swab about 2 inches (5 cm) into the vagina</p>
	<p>3. Gently turn the swab for 10-30 seconds against the sides of your vagina.</p> <p>Withdraw the swab carefully from your vagina.</p>
	<p>4. Hold the sample tube upright, and carefully take the lid off, taking care not to spill the liquid inside.</p> <p>Put the white cotton bud end of the swab into the liquid in the tube.</p>
	<p>5. There is a faint groove around the stick. Hold the stick firm with the groove against the top of the tube. Bend the stick until the end breaks off. Be careful not to spill the caustic liquid.</p> <p>Put the snapped off bit in the bin.</p>
	<p>6. Carefully put the orange cap back onto the sample tube. Make sure the cap is on tightly.</p> <p>On the label, fill in your details and attach the spare label to the sample tube, don't cover the clear fill window (see image 1).</p>



Image 1: Stick the label to the sample tube. Avoid covering the clear fill window.

- 7.** Place the sample tube into the clear plastic safeTpouch. Remove the yellow plastic, and fold the sticky side over on itself, attaching to the “seal here” section.
- 8.** Then place the safeTpouch with the sample into the plastic bag attached to the yellow lab form. Remove the strip and fold it over to seal it closed.
- 9.** At the bottom right of the yellow form, **put todays date.**
- 10.** Then put into the cardboard postage box, and ensure it is closed securely. Use the sticky security seal label to seal the box closed, sticking over the marking on the box which says “Apply security seal here”.
- 11.** Pop the kit in to a post box/post office convenient or near to you.

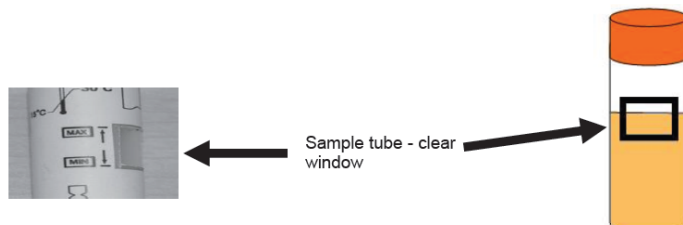
Information on how to access your results is included in the helpful information document included in your kit.

2. How to test for Chlamydia and Gonorrhoea – for people with a penis

Wash your hands before and after taking your tests.

1. Discard the cotton bud swab; you don't need it.
2. Do not pass urine for at least one hour before giving your sample.
3. Start to pee in to the white capped plastic bottle– if you are able to fill the container that is fine. Any further urine you need to pass can be passed into the toilet as usual.
4. Hold the sample tube upright, and carefully take the orange cap off, taking care not to spill the liquid inside.
5. Use the plastic pipette to put urine into the orange capped sample tube. Slightly more than one full squeeze of the pipette bulb may be needed. Take care not to splash the caustic liquid. The liquid level in the sample tube must be within the clear fill window of the sample tube label.

DO NOT UNDERFILL OR OVERFILL. If under filled or overfilled, the sample cannot be tested and a repeat sample will be needed.



6. Carefully put the orange cap back onto the sample tube. Make sure the cap is on tightly.
7. On the spare label, fill in your details and attach the spare label to the sample tube, don't cover the clear fill window (see image 1).



Image 1: Stick the label to the sample tube. Avoid covering the clear fill window.

- 8.** Place the sample tube into the clear plastic safeTpouch. Remove the yellow plastic, and fold the sticky side over on itself, attaching to the “seal here” section.
 - 9.** Then place the safeTpouch with the sample into the plastic bag attached to the yellow lab form. Remove the strip and fold it over to seal it closed.
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 - 11.** Then put into the cardboard postage box, and ensure it is closed securely. Use the sticky security seal label to seal the box closed, sticking over the marking on the box which says “Apply security seal here”.
 - 12.** Pop the kit in to a post box/post office convenient or near to you.
- Information on how to access your results is included in the helpful information document included in your kit.**

Further information

Find out more about contraception, and sexual health clinics near you by visiting:

www.shayr.com

Helpful contact details

NHS Ayrshire & Arran's Sexual Health Department - 01294 323 226

NHS Ayrshire & Arran's Sexual Health website - <https://shayr.com/>

NHS Inform links:-

<https://www.nhsinform.scot/illnesses-and-conditions/sexual-and-reproductive>

<https://www.nhsinform.scot/healthy-living/contraception>

<https://www.nhsinform.scot/turn-to-sarcs>

<https://www.nhsinform.scot/tests-and-treatments/non-surgical-procedures/abortion/accessing-an-abortion/>

<https://www.nhsinform.scot/care-support-and-rights/nhs-services/#sexual-health>