

Returning your samples for testing

1. Put the samples into the **Yellow Specimen Bag** and seal it shut.
2. You can then drop the samples off at any GP surgery across Lothian (it does not need to be your own GP surgery). You can scan the QR code or go online to NHS inform and search GP Practices to find your closest surgery to drop your sample off.
3. Look for the sample drop off point in the surgery and add your sample. If you are unsure where it is ask the receptionist.



SCAN ME

Find GP practice near you.

www.nhsinform.scot

Getting your results

Included in the kit is a small card with your clinic number that starts with AN. Please hold onto this. It has the results line phone number across the top which you will need to call in 1 week's time.

When you call enter the 8 digit number followed by your date of birth xx/xx/xx when requested on the phone.

Your results will then be given out over the phone by an automated service. If you have any questions about your results call 0131 536 2108.

What happens next

If any of your results are positive we will contact you by text or by phone. It is still important you check your results yourself. We will discuss the best way to organise treatment for you and any sexual partners who also need testing or treatment.



Self Sampling Kit for Chlamydia And Gonorrhoea

Information for patients



Information for patients

This home sampling kit is for you to take samples (swabs/urine) to test for sexually transmitted infections called Chlamydia and Gonorrhoea. These are infections passed on from one person to another during sex. You can have these infections without symptoms. They are cured with antibiotics. For more information scan the QR at the bottom of the page or go to our website:

www.lothiansexualhealth.scot

You have been sent this kit for the following reasons:

- You have spoken to one of our team who have advised you to be tested for these infections
- You have ordered a testing kit online
- You have recently been treated for an infection and we want to repeat the tests to make sure the infection has gone.

We suggest that you return the kit within 48 hours of receiving it, unless you have been told to wait before taking the tests. You can do the tests any time of the day. Eating, passing urine, currently having a period or having sex before taking the swabs will not affect the results.

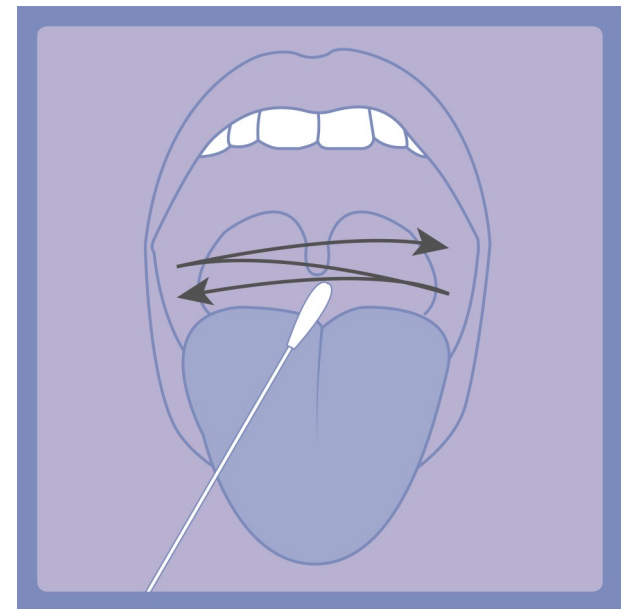
How to take a throat (pharyngeal) swab

1. Please wash your hands before you take your sample.
2. Remove the swab from the packaging.
3. Open your mouth wide and wipe the cotton end of the swab around the tonsils area on either side of your throat several times.
4. Try not to touch the teeth, tongue or cheeks with the swab.
5. Remove the lid from the tube and put the cotton end into the tube (please ensure you do not spill the liquid in the tube).
6. Snap of the end of the swab at the notch.
7. Screw the lid onto the tube tightly to avoid any leakage.



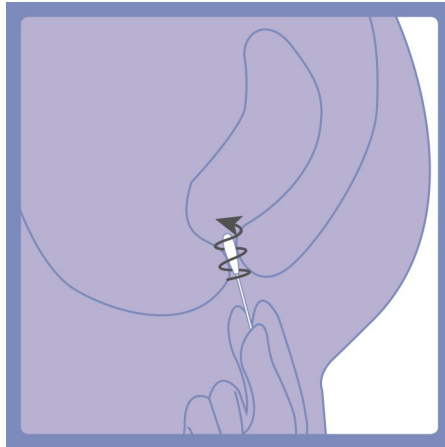
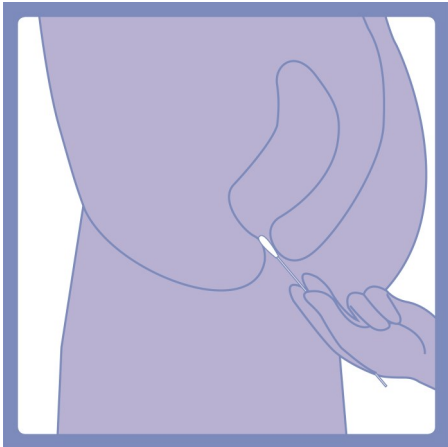
STI's and STI Testing

SCAN ME



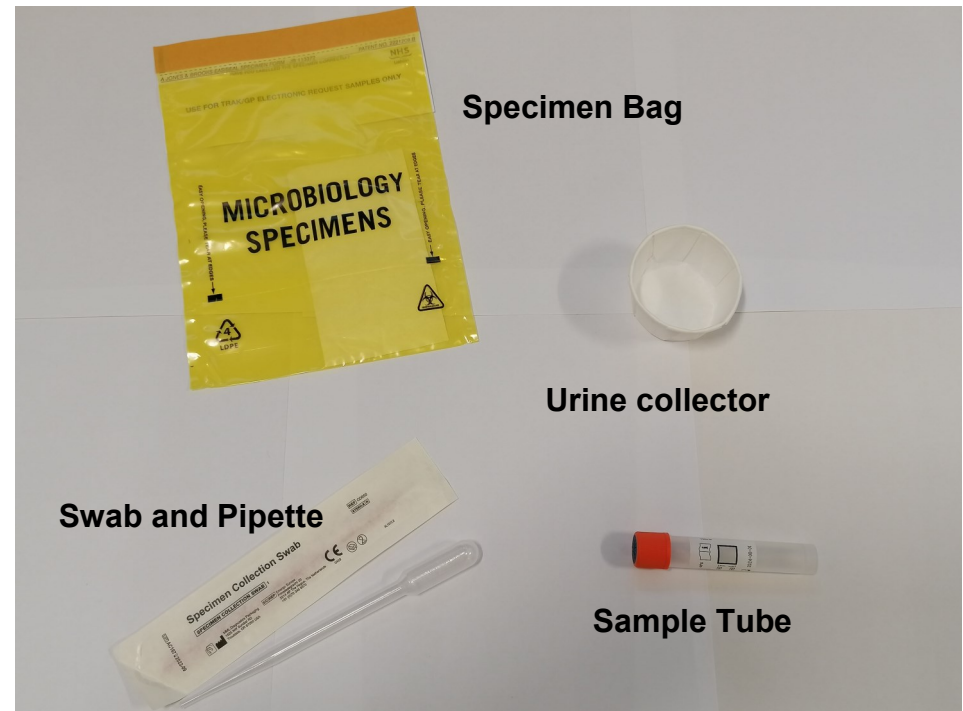
How to take a rectal swab

1. Please wash your hands before and after taking your swab.
2. Remove the swab from the packaging.
3. Part your buttocks and insert the swab 2-3 centimetres.
4. Gently twist the swab on one side of the rectal wall and remove.
5. Remove the lid from the tube and put the cotton end into the tube (please ensure you do not spill the liquid in the tube).
6. Snap off the end of the swab at the notch.
7. Screw the lid back onto the tube tightly to avoid any leakage.



What is in my kit?

Enclosed all the items required to take your samples, please read these instructions before taking your samples. The picture below shows all the items that may be in your kit and what they are called. You may not have all the items shown as this kit has been put together specifically for your needs.



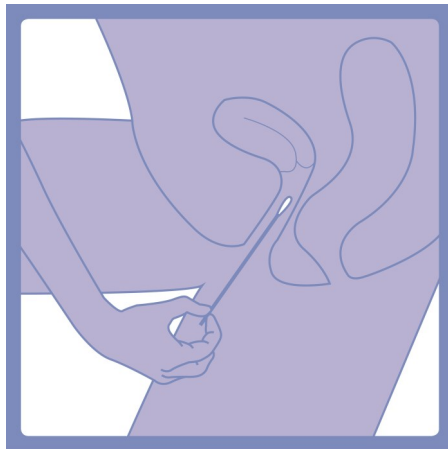
Before you start

1. Check the labels on the containers to see what samples you should take from each site.
2. Read the instructions before starting to take your samples.
3. Make sure the lids are put back on securely. Be careful not to spill the liquid in the tubes, if one does spill, please contact 0131 536 1070 for a replacement. Do not clean the spillage with bleach just use water.
4. Do not ingest the liquid in the tube, if you accidentally do so please seek medical attention.

Instructions to take your samples

How to take a vaginal swab

1. Please wash your hands before and after taking the test.
2. Remove the swab from the paper packaging. Insert the cotton tip into the vaginal opening about 4cms.
3. Circle the swab around in your vagina so you can feel it touching the walls of your vagina. Do this around 6 times (this will feel odd but not sore).
4. Take the lid off the tube being careful not to spill the liquid inside.
5. Remove the swab from your vagina.
6. Put the cotton end of the swab into the tube.
7. Snap off the shaft of the plastic swab at the notch.
8. Screw the lid back onto the container tightly to avoid any leakage.



How to take a urine test if you have a penis

1. You can do this test at any time of day, you do not have to hold your urine overnight before doing the test.
2. Please wash your hands before and after taking your test.
3. Pass a small amount of urine into the urine collector.
4. Take the lid off the tube being careful not to spill the liquid inside.
5. Use the pipette to suck up some of the urine.
5. Insert the pipette into the tube and squeeze the top of the pipette to decant the urine into the tube.
6. Stop filling the tube when you can see the urine level in the window on the tube.
7. Screw the lid back on tightly .
8. Pour any remaining urine into the toilet.

