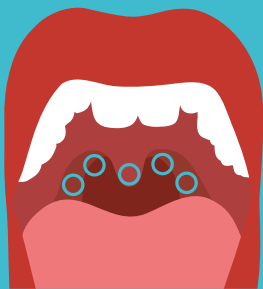




**1** Wash and dry your hands.



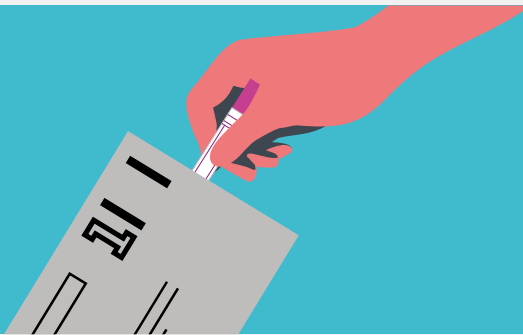
**2** Twist and pull the swab out of the sample tube.



**3** Swab around the back of your mouth and throat. You may cough or gag a little.



**4** Put the swab back into the tube and close firmly.



**5** Place all your samples and **lab card** into the grey freepost envelope and post in any Royal Mail post box.

### What is included in the kit:

This is a simple and reliable test designed to be safely used at home.



Swab

### When should I take this test?

You should wait 2 weeks after you think you could have been exposed to an infection. This is because Chlamydia and Gonorrhoea can take up to 2 weeks to be detected in a test. If unsure, test now and repeat later. You can do this test at any time of day.

### Do I need to write my name on the samples?

No, we have already labelled your samples with a unique code - this is to ensure your experience is as easy and discreet as possible.

### What happens next?

We will text you when your samples arrive at the lab.

We will then text you your test results as soon as possible (always within 7 days).

If you do have an infection we will advise you how to get treatment and further support.

### Contact us:

By text: 07860 041 233

By email: [info.sh24@nhs.net](mailto:info.sh24@nhs.net)

### FAQs:

[sh24.org.uk/faqs](https://sh24.org.uk/faqs)