



- 3** Gently insert the swab approximately 5cm into your vagina, touch the walls of your vagina for around 15 seconds.



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



- 1** Wash and dry your hands.



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



- 5** Place all your samples and **lab card** into the yellow 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. 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.

Can I use the swab when I am on my period?

Yes, it won't effect the result if the swab was taken whilst you are on your period.

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

FAQs:

sh24.org.uk/faqs