

STI KIT

sexual health self sample

INSTRUCTIONS

condoms by post:

www.waverleycare.org/find-a-service/free-condoms-by-post/



Free condoms by post

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Instructions

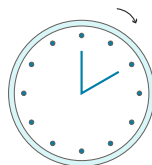
This kit is for you to take samples (swabs) for testing for infections which are passed from one person to another during sex. You can have these infections without symptoms.

If any of your test results are positive (show an infection) then staff at your local clinic will help you to get the treatment you need.

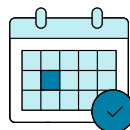
You have been sent this kit for one of these reasons:

- You have spoken to a member of our team who has 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.

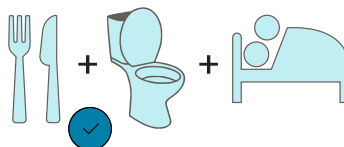
You can take the samples at any time of the day. Take the test as soon as you receive the kit unless told otherwise.



Not all infections can be detected straight after sex. It can take up to 2 weeks after sex for chlamydia and gonorrhoea, and 6 weeks after sex for syphilis and HIV, so make sure you test after these 'window periods'.

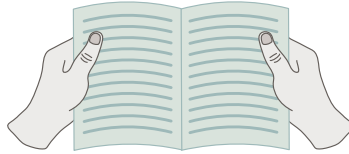


Eating, passing urine or having sex before taking the swabs will not affect the results.

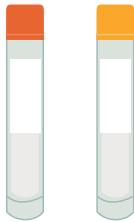


Before you start:

Read instructions before starting to take your samples.



Check the containers to see what samples you should take from where.



Be careful not to spill the liquid in the tubes. If one does spill, please contact your local clinic.

After you have taken your samples

Make sure lids are on securely before placing tube/s in sample bag with absorbent pad inside.



If a form is included in your kit, write the date on it.
Discard all rubbish then seal the sample bag.

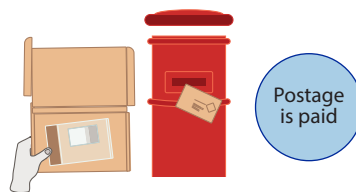
Date

Returning your samples for testing

Seal the sample bag, then place inside the returns box.



Put the sample bag back into the box. Seal closed with the sticker. Put into any Royal Mail post box.



Samples received with blood or bodily fluids contaminating the label or outside of the container will be rejected. Please clean up visible spillages before posting.

Getting your results

Your results should be texted to you within 7 to 14 days.

If they take longer than 14 days, phone your local sexual health clinic or call the number written on the results card included in your pack to hear your results.

What if my tests are positive?

If any of your test results are positive (show that you have an infection) then a health advisor at your local sexual health service will usually contact you to arrange treatment. You might get a text to let you know to contact the service or they may phone you.

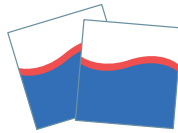
All infections tested for can be treated through your local sexual health clinic. Staff will explain what you need to do to get the treatment you need.

What is in my kit?

Contents of the kit will vary according to what has been ordered.



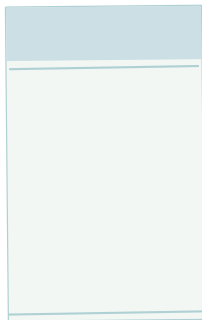
Blood tube



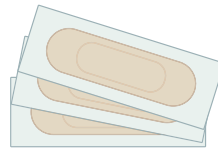
Sterile wipes



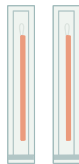
Safety lancet *



Specimen bag



Plasters



swabs



urine vial

* Please discard the lancet after use – do not return it!

Blood sample kit

This kit is for you to take a sample of your blood that can be used to check for **HIV and syphilis**.

You'll need to take some time to do your own blood test. It takes a bit longer than having your blood taken in the clinic so don't worry.

Watch our instruction video
nhsinform.scot/STIselfsample

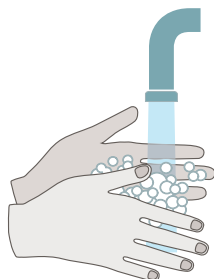


How to take your blood sample

Finger prick tutorial

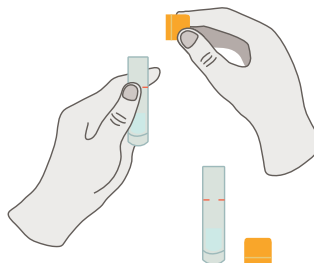


1. Wash your hands in warm water for a few minutes to help with the blood flow. Dry thoroughly.



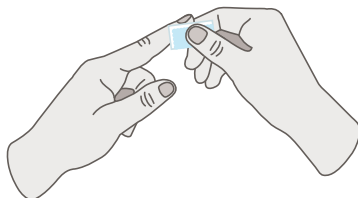
1.

2. Unscrew microtainer then stand upright on table.



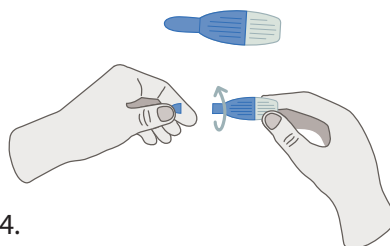
2.

3. Clean the side of the index finger of your non-writing hand with wipe provided. Shake hand at waist level to help blood flow.



3.

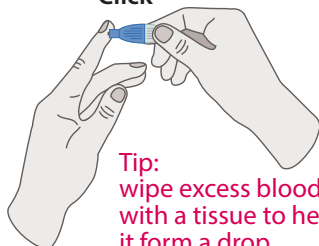
4. Twist and pull tip from lancet. Hold lancet in hand you write with.



4.

5. Locate lancet against the side of your cleaned finger. Press onto it firmly until you hear a click, then discard it.

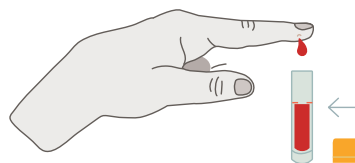
Click



Tip: wipe excess blood with a tissue to help it form a drop.

5.

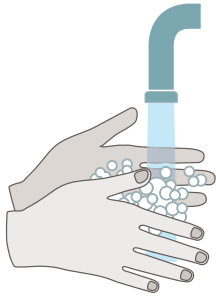
6. Let blood drops fall into tube, massaging your knuckle to help blood flow. You must reach the fill line. You can try more than one finger. Press hard on finger to stop bleeding.



6.

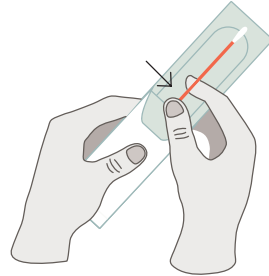
How to take your vaginal swab

Wash your hands.



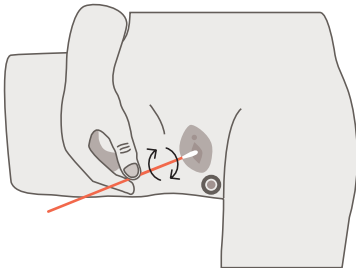
1.

Remove swab from packaging without touching the cotton end.



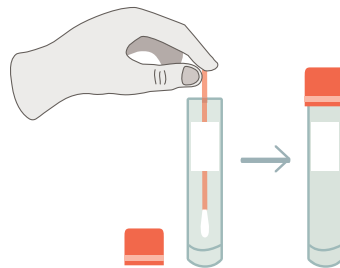
2.

Insert cotton end of swab 2-3 inches inside vagina and gently wiggle for 15 seconds. Remove without touching the outside of your body.



3.

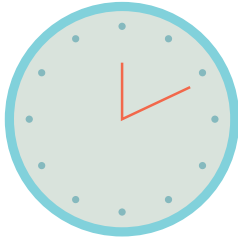
Unscrew tube marked '**vaginal**' without spilling liquid. Insert swab, cotton end down, and swirl swab around in the liquid, then press against side to remove as much liquid as possible before removing swab. Discard the swab in household waste.



4.

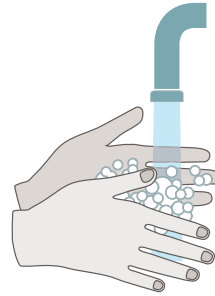
How to take your urine test

You can do this test at any time of day, you do not have to hold your urine overnight before doing the test.



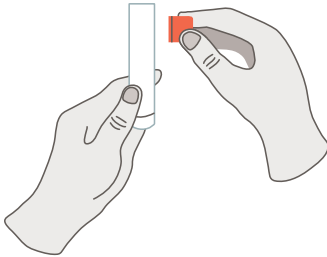
1.

Wash then dry your hands before and after taking your test to ensure accurate results.



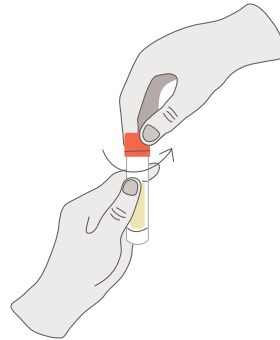
2.

Take the lid off the sample tube. pass a small amount of urine into the tube until about half full.



3.

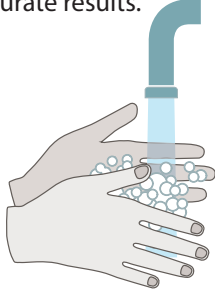
Screw the lid back on tightly to avoid any leakage.



4.

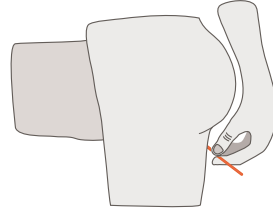
How to take your rectal swab

Wash then dry your hands before and after taking your test to ensure accurate results.



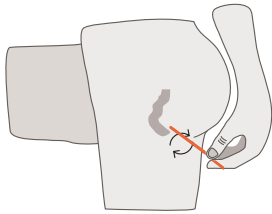
1.

Remove the swab from the packaging. Part your buttocks and insert the swab 2-3 centimetres



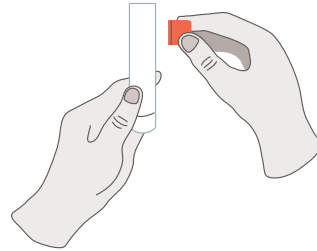
2.

Gently twist the swab on one side of the rectal wall and remove.



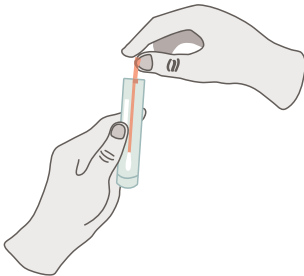
3.

Take the lid off the sample tube marked '**rectal**'. Take care not to spill the liquid in the tube.



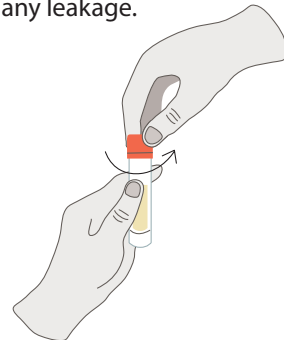
4.

Put the cotton end into the tube and swirl swab around in the liquid, then press against side to remove as much liquid as possible before removing swab. Discard the swab in household waste.



5.

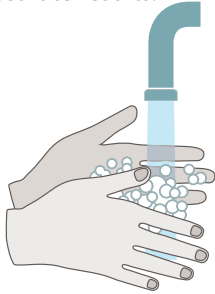
Screw the lid onto the tube tightly to avoid any leakage.



6.

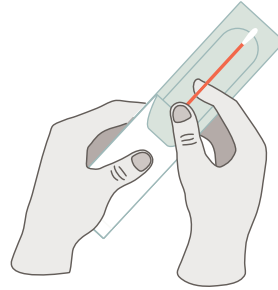
How to take your throat swab

Wash then dry your hands before and after taking your test to ensure accurate results.



1.

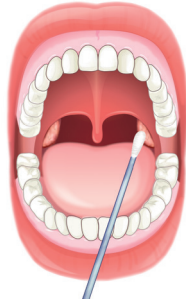
Remove the swab from the packaging.



2.

Swab firmly against back of throat several times, on both sides. .

Try not to let the swab touch anywhere else.

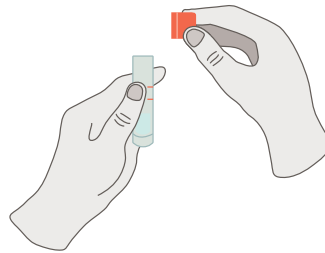


3.

Take the lid off the sample tube marked **'throat'**.

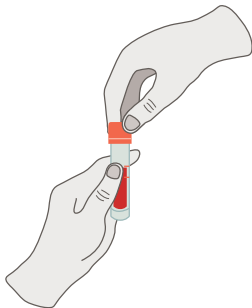
Take care not to spill the liquid in the tube. Put the cotton end into the tube and swirl swab around in the liquid, then press against side to remove as much liquid as possible before removing swab.

Discard the swab in household waste.



4.

Screw the lid onto the tube tightly to avoid any leakage.



5.

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Support and further information

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Developed with our patients

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Devised by Bridie Howe, Consultant, Highland Sexual Health		

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