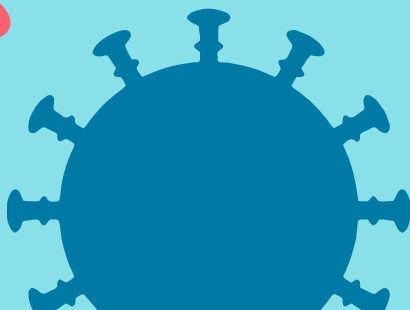
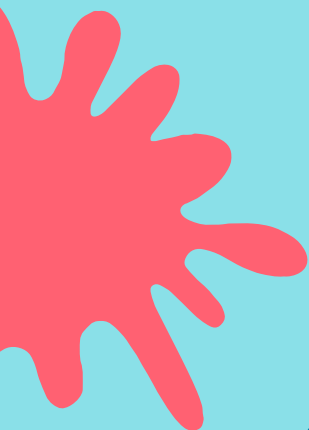




STI KIT

SEXUAL HEALTH SELF SAMPLE

Instructions

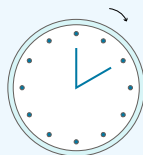


This kit is for you to take samples for testing for infections which are passed from one person to another during sex. You can have these infections without symptoms. If any of your test results are positive (show an infection) then staff at your local clinic will help you to get the treatment you need.

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.

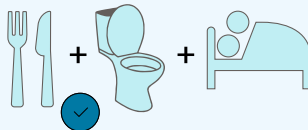
You can take the samples at any time of the day. Take the test as soon as you receive the kit unless told otherwise.



Not all infections can be detected straight after sex. It can take up to 2 weeks after sex for chlamydia and gonorrhoea, up to 45 days for HIV, and up to 12 weeks for syphilis to be detectable when testing. Make sure you test after these 'window periods'.



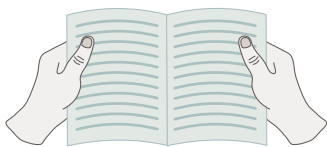
Eating, passing urine or having sex before taking the swabs will not affect the results.



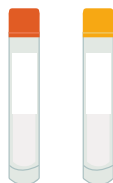
For more information visit
nhsinform.scot/STIselfsample



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.

Do one test at a time. Once you have taken the test make sure the lids are on tightly.

After you have taken your samples



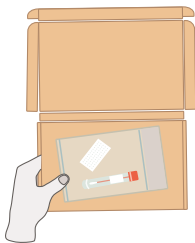
Insert tube(s) into the absorbent pad slot(s) and place in the sample bag.

DATE

11 / 08 / 2023

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

Returning your samples for testing



Seal the sample bag then place inside the returns box with the form.



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

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.

Staff will explain what you need to do to get the treatment you need.

Service finder: www.tinyurl.com/nhs-scot-services



Find a free condoms outlet at:
www.freecondoms.scot



free condoms

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SCOTLAND

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