

# STI KIT

SEXUAL HEALTH SELF SAMPLE

**urine**

## Before you start

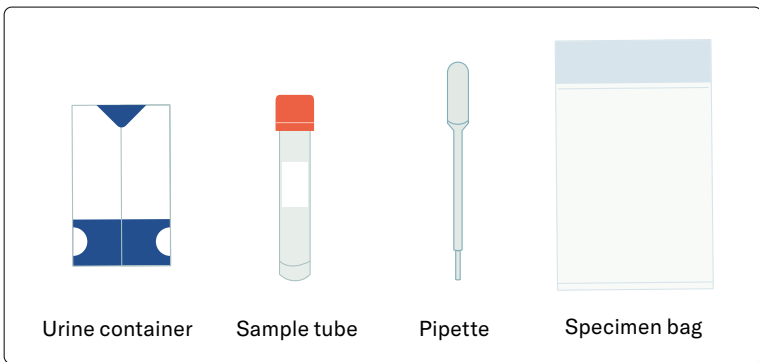
This kit is for you to take samples for testing for infections called chlamydia and gonorrhoea, which are passed on from one person to another during sex.

You can have these infections without symptoms.

They are easily cured with antibiotics.

## What is in my kit?

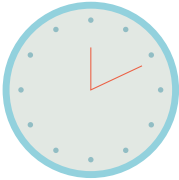
*Contents may vary slightly*



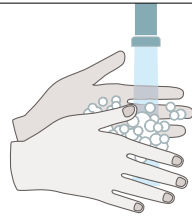
Your kit also includes an absorbent pad that your samples should be returned in and a request form that requires you to note the date that you took the test.

Please refer to the STI Kit Instructions leaflet for instructions on how to return the kit to us.

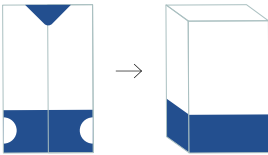
# How to take your urine test



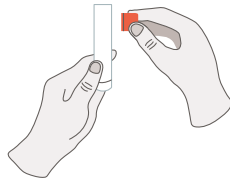
You can do this test at any time of day, you do not have to hold your urine overnight before doing the test.



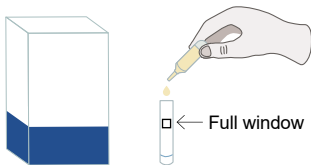
Wash then dry your hands before and after taking your test to ensure accurate results.



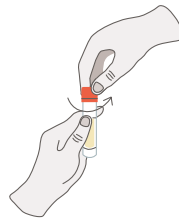
Open the flat packed urine container and pass a small amount of urine into the plastic pouch inside.



Take the lid off the sample tube. **Take care not to spill the liquid in the tube!**



Use the pipette to suck up some urine. Squeeze the top of the pipette to get the urine into the tube until you reach the full window. The sample cant be tested if over/under filled.



Screw the lid back on tightly. Pour remaining urine into the toilet.



**free condoms**

**Find a free condoms outlet at:**  
[www.freecondoms.scot](http://www.freecondoms.scot)



**NHS**  
SCOTLAND

**Sandyford**

