

# STI Testing Kit Instruction Booklet



## Your STI testing kit includes:

- ✓ 4 × specimen tubes & labels
- ✓ 3 × swabs
- ✓ 1 × urine collection cup and pipette
- ✓ 1 × specimen bag
- ✓ 2 × request forms
- ✓ 1 × prepaid return envelope
- ✓ 1 × instruction booklet

## Kia ora

Your STI screen includes testing for Chlamydia and Gonorrhoea (swabs and/or urine collection), and HIV and Syphilis (blood tests).

This screening kit is suitable for all people, however the type of samples you need to collect is not the same for everyone. It is important to read the following instructions to ensure you collect the right samples.

- 1 Follow the questions on page 3 to determine which set of collection instructions to follow.
- 2 Read and complete the steps to collect your samples.
- 3 Receive an email of your results within a week of your samples arriving at the laboratory. Use your DOB to unlock your results file.

Further information about the STIs we test for, as well as information about positive and negative results, is available at [sexualhealth101.co.nz](https://sexualhealth101.co.nz)

For any questions, please email [testing@sexualhealth101.co.nz](mailto:testing@sexualhealth101.co.nz)

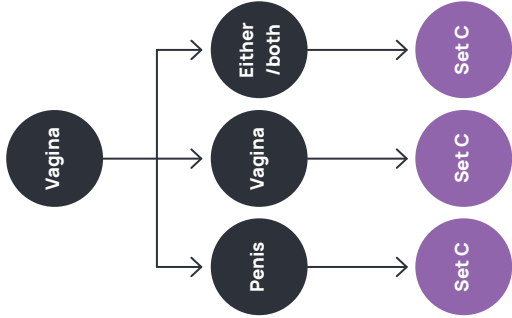
### Find your nearest collection centre

To get your blood test and/or to drop off your samples, scan the QR code with your phone or visit [sexualhealth101.co.nz/collection-centres](https://sexualhealth101.co.nz/collection-centres) to find your local collection centre.

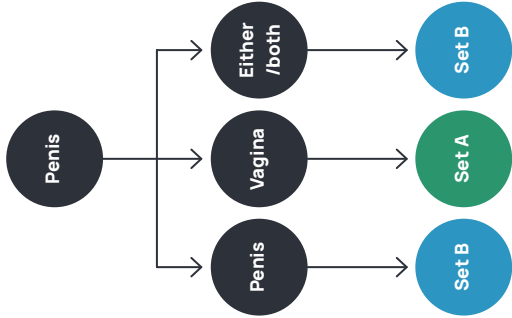


Follow these questions to determine which instruction set to follow

Question 1.  
I have a:



Question 2.  
I have sex with people with a:



Follow instruction set:

## Self-collecting personal samples

*This following steps will test for chlamydia and gonorrhoea at our laboratory*

## Taking a urine (pee) sample

! Do not pee at least one hour prior to specimen collection

On the blank labels provided, clearly write your **first and last name** and **date of birth**. Place one label on the sample tube sideways. Do not wrap the label around the tube.

1

**Pee into a clean container (approx. 20-30ml).**

It's a good idea to do this over/near your toilet so you can finish peeing once you've collected enough. Take care not knock over your sample once you've set it aside.



2

Carefully opened the tube labelled "URINE".

3



Pipe the urine into the sample tube by squeezing the top. Fill the tube until your urine reaches the black window on the tube.

5



Suck some of your urine up in the pipette provided.

4

Have a practice and squeeze the top while it's submerged then let it go to watch it flow up.



Put the cap back on tightly and ensure the label is secure.

6



Place the labelled specimen tube into the main section of the plastic specimen bag.

7

**Locate and complete the form labelled “Request Form – Self-collect specimens”:**

8

- a Clearly write your full name, date of birth, phone number, postal address and email address in the relevant fields. **Your email address needs to be clearly written - this is how you will receive your results.**
- b Tick which samples you collected

**Place the form into the small side pocket of the specimen bag.**

9

**Place the specimen bag into the included prepaid return envelope and send it back to us or drop it to one of our collection centres.**

10

## Collection centre samples

*The follow steps will collect a blood sample for testing HIV and syphilis at our laboratory. Your blood test is prepaid and requires you to visit a collection centre in person.*

## Getting a blood test

**Locate and complete the form labelled “Request Form – Blood Test”.**

1

Clearly write your full name, date of birth, phone number, postal address and email address in the relevant fields. **Your email address needs to be clearly written - this is how you will receive your results.**

**Take your “Request Form” to any of the Sexual Health 101 associated collection centres for your blood to be collected.**

2

**Find your nearest collection centre**

Visit [sexualhealth101.co.nz/collection-centres](http://sexualhealth101.co.nz/collection-centres) or scan the QR code on page 2.

# Instructions for a urine sample, a rectal sample, a throat sample and a blood test

## Self-collecting personal samples

*This following steps will test for chlamydia and gonorrhoea at our laboratory*



On the blank labels provided, clearly write your **first and last name** and **date of birth**.

Place one label sideways on the urine tube, rectal tube and throat tube.

Do not wrap the label around the tube.

### Taking a urine (pee) sample



*Do not pee at least one hour prior to specimen collection*

#### **Pee into a clean container (approx. 20-30ml).**

It's a good idea to do this over/near your toilet so you can finish peeing once you've collected enough. Take care not knock over your sample once you've set it aside.

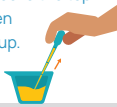


#### **Carefully opened the tube labelled "URINE".**



#### **Suck some of your urine up in the pipette provided.**

Have a practice and squeeze the top while it's submerged then let it go to watch it flow up.



#### **Pipe the urine into the sample tube by squeezing the top.**

Fill the tube until your urine reaches the black window on the tube.



#### **Put the cap back on tightly and ensure the label is secure.**



## Taking a rectal (bum) swab

Remove the swab labelled "RECTAL".

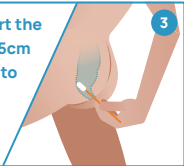
Don't touch the tip of the swab.



Hold the swab over the snap line in the middle - this makes sure it doesn't snap when swabbing.



Carefully insert the swab about 2.5cm into your bum to gently rotate for 5 - 10 seconds.

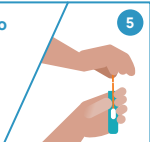


Carefully open the tube labelled "RECTAL".

Make sure you don't spill the clear liquid inside the tube.



Place the swab into the tube.



Break the top off the swab at the snap line.



Put the cap back on tightly and ensure the label is secure.

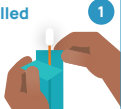


Set B instructions continue on the next page

## Taking a throat swab

Remove the swab labelled  
"THROAT".

Don't touch the tip  
of the swab.



Hold the swab over the snap  
line in the middle - this makes sure  
it doesn't snap when swabbing.



Open your mouth wide and  
rub the swab around the sides  
at the back of your mouth and into  
your throat - making contact with  
the areas indicated here.

Saying "aaahh" gets your  
tongue out of the way  
and may help reduce  
gagging.



Carefully open the tube  
labelled "THROAT".

Make sure you don't spill  
the clear liquid inside  
the tube.



Place the swab  
into the tube.



Break the top off  
the swab at the  
snap line.



Put the cap back on tightly and ensure the label is secure.



## Packaging your samples

Place the three labelled specimen tube(s) into the main section of the  
plastic specimen bag.

1



**Locate and complete the form labelled “Request Form – Self-collect specimens”:**

2

- a Clearly write your full name, date of birth, phone number, postal address and email address in the relevant fields. **Your email address needs to be clearly written - this is how you will receive your results.**
- b Tick which samples you collected

**Place the form into the small side pocket of the specimen bag.**

3

**Place the specimen bag into the included prepaid return envelope and send it back to us or drop it to one of our collection centres.**

4

## Collection centre samples

*The follow steps will collect a blood sample for testing HIV and syphilis at our laboratory. Your blood test is prepaid and requires you to visit a collection centre in person.*

## Getting a blood test

**Locate and complete the form labelled “Request Form – Blood Test”.**

1

Clearly write your full name, date of birth, phone number, postal address and email address in the relevant fields. **Your email address needs to be clearly written - this is how you will receive your results.**

**Take your “Request Form” to any of the Sexual Health 101 associated collection centres for your blood to be collected.**

2

**Find your nearest collection centre**

Visit [sexualhealth101.co.nz/collection-centres](http://sexualhealth101.co.nz/collection-centres) or scan the QR code on page 2.

## Self-collecting personal samples

*This following steps will test for chlamydia and gonorrhoea at our laboratory*

## Taking a vaginal swab

On the blank labels provided, clearly write your **first and last name** and **date of birth**. Place one label on the sample tube sideways. Do not wrap the label around the tube.

1

Remove the swab labelled "VAGINAL".

Don't touch the tip of the swab.



2

Hold the swab over the snap line in the middle – this makes sure it doesn't snap when swabbing.



3

Carefully insert the swab about 5cm inside your vagina and rotate the swab for 10 – 30 seconds.



4

Carefully open the tube labelled "VAGINAL".

Make sure you don't spill the clear liquid inside the tube.



5

Place the swab into the tube.



6

Break the top off the swab at the snap line.



7

Put the cap back on tightly and ensure the label is secure.



8

Place the labelled specimen tube into the main section of the plastic specimen bag.

9

**Locate and complete the form labelled “Request Form – Self-collect specimens”:**

10

- a** Clearly write your full name, date of birth, phone number, postal address and email address in the relevant fields. **Your email address needs to be clearly written - this is how you will receive your results.**
- b** Tick which samples you collected

**Place the form into the small side pocket of the specimen bag.**

11

**Place the specimen bag into the included prepaid return envelope and send it back to us or drop it to one of our collection centres.**

12

## Collection centre samples

*The follow steps will collect a blood sample for testing HIV and syphilis at our laboratory. Your blood test is prepaid and requires you to visit a collection centre in person.*

## Getting a blood test

**Locate and complete the form labelled “Request Form – Blood Test”.**

1

Clearly write your full name, date of birth, phone number, postal address and email address in the relevant fields. **Your email address needs to be clearly written - this is how you will receive your results.**

**Take your “Request Form” to any of the Sexual Health 101 associated collection centres for your blood to be collected.**

2

### Find your nearest collection centre

Visit [sexualhealth101.co.nz/collection-centres](https://sexualhealth101.co.nz/collection-centres) or scan the QR code on page 2.

## Your privacy

Sexual Health 101 facilitates the safe requesting, generation and reporting of lab test results and we are committed to protecting this information in accordance with the law and with the expectations of health consumers and providers. We take our role as a custodian of health information seriously and know that privacy is an important component of consumer and provider trust in our services.

Your result is confidential, so if you test positive for Gonorrhoea, Syphilis or HIV, we recommend you contact a local treatment provider.

Gonorrhoea, Syphilis and HIV are notifiable infections, which means that we are legally required to notify Public Health of any positive results, however information directly identifying the client is not included.

Our updated privacy policy is available on our website.

## Our laboratories

Sexual Health 101 is a service delivered by APHG - New Zealand's leading provider of laboratory and pathology services. Our network includes 25 laboratories and 150 collection centres nationwide.

Our laboratories are accredited to NZS/ISO 15189 "Medical Laboratories - Particular requirements for quality and competence". The accreditation is done annually by an external agency known as International Accreditation New Zealand (IANZ).

