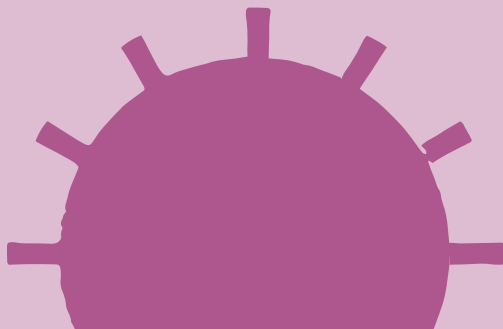


# STI KIT

SEXUAL HEALTH SELF SAMPLE

**throat**



# Throat sample kit

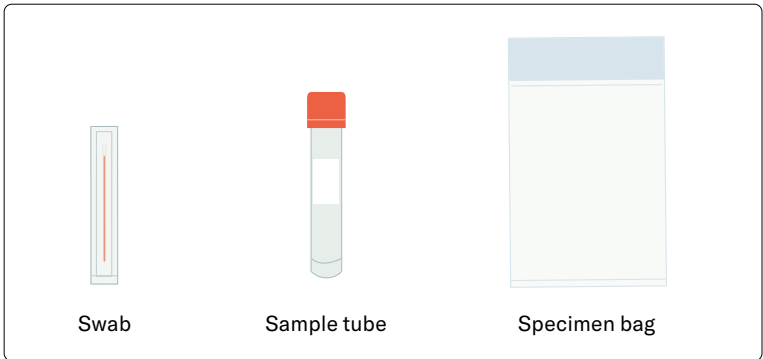
This kit is for you to take samples (swabs) for testing for infections called chlamydia and gonorrhoea, which are passed on from one person to another during sex.

You can have these infections without symptoms.

They are easily cured with antibiotics.

## What is in my kit?

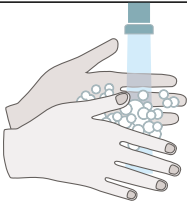
*Contents may vary slightly*



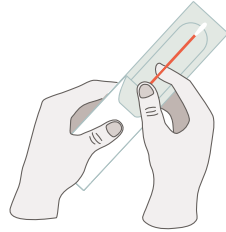
Your kit also includes an absorbent pad that your samples should be returned in and a request form that requires you to note the date that you took the test.

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

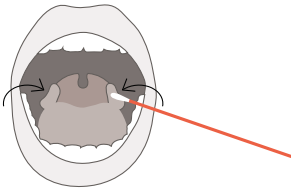
# How to take your throat swab



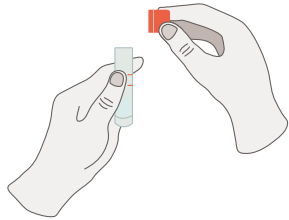
Wash then dry your hands before and after taking your test to ensure accurate results.



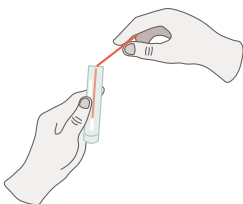
Remove the swab from the packaging.



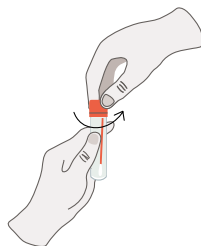
Swab firmly against back of throat several times, on both sides. Try not to let the swab touch anywhere else.



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



Put the cotton end of the swab into the tube then snap off the end of the swab at the notch.



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

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



**free condoms**



**Sandyford** 

