How do you take your sample for the STI test?

Your kit is for the sample you chose: urine, or a swab of one site (throat, rectum or vagina). It takes a few minutes; the instructions in your kit are for your sample.

What is in the kit

- Suporte para tubos, dobrável
- Instruções
- Envelope de devolução
- Coletor de urina
- Saco de segurança
- Folha absorvente
- Caixa impressa do kit
- Envelope de envio
- Tubo de transporte, 1 ml (eNAT)
- Pipeta, 3 ml
- Formulário do teste

Step by step

1. **Check your kit**
   Your kit holds a urine collector and a pipette for a urine sample, or a collection swab for a swab. Both come with a transport tube, the tube stand and the instructions for your sample.
2. **Wash your hands**
   Wash your hands and dry them. Unfold the tube stand and put the transport tube in it.
3. **Urine: collect and transfer**
   Pee into the urine collector [when and how much: advice of our lab]. With the pipette, move urine into the transport tube up to [fill line: from our lab].
4. **Swab: take the swab of your site**
   Open the swab without touching the tip and take it as the instructions for your site show [technique per site: from our lab]. Put the swab in the transport tube.
5. **Close the tube**
   Close the transport tube firmly.
6. **Register your kit**
   In your account, enter the kit code on the tube and the time you took the sample.
7. **Pack and post**
   Put the tube with the absorbent sheet in the safety bag, add the test form and close the return envelope. Post it the same day, on a Monday, Tuesday or Wednesday, so it isn't stuck in the post over the weekend.

Sending your sample back

[return label]

More information and ordering

https://www.novilabtest.com/pt-pt/product/teste-sti/

A lab result is not a diagnosis and does not replace advice from a doctor. If you have symptoms or concerns, or a result is outside the usual range, please contact your doctor.