

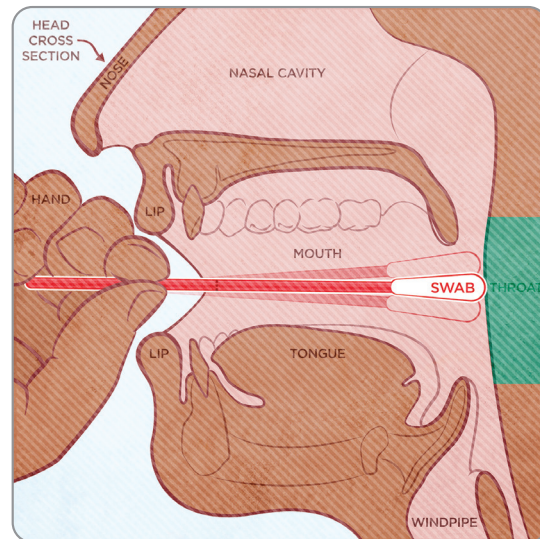
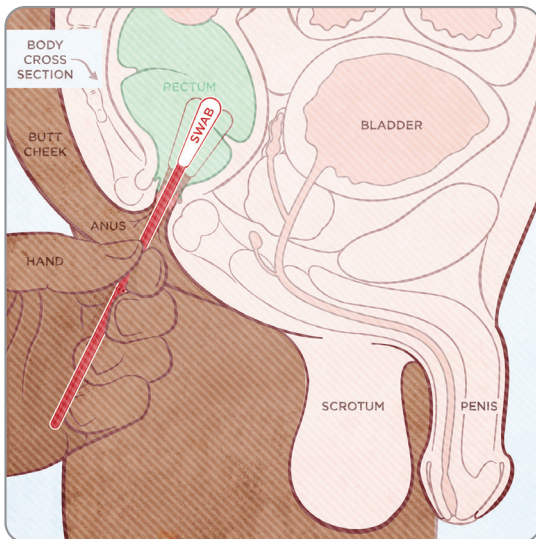
STI Testing Self-collection Kit

Here is your kit to collect samples from your throat (pharynx) and bottom (rectum/anus) to check for two common sexually transmitted infections (STIs) called chlamydia and gonorrhea. You can collect these samples in the bathroom of the lab or at home. **It's important that you drop them off at the lab the same day you collect them.**

If you have any questions, please call or send a MyChart message to your PrEP provider.

First, let's define the names for the areas we are swabbing:

- **Rectum or anus refers to the opening/hole in your bottom where your poop comes out.**
- **Buttocks are the cheeks of your butt/bottom.**
- **Pharynx is the back of your throat.**



We have included instructions for you to collect these samples by swabbing your throat and anus.

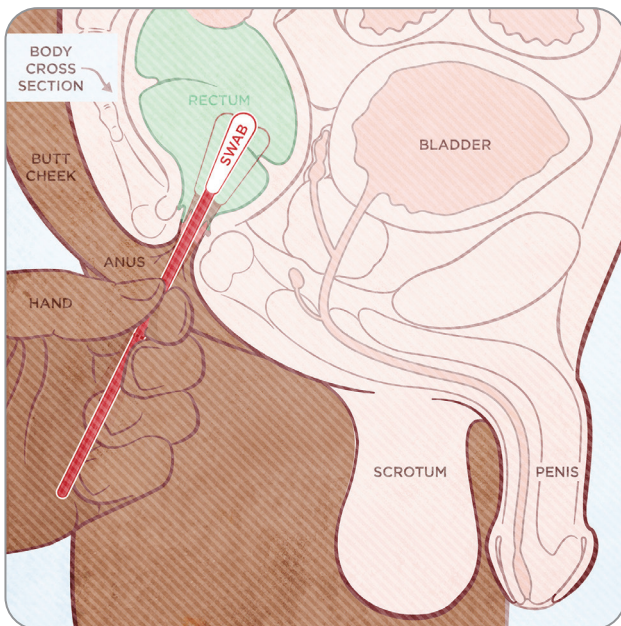
These tests only check for chlamydia and gonorrhea, which can be present in either your throat, penis/vagina, or anus even if you do not feel anything. We will check for these infections every three months.

If you are having **pain, itching, discharge or bleeding from any of those areas**, we recommend that you contact your primary care doctor. Our tests won't detect what could be causing those symptoms and we want to be sure that you're getting the care you need.

Follow these steps below to collect your anal swab. Read all the steps before beginning. If you drop the swab or spill the contents of the tube, ask the laboratory staff person for a fresh kit or ask your PrEP provider to mail you another kit.

You can collect this sample in the bathroom of the lab or at home. **It's important that you drop it off at the lab the same day you collect it.**

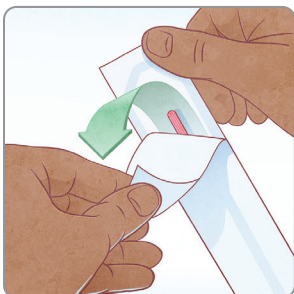
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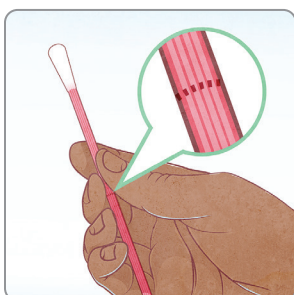
- 1** Wash your hands with warm water and soap.
- 2** Put a clean paper towel on a table or counter and lay the collection kit on it.



- 3** Open the collection kit. Remove the swab and tube filled with liquid.



- 4** Remove the swab from its packaging. Do **NOT** let the soft tip touch anything besides your anus.

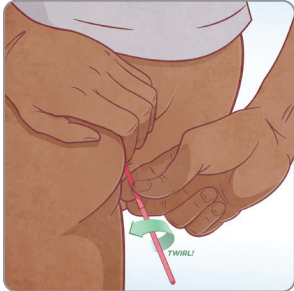


- 5** Hold the middle of the swab with your thumb and index finger with the soft tip facing your anus.



6 Put one foot on a toilet bowl, bathtub, or other ledge that will make it easier to place the swab in your anus.

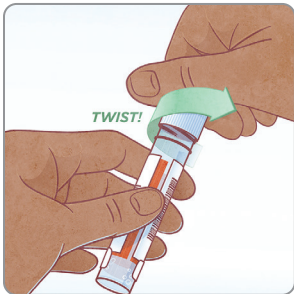
7 Take one hand and pull one buttock to the side.



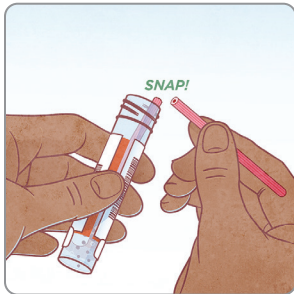
8 With your other hand, gently insert the swab into your anus, no more than 1 inch deep, which is about the diameter of a US quarter. To improve comfort, you may twirl the swab as you put it in.

9 Rotate the swab a full turn (360 degrees) at least twice.

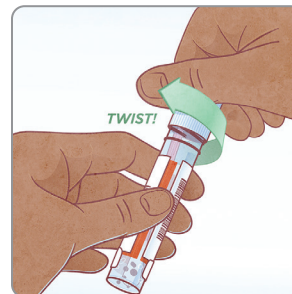
10 Then gently remove it from your anus while turning it.



11 Remove the cap from the tube.



12 Place the soft tip of the swab in the tube. Snap the shaft at the middle marking, leaving the soft tip in the tube. It should now fit in the tube.



13 Put the cap back on the tube and close it tightly to prevent any leaks. Throw away the wrapper.



14 Put the tube **and** the lab sheet (a piece of paper with your name and the lab test we have ordered) in the biohazard bag and seal the bag.



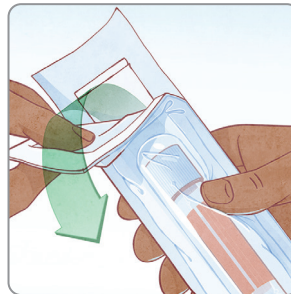
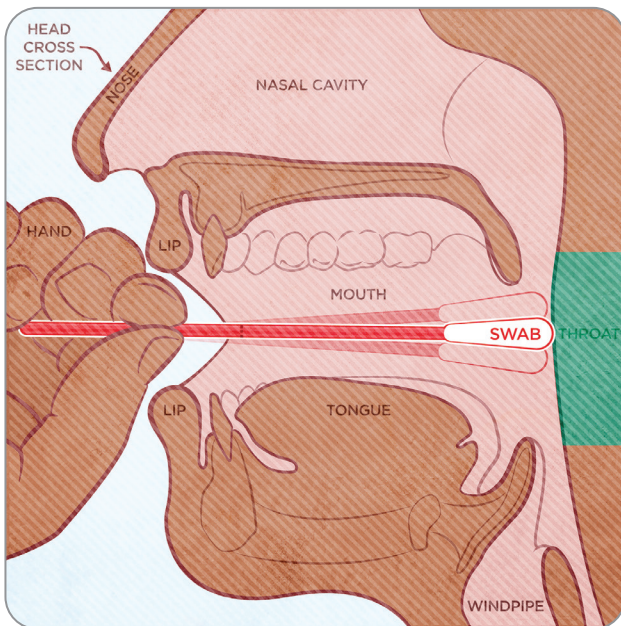
15 Wash your hands with warm water and soap.

16 Drop off the sealed bag which contains the tube and lab sheet to the lab **the same day you collect the sample**. This can be done at the same time when you go to get your blood and urine checked.

Follow these steps to collect your throat swab. Read all the steps before beginning. If you drop the swab or spill the contents of the tube, ask the laboratory staff person for a fresh kit or ask your PrEP provider to mail you another kit.

You can collect this sample in the bathroom of the lab or at home. **It's important that you drop it off at the lab the same day you collect it.**

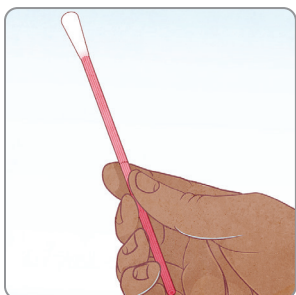
If you have any questions, please call or send a MyChart message to your PrEP provider.



- 1** Wash your hands with warm water and soap.
- 2** Stand in front of a mirror in a well-lighted area.
- 3** Put a clean paper towel on a table or counter and lay the collection kit on it.
- 4** Open the collection kit. Remove the swab and tube filled with liquid.



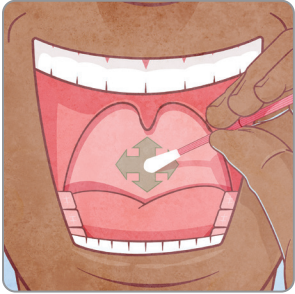
- 5** Remove the swab from its packaging. Do **NOT** let the soft tip touch anything besides your throat.



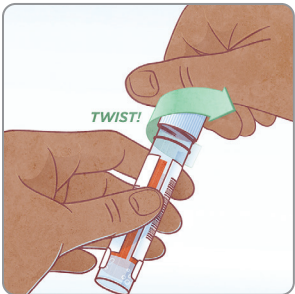
- 6** Hold the middle of the swab with your thumb and index finger with the soft tip facing your throat.



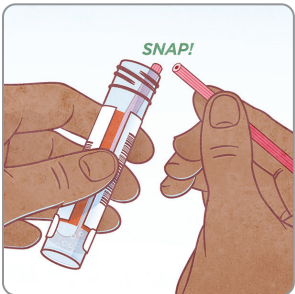
7 Open your mouth wide.



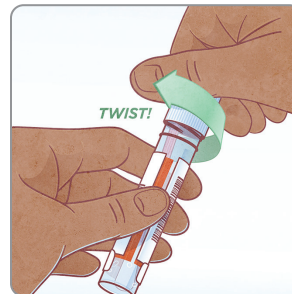
8 Using the soft tip at the end of the swab, wipe it across the back of your throat as shown in the diagram. Don't touch the swab to your tongue or the sides of your mouth. You may feel a gagging feeling; this is normal.



9 Remove the cap from the tube.



10 Place the soft tip of the swab in the tube. Snap the shaft at the middle marking, leaving the soft tip in the tube. It should now fit in the tube.



11 Put the cap back on the tube and close it tightly to prevent any leaks. Throw away the wrapper.



12 Put the tube **and** the lab sheet (a piece of paper with your name and the lab test we have ordered) in the biohazard bag and seal the bag.



13 Wash your hands with warm water and soap.

14 Drop off the sealed bag which contains the tube and lab sheet to the lab **the same day you collect the sample**. This can be done at the same time when you go to get your blood and urine checked.