

# Unity Swab Kit

Based on the information you have provided, we have included some extra tests for you. These tests would be the same that you would receive if you attended for a full screen at the sexual health clinic.



Provided by:



University Hospitals Bristol  
NHS Foundation Trust

## Extra swabs:

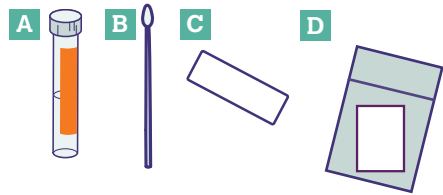
In this kit you will find two extra swabs, one for your throat and one for your rectum. These tests are needed to check whether you have a chlamydia or gonorrhoea infection in these areas of your body.

The instructions below tell you how to take your throat and rectal swabs.

## How to take a throat swab:

### You should have:

- A** a specimen tube (with an orange label)
- B** a swab (in a sealed package with the specimen tube)
- C** a throat swab label (on the label sheet)
- D** a clear specimen transport bag with absorbent padding.



It may be helpful to take this sample standing up in front of a mirror.

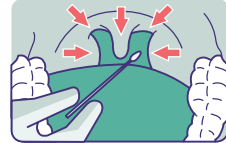
### Instructions:



- 1** Thoroughly wash your hands in warm water using hand gel or soap. Ensure they are completely dry.



- 2** Remove the lid from the specimen tube with the orange label and place upright on a flat surface. Be careful that no liquid is spilt out of the tube. Only remove the swab from its wrapper when you are ready to take your sample. The swab must not touch any surface.



- 3** Open your mouth wide and move the swab across the back of your mouth in the areas shown in the picture. This may trigger your gag reflex, which is perfectly natural. You may need to pause briefly between swabbing all the areas shown.



- 4** When complete, insert the swab into the specimen tube.



- 5** Break the swab in half along the score mark ensuring the swab and fluid remains in the tube.



- 6** Replace the lid and ensure it is tightly secured, discard the remaining part of the swab.



- 7** Peel the throat swab label from the sheet and attach it to the specimen tube.



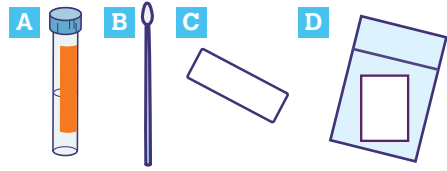
- 8** Place the labelled specimen tube into the clear specimen transport bag with the absorbent padding.

- 9.** Complete any other tests you still need to do.

# How to take a rectal swab:

## You should have:

- A** a specimen tube (with an orange label)
- B** a swab (in a sealed package with the specimen tube)
- C** a rectal swab label (on the label sheet)
- D** a clear specimen transport bag with absorbent padding.

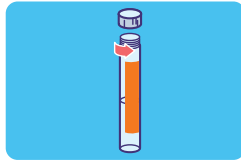


It may be helpful to take this swab standing up.

## Instructions:



**1** Thoroughly wash your hands in warm water using hand gel or soap. Ensure they are completely dry.



**2** Remove the lid from the specimen tube (with the orange label) and place it upright on a flat surface. Be careful that no liquid is spilled out of the tube. Only remove the swab from its wrapper when you are ready to take your sample. The swab must not touch any surface.



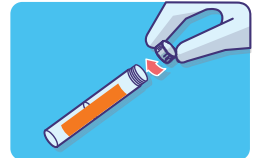
**3** Insert the swab gently about 2-3 cm into the rectum. Gently twist the swab a few times.



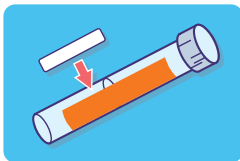
**4** When complete, insert the swab into the specimen tube.



**5** Break the swab in half along score mark ensuring the swab remains in the fluid.



**6** Replace the lid and ensure it is tightly reattached to the specimen tube, discard the remaining part of the swab.



**7** Peel the rectal swab label from the sheet and attach it to the specimen tube.



**8** Place the labelled specimen tube into a clear specimen transport bag with absorbent padding.

Complete any other tests you still need to do. If this is your last test, please refer to 'Returning Your Tests' on the back page of the main instruction leaflet.

