

INSTRUCTIONS

STD-TEST FOR MEN

Wait at least 14 days after the unprotected sex before you test yourself.

Please return the 'retourbox' as soon as possible.



STD TEST

This is a sample collection kit for the two most common STDs, **Chlamydia** and **Gonorrhoea**. Use testalize.me to test yourself anonymously and wherever you want. Analyses are done at an ISO 15189-accredited laboratory. The results are checked by a medical microbiologist. The test shows if one or both STDs are present in the clinical material you have sent in.

Questions? Please send an e-mail to hallo@testalize.me

EXPLANATION

The testalize.me STD test for men works on the basis of urine. We look for certain bacteria in the urine. You take the urine sample yourself and send it to us. If the result is positive, you will receive more information via **testalize.me**. This is also where you can download a printout which you have to show the attending physician.

Revised on: 26-03-2018

Storage conditions of the sampling kit: 15°C to 30°C

Transport conditions of the retourbox: 2°C to 30°C



CONTENTS



Tube*

Pipette**

Safety bag***

Instructions with code card

Retourbox and seal

* Tube: Aptima® Urine Specimen Transport Tube - Hologic Inc.

** Pipette - Hologic Inc.

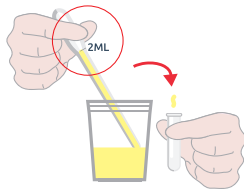
*** Safety bag: Sealbag AS - Transposafe

USE

Leave the existing liquid in the tube.
Do not ingest. Avoid skin contact.

- 1 Take a urine sample. We recommend taking an early-morning sample. Make sure you did not urinate for at least an hour. Collect the first trickle (20 to 30ml*) in a cup (which should not contain any preservatives).
- 2 Use the pipette to transfer 2ml of urine to the tube (you need to do this within 24 hours of taking the sample). The urine should reach up to between the two black lines.
- 3 Securely close the tube. Place the tube in the safety bag and seal it. Put everything in the retourbox (leave the foam inside) and secure it using the seal.

- 4 Post the retourbox containing your urine sample. You can simply use the orange PostNL postboxes (in the event of frost, we recommend using an indoor postbox). No stamp required. You can request the result of the test on testalize.me/uitslag within 48 hours** using your unique personal code, so keep your code card in a safe place. No code? No result!



* it is important not to collect more than 30ml of urine, as collecting more would reduce test sensitivity

** after receipt at our lab (working days)

CODE CARD

You can anonymously request your result on testalize.me/uitslag within 48 hours. Make sure to keep your code safe!