

# INSTRUCTIONS

## STD-TEST ORAL

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](mailto:hallo@testalize.me)

### EXPLANATION

The testalize.me STD test for the throat works on the basis of an oral swab (cotton swab). We look for certain bacteria in the body material. You take the 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\* Cotton swab\*\* Safety bag\*\*\* Instructions with code card Retourbox and seal

\* Tube: Aptima® Multitest Swab Transport Medium (STM) - Hologic Inc.

\*\* Cotton swab: Aptima® Multitest Swab (SW) CE0843 MDD 93/42/EEC  - Hologic Inc.

\*\*\* Safety bag: Sealbag A5 - Transposafe

## USE

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

- 4 Post the retourbox containing your cotton swab. 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](https://testalize.me/uitslag) within 48 hours\* using your unique personal code, so keep your code card in a safe place. No code? No result!

- 1 Wash your hands. Remove the cotton swab from its packaging. Do not touch the soft tip! Make sure the tip does not come into contact with dirt.

Do not hold the cotton swab underneath the score line. Carefully place the cotton swab in your mouth and move it along your tonsils (both sides of your mouth) and the back of your throat. Take the cotton swab out of your mouth without touching your tongue or cheeks.

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- 3 Place the cotton swab in the transport tube and snap it along the score line. 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.



\* after receipt at our lab (working days)

## CODE CARD

You can anonymously request your result on [testalize.me/uitslag](https://testalize.me/uitslag) within 48 hours. Make sure to keep your code safe!