

REGION
SJÆLLAND



-vi er til for dig

URINE TEST

Test yourself for chlamydia

Guide for home testing



URINE TEST

Guide for home testing for chlamydia

For individuals with a penis.

Get yourself a clean cup (like a disposable one)
Have these items from the test kit ready:

Before you take the test

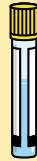
Wait two weeks after unprotected sex before testing.

Take the test as soon as possible after that.

If you have symptoms or feel worried, see a doctor.



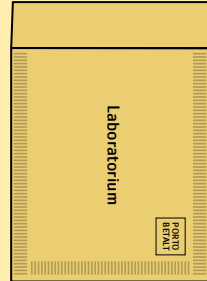
Pipette



Sample Tube



Protection Cylinder



Envelope

1



- Urinate into a clean cup. Use first morning urine or wait at least two hours after your last urination.

2



- Use the pipette to collect some urine from the cup.

3



- Take the sample tube with the yellow cap.
- Open the sample tube by unscrewing the cap.
- The liquid inside must remain in the tube.

4



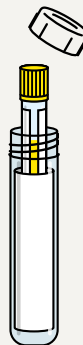
- Using the pipette, fill the tube with urine until slightly more than half full (about 2 ml).

5



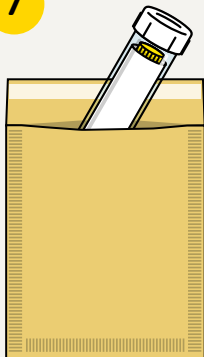
- Screw the yellow cap back on tightly.
- Discard the used pipette.

6



- Place the sample tube into the protection cylinder
- Screw the white cap back on tightly.

7



- Put it into the return envelope.
- Send it the same day. The test is discarded if it becomes too old.

8



- Postage is paid, and the envelope is addressed.
- Drop the envelope off where you usually send letters and packages.

Getting your results

If you are infected

A healthcare professional will call you to explain your treatment and provide a prescription for medication. You will also receive a message in your e-Boks with the test result.

If the test shows no signs of infection

You will receive a message in your e-Boks.