



## VAGINAL SWAB TEST

# Test yourself for chlamydia

Guide for home testing



# VAGINAL SWAB TEST

## Guide for home testing for chlamydia

For individuals with a vagina. **Have these items from the test kit ready:**

### Before you take the test

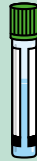
Wait two weeks after unprotected sex before testing.

Take the test as soon as possible after that.

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



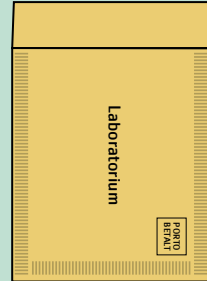
Swab



Sample Tube

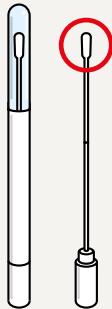


Protection Cylinder



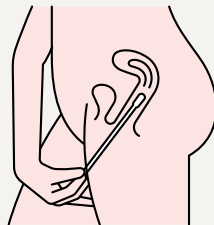
Envelope

1



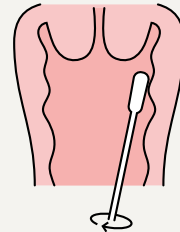
- Take the swab out of its wrapper.
- Try to touch the tip as little as possible.

2



- Insert the swab about 5 cm into your vagina.

3



- Rotate the swab for about 20 seconds while in contact with the vaginal wall.

4



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

5



- Place the tip of the swab in the liquid.
- Carefully break off the upper part of the swab at the marked breaking point.

6



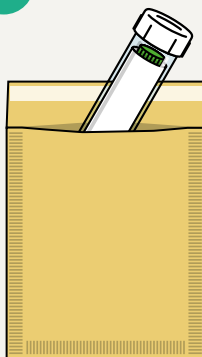
- Leave the lower part of the swab in the sample tube.
- Screw the green cap back on tightly.
- Discard the broken part of the swab.

7



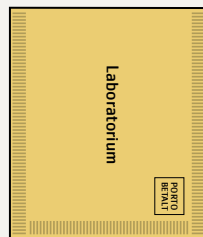
- Place the sample tube with the swab into the protection cylinder
- Screw the white cap back on tightly.

8



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

9



- 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.