

# How to take a throat swab

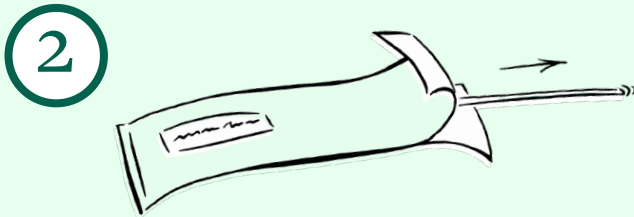
GetTested NZ

National Online STI Testing Service

Chlamydia and gonorrhoea are sexually transmissible infections (STIs) that can infect your throat. Throat swabs help find these infections.

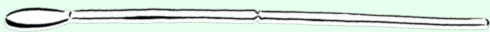
You take this test by wiping a swab – a long cotton bud – around the back of your throat.

- 1 Wash your hands with soap and water.



Open the **THROAT SWAB** packet.

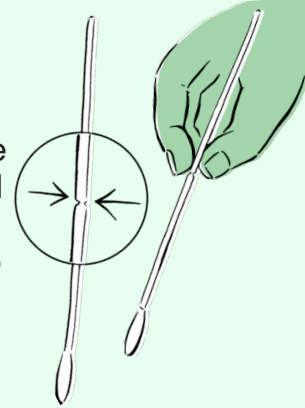
There are two swabs in this packet. Take the swab that looks like a long cotton bud out of the packet.



Try not to touch the soft tip of the swab with your hands.

You can throw out the swab with the narrow tip.

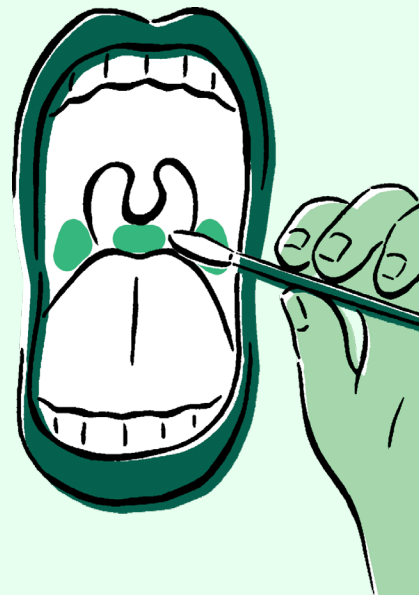
- 3 Hold the swab by the line in the middle of the stick. This will make sure it doesn't snap while you're swabbing your throat.



- 4 Open your mouth wide and run the soft tip of the swab around the back of your throat – the areas highlighted in the picture.

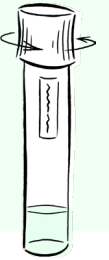
Saying "ahh" can get your tongue out of the way and make this easier.

Try not to touch the soft tip of the swab with your hands.



- 5 Open the **THROAT SWAB** tube.

Be careful not to spill the clear liquid inside this tube.

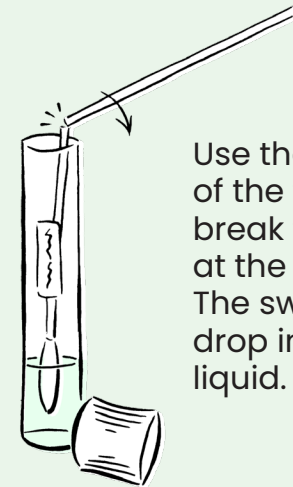


- 6 Put the swab tip-first into the **THROAT SWAB** tube.



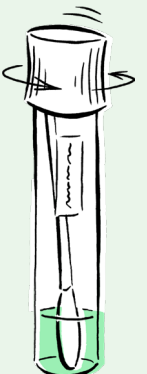
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Use the edge of the tube to break the swab at the snap line. The swab will drop into the liquid.



- 8 Screw the lid back on the **THROAT SWAB** tube, with the swab inside.

Make sure the lid is tight and secure, so the tube doesn't leak.



10

Wash your hands with soap and water again.



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Put the **THROAT SWAB tube** into the **specimen bag** that came with your self-test kit.



Your other samples will all go in the same specimen bag.

Find these instructions online:



### What next?

Once you've done your chlamydia and gonorrhoea self-tests, you need to give your samples back to the laboratory or collection site. Do this within 30 days.

### Returning your samples

#### Dropping them off Posting them back

When you requested a test, you got an email with a link to find your nearest laboratory or collection point.

Use this link to figure out where to drop off your samples.

If you asked for a free return envelope, use this to send your samples back.

Put the specimen bag containing your samples in the free return envelope. It will have a sticker with the laboratory's address.

Put the sealed envelope in a NZ post box.

### Getting your results

We'll contact you with your results.

If your test is negative, we'll send a text message.

If your test is positive, a nurse will call you to talk about further testing or treatment.

#### What to do if you test positive:

If you test positive for a notifiable disease (gonorrhoea, HIV, or syphilis) we need to report this to the local Public Health Service. We will try to contact you first.

#### More about notifiable diseases:

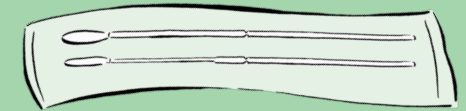


## Get Tested NZ

National Online STI Testing Service

### Your self-test kit for taking a throat swab

includes:



**A THROAT SWAB packet.** There are two swabs in this packet, but you only need one. Use the swab that looks like a long cotton bud to take your test. Throw out the swab with the narrow tip.



**A tube** of clear liquid to put the swab in once you're done. There will be a THROAT SWAB label on this tube with your name and date of birth.

Do not pour out the liquid in this tube. Avoid getting the liquid on your skin.

**A specimen bag** to store this sample (and any other samples you need to take).

