

# How to take a urine sample

**GetTested NZ**

National Online STI Testing Service

If you have a penis, a urine sample is the best way to test for chlamydia and gonorrhoea.

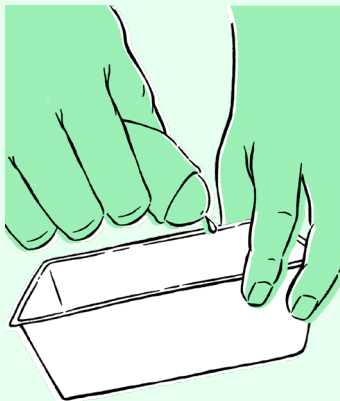
**The best time to take this test is the first time you pee in the morning. Don't pee for at least one hour before you take this test.**

- 1** Wash your hands with soap and water.



- 2** Start peeing into the container.

It's a good idea to do this next to a toilet, so you don't make a mess, and you can finish peeing after you've taken your sample.



- 3** Squeeze the round bulb of the **pipette (dropper)** and put the tip in the container of urine.



Let go to suck the urine into the pipette.

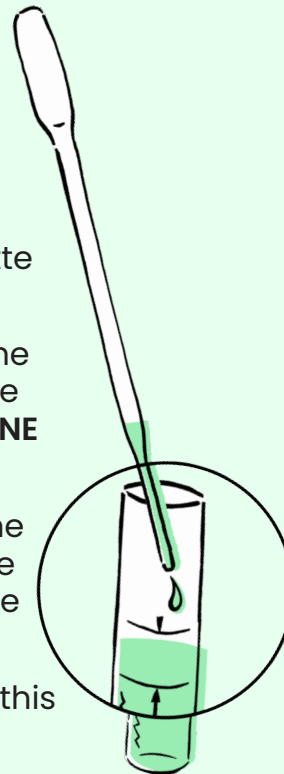
- 4** Unscrew the lid of the **URINE SAMPLE tube**.

Put the tip of the pipette in the tube.

Squeeze the bulb of the pipette again to let the urine flow into the **URINE SAMPLE tube**.

Fill up the tube until the urine level reaches the window marked on the side of the tube.

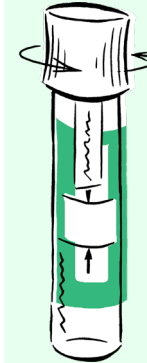
It's a good idea to do this over the toilet in case anything spills.



- 5** Screw the lid back on the **URINE SAMPLE tube**.

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

You can throw out the pipette and the container you used to collect your urine.



- 6** Wash your hands with soap and water again.



- 7** Put the **URINE SAMPLE tube** into the **specimen bag** that came with your self-test kit.

If you need to take any other samples, they will go in the same bag.



## 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

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.

### Posting them back

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.

## Find these instructions online:



## 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:



## Learn more about chlamydia and gonorrhoea self-tests:



# Get Tested NZ

National Online STI Testing Service

## Your self-test kit for taking a urine sample

### includes:



**A container** to pee (urinate) into.

**A tube** for your urine sample. There will be a URINE SAMPLE label on this tube with your name and date of birth.



If this tube has a foil lid, you can unscrew the lid like normal. Do not touch the foil.



**A pipette (dropper)** to transfer your urine from the container to the tube.

**A specimen bag** to put this sample in (along with any other samples you need to take).

