

# 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.

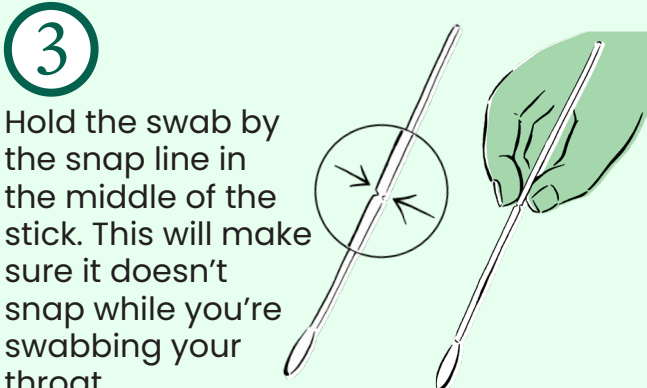
You take this test by wiping a swab – a long cotton bud – around the back of your throat.

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



Pull the throat swab out of the **long THROAT SWAB tube**. Try not to touch the soft tip of the swab.

You can throw out the long tube once you remove the swab.

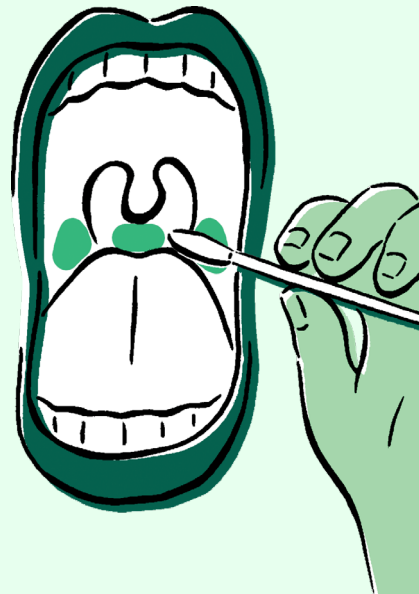


Hold the swab by the snap line in the middle of the stick. This will make sure it doesn't snap while you're swabbing your throat.

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

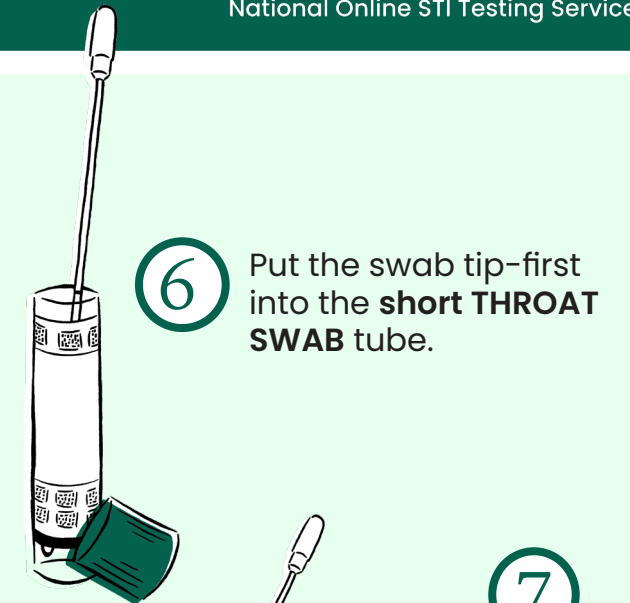
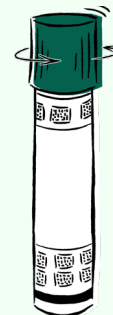
Saying "ahh" can get your tongue out of the way and make this easier.


Try not to touch the soft tip of the swab



- 5** Open the **short THROAT SWAB tube**. You can unscrew the foil lid like a normal lid – do not touch the foil.

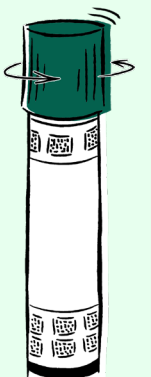
Avoid spilling the liquid inside this tube.



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

- 8** Screw the lid back on the short 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.



11

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, with your **laboratory form**.

**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 and laboratory form.

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

Put the specimen bag containing your samples and laboratory form 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:

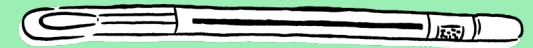


## Get Tested NZ

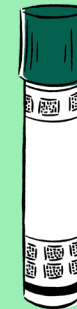
National Online STI Testing Service

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

**includes:**



**A throat swab.** This will be in a long tube labelled THROAT SWAB. The swab looks like a long cotton bud. You'll use this to swab your throat.



**A short 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).

Your **laboratory form** will be in this specimen bag. Please do not touch or remove this form.

