



## Instructions



Take the test at least 14 days after your last unprotected sex.



Save the code card in this package. Without the code: no test results!



Use a regular yellow Swiss Post mailbox to return your sample (no stamp required).

## Lab test

With this sampling kit you test for the presence of Chlamydia and Gonorrhoea in your anus. The test is CE certified according to the European IVD directive.

Our ISO 15189 lab will analyse your sample. The test results are authorised by a medical microbiologist.

## Lab results

Your results are typically available 2-3 working days after you return your sample.

Access your results online at: [healthyourself.ch/results](https://healthyourself.ch/results)



Save the code card in this package.  
Without the code: no test results!

Thanks to this code, you remain anonymous. No one can link the test results to you.

## Package contents



### Code

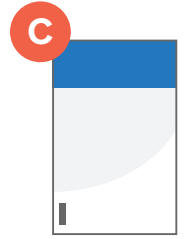
Save this code to get your test results.



Cotton swab



Container



Sealbag



### Retourbox

To return your sample to our lab.



### These instructions

Thanks for reading!

## How to take the test

Testing is simple, here we go!

- 1 Wash your hands. Unpack the cotton swab **A**. Don't touch the cotton. Make sure the cotton doesn't touch anything else either.
- 2 Put one foot on the edge of the toilet. Hold the cotton swab at its breakpoint (black line). Bring the swab carefully 3-5 cm into your anus. Twirl for 5-10 seconds. Take out the swab without touching the outer skin.
- 3 Open the container **B**. Don't empty or touch the liquid. This liquid is needed for the test. Put the swab into the container and break off at the black line. Close the lid of the container firmly. Wash your hands. Put the container into the sealbag **C** and seal it by removing the strip. Put the sealbag into the Retourbox **D**. Close the Retourbox.
- 4 Put the Retourbox into a regular yellow Swiss Post mailbox (no stamp required). Register on [healthyourself.ch/results](https://www.healthyourself.ch/results) to be notified when the results are in. Alternatively, wait 3 working days before you check online.



Hologic inc.  
Aptima® Multitest Swab  
(SW) CE0843 MDD 93/42/EEC



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