



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 urine. 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



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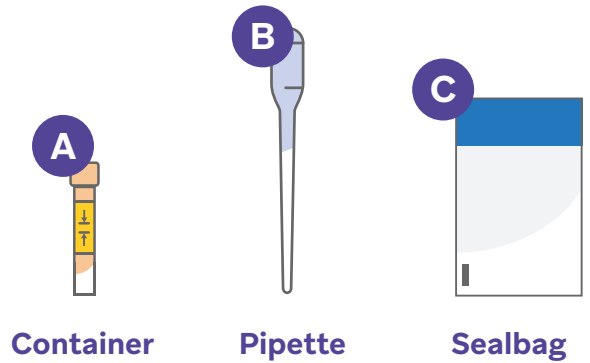
Thanks to this code, you remain anonymous. No one can link the test results to you.

Package contents



Code

Save this code to get your test results.



Container

Pipette

Sealbag



These instructions
Thanks for reading!



Retourbox

To return your sample to our lab.

How to take the test

Testing is simple, here we go!

- 1 Your last toilet break should be more than an hour ago. Wash your hands. Take a clean glass. Urinate a bit into it until the bottom is covered. Let the rest of your urine out, into the toilet.
- 2 Open the container **A**. Don't spill or touch the liquid. This liquid is needed for the test. Use the pipette **B** to bring 2 ml of urine from your glass into the container. Fill up the container until the urine is in between the 2 black lines."
- 3 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.