

**CLASS**

Chlamydia Screening Study

**INSTRUCTIONS  
SPECIMEN COLLECTION FOR  
WOMEN**

**PLEASE REMEMBER THAT THIS  
STUDY IS COMPLETELY  
CONFIDENTIAL**

If you have a query about any aspect  
of the study please call  
Freephone 0800 975 9985

**THANK YOU FOR YOUR HELP**

**IMPORTANT: PLEASE READ FIRST**

- Please take and return your specimen any morning between **MONDAY AND FRIDAY**. Specimens posted for return on other days may result in delays in processing and reduce the quality of the laboratory test.
- To ensure that we have sufficient urine to test this sample it is important that you fill up to, but not above, the line marked on the bottle.
- This specimen must be taken **FIRST** thing in the morning **BEFORE** washing yourself.
- **First** take your vulval (cotton wool) sample.
- **Second**, take your urine sample.

There is a plastic glove in the box that you may wish to use when taking your specimens.

*As you may be sleepy first thing in the morning, to remind you, it may help if*

*you put your sample pack on top of the toilet lid at night before you go to bed.*

## INSTRUCTIONS ON HOW TO USE THE VULVAL (COTTON WOOL) SWAB

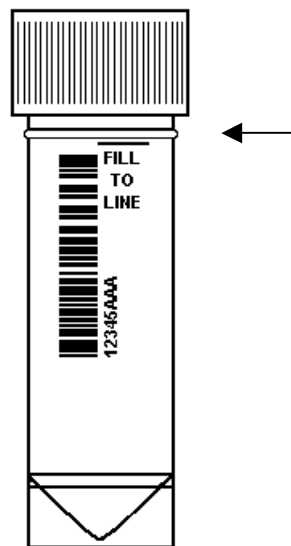
1. Take the cotton wool swab out of the packing by twisting the cap.



2. Rub the soft cotton bud ends (not the plastic sticks) gently, just **inside** the opening to your vagina.
3. Rotate the cotton buds pressing firmly on the moist part inside.
4. Please, make sure they touch the skin inside.
5. Place the swab back into the small plastic tube
6. Press the cap on tightly
7. Place the tube in the 'sample return box'

## INSTRUCTIONS ON HOW TO COLLECT THE URINE SAMPLE

1. Remove the absorbent wrapping from the urine bottle and remove the cap.
2. Fill the container with the first urine that you pass in the morning. (It is especially important that this is the first part of 'the stream'). There is a urine funnel included in the pack for you to use if you wish.
3. Pass urine into the bottle until the urine level reaches the mark 'FILL TO LINE' shown on the label.



4. Screw the cap back on tightly.
5. Re-wrap the absorbent material around the urine bottle and hold it firmly in place with the elastic band.
6. Put the urine bottle into plastic bag, squeeze out excess air and seal the clip on top.
7. Place the bag and urine container along with your swab sample in the box marked 'sample return box'
8. Place the 'sample return box' in the FREEPOST envelope.
9. Record the time and the date you collected the urine and swab samples on the Questionnaire.
10. Please ensure the FREEPOST envelope also contains the
  - Completed questionnaire
  - **Signed** consent form

### **Remember**

Please put the envelope in the post as soon as possible on the morning you take your specimens. If the envelope does not reach the laboratory within 24 hours your sample may not be suitable for testing.