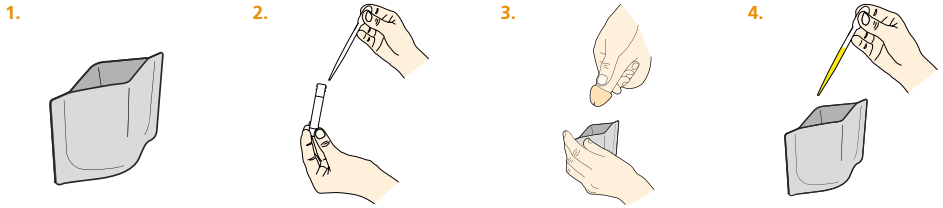


## HOW TO TAKE YOUR URINE SAMPLE



1. Pop-up urine collection pouch so it sits upright.
2. Remove lid from urine sample tube and have pipette ready.
3. Pass the first bit of your urine stream into the pouch, excess urine can go into the toilet.
4. Use pipette to collect some urine from pouch and squeeze into tube until it's **between the black lines**.



5. Close lid firmly.
6. Place sample into the 95 KPA bag and ensure it is sealed.
7. Place in the addressed envelope with your patient (return form) filled out.

Post straight away.

## YOUR TEST RESULTS

Please allow up to 7 working days from when we get your sample(s) back to receive your test results. These will be sent via text message to the mobile telephone number you provided when registering for a test. We will only text you once all results are ready. If any of your samples show a positive result or your sample needs re-taking for any reason, we will telephone you to arrange to see you in clinic.

If you have questions about your kit, or if you have not had your test results after 7-10 days please call **0300 123 5474** option 2. Please note, there is a video clip of how to take your sample on our website at [www.sexualhealthwirral.nhs.uk](http://www.sexualhealthwirral.nhs.uk)



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