Chlamydia and gonorrhoea testing
Patient self collections

Urine sample
1. Wash your hands well with soap and water. Do not clean or wipe your genitals.
2. Pass the first part of the urine stream into the specimen jar—about 1/3 full. Pass the rest into the toilet.
3. Screw the lid firmly back on the jar and place in the bag given to you.
4. Wash your hands again with soap and water.

Vaginal swab
1. Wash your hands well with soap and water.
2. Sit on the toilet or stand with one foot resting on the edge of the toilet.
3. Gently insert the swab about 2 cm into your vagina. Rotate the swab around 1-3 times.
4. Remove swab and place in the tube you’ve been given.
5. Wash your hands again with soap and water.

Anal swab
1. Wash your hands well with soap and water.
2. Sit on the toilet or stand with one foot resting on the edge of the toilet.
3. Gently insert the swab about 2 cm into the anal tip. Twist slowly around the inside surface of the anus.
4. Remove swab and place in the tube you’ve been given.
5. Wash your hands again with soap and water.

Throat swab
1. Wash your hands well with soap and water.
2. Look in the mirror and open your mouth as wide as you can.
3. Gently wipe the swab over the tonsils and all over the ‘punching bag’ (tonsils).
4. Place swab in the tube you’ve been given.
5. Wash your hands again with soap and water.

Graphics for self collection of samples for STI testing were developed by the NSW STI Program Unit, NSW Health and reproduced with permission, 2018.