

Self-test: How to do it

Read the whole instruction before you start

Vaginal self-swab

1. Make sure that the test tube has a label with your name and date of birth, and that the label is marked with "underliv".
2. Insert the tip of the swab about 4 cm into your vagina, and leave it for at least 10 seconds. Remove the swab while rotating it 4-5 times on its way out.
3. Place the swab in the test tube and break the swab shaft (stick) at the black score mark. Do not pour out the liquid from the test tube!
4. Tighten the cap properly. Drop the test tube with the label into the mailbox by the reception.

Anal self-swab

1. Make sure that the test tube has a label with your name and date of birth, and that the label is marked with "rektum".
2. Insert the tip of the swab 2 cm into your anus. Rub it gently against the sides.
3. Place the swab in the test tube and break the swab shaft (stick) at the black score mark. Do not pour out the liquid from the test tube!
4. Tighten the cap properly. Drop the test tube with the label into the mailbox by the reception.

Self-test urine

1. Make sure that the test tube has a label with your name and date of birth and that the label is marked with "urin".
2. Open the test tube. Fill about 1 cm of the white plastic cup with the first urine that comes when you pee.
3. Put the pipet in the urine, press the pipet's upper part to fill it with urine. Squeeze the pipet until the urine fills the test tube.
4. Tighten the cap properly. Drop the test tube with the label into the mailbox by the reception.

Throat swab

1. Make sure that the test tube has a label with your name and date of birth, and that the label is marked with "hals".
2. Swipe the tip of the swab from the back of the palate in your throat and over both tonsils.
3. Place the swab in the test tube and break the swab shaft (stick) at the black score mark. Do not pour out the liquid from the test tube!
4. Tighten the cap properly. Drop the test tube with the label into the mailbox by the reception.

See test results on www.furstpasient.no 1 week after testing

Contact us for treatment if your test is positive