

How to take a urine sample

GetTested NZ

National Online STI Testing Service

If you have a penis, a urine sample is the best way to test for chlamydia and gonorrhoea.

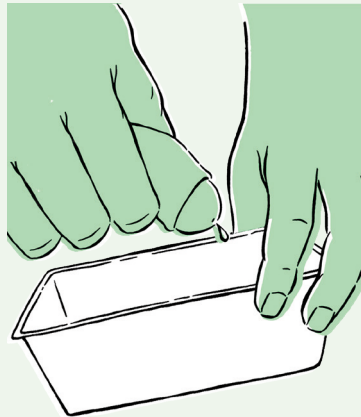
The best time to take this test is the first time you pee in the morning. Don't pee for at least one hour before you take this test.

- 1** Wash your hands with soap and water.

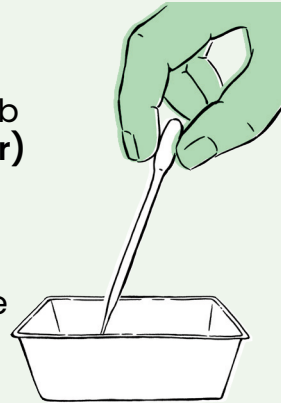


- 2** Start peeing into the container.

It's a good idea to do this next to a toilet, so you don't make a mess, and you can finish peeing after you've taken your sample.



- 3** Squeeze the round bulb of the **pipette (dropper)** and put the tip in the container of urine.



Let go to suck the urine into the pipette.

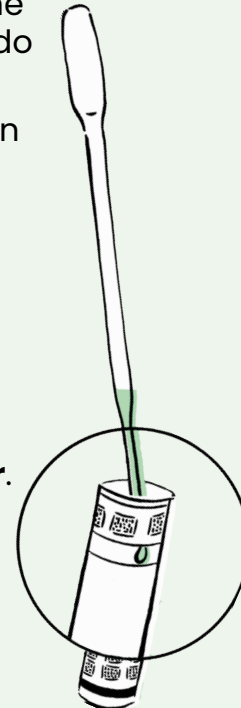
- 4** Open the **URINE SAMPLE tube**. You can unscrew the foil lid like a normal lid – do not touch the foil.

Put the tip of the pipette in the tube.

Squeeze the bulb of the pipette again to let the urine flow into the **URINE SAMPLE tube**.

Fill up the tube until the urine reaches the top of the **URINE SAMPLE sticker**. Do not fill above this sticker.

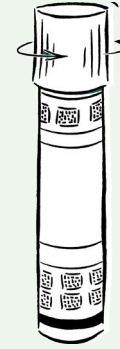
It's a good idea to do this over the toilet in case anything spills.



- 5** Screw the lid back on the **URINE SAMPLE tube**.

Make sure the lid is tight and secure, so the tube doesn't leak.

You can throw out the pipette and the container you used to collect your urine.



- 6** Wash your hands with soap and water again.



- 7** Put the **URINE SAMPLE tube** into the **specimen bag** that came with your self-test kit.

If you need to take any other samples, they will go in the same bag, with your **laboratory form**.



What next?

Once you've done your chlamydia and gonorrhoea self-tests, you need to give your samples back to the laboratory or collection site. Do this within 30 days.

Returning your samples

Dropping them off

When you requested a test, you got an email with a link to find your nearest laboratory or collection point.

Use this link to figure out where to drop off your samples and laboratory form.

Posting them back

If you asked for a free return envelope, use this to send your samples back.

Put the specimen bag containing your samples and laboratory form in the free return envelope. It will have a sticker with the laboratory's address.

Put the sealed envelope in a NZ post box.

Find these instructions online:



Getting your results

We'll contact you with your results.

If your test is negative, we'll send a text message.

If your test is positive, a nurse will call you to talk about further testing or treatment.

What to do if you test positive:



If you test positive for a notifiable disease (gonorrhoea, HIV, or syphilis) we need to report this to the local Public Health Service. We will try to contact you first.

More about notifiable diseases:



Learn more about chlamydia and gonorrhoea self-tests:



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Your self-test kit for taking a urine sample

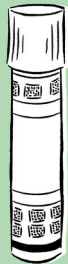
includes:



A container to pee (urinate) into.

A URINE SAMPLE tube.

There will be a URINE SAMPLE label on this tube with your name and date of birth.



A pipette (dropper) to transfer your urine from the container to the tube.

A specimen bag to put this sample in (along with any other samples you need to take).

Your **laboratory form** will be in this specimen bag. Please do not touch or remove this form.

