

# How to take an **anal swab**

**GetTested NZ**

National Online STI Testing Service

If you get chlamydia or gonorrhoea from anal sex, an anal swab (also called a rectal swab) can detect these infections.

You do this test by wiping a swab – a long cotton bud – inside your anus.

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



**2**

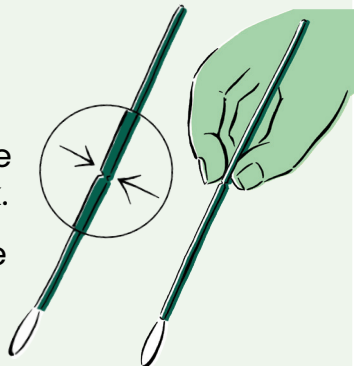


Remove the swab from the **ANAL SWAB packet**. Try not to touch the soft tip of the swab.

**3**

Hold the swab by the snap line in the middle of the stick.

This will make sure it doesn't snap inside you.



**4**

Carefully insert the swab about 2.5cm into your anus and gently turn it for 5-10 seconds.



**5**

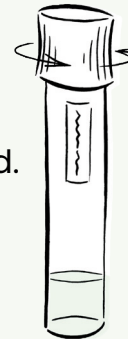
Carefully remove the swab. Try to avoid touching the soft tip.

**6**

Unscrew the **ANAL SWAB tube**.

You can unscrew the foil lid like a normal lid. Do not touch the foil.

Be careful not to spill the clear liquid inside this tube.



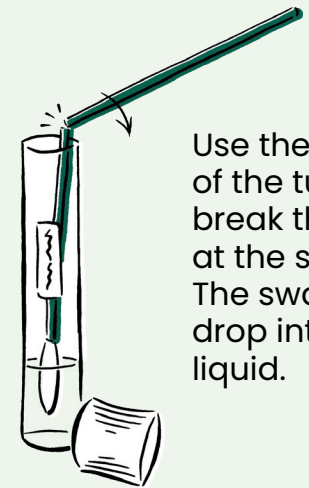
**7**

Put the swab tip-first into the **ANAL SWAB tube**.



**8**

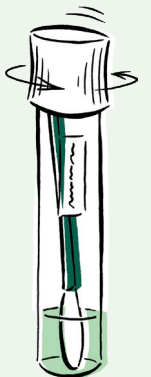
Use the edge of the tube to break the swab at the snap line. The swab will drop into the liquid.



**9**

Screw the lid back on the **ANAL SWAB tube**, with the swab inside.

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



10

Wash your hands with soap and water again.



11

Put the **ANAL SWAB** tube into the **specimen bag** that came with your self-test kit.



Your other samples will all go in the same specimen bag.

**Find these instructions online:**



### 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 Posting them back

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.

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

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

Put the sealed envelope in a NZ post box.

### 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:

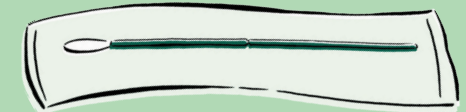


## Get Tested NZ

National Online STI Testing Service

### Your self-test kit for taking an anal swab

**includes:**



**An anal/rectal swab.** This will be in a packet with an ANAL SWAB label. The swab looks like a long cotton bud.

This is what you'll use to swab inside your anus.

**A tube** of clear liquid to put the swab in once you're done. There will be an ANAL SWAB label on this tube with your name and date of birth.



Do not pour out the liquid in this tube. Avoid getting the liquid on your skin.

The tube has a foil lid. You can unscrew it like a normal lid. Do not touch the foil.

**A specimen bag** to store this sample (and any other samples you need to take).

