

## Your step by step guide to taking a Chlamydia Test

All sexually active young people, under 25, have the opportunity to be screened for chlamydia, and treated (if positive) for free!  
Doing the test is easy – this leaflet tells you how!

In your kit, you will find all you need to take the test-

- Chlamydia Information Leaflet ‘.....you may not know you have it.’
- Your step by step guide
- Test request form
- Urine bottle (**larger bottle**)
- Urine Preservative Transport Kit (**mini bottle**)
- Green rigid container
- FREE** Pre paid return bag

How it works is simple...

Read this leaflet

Fill in the form

You post your sample, and then we let you know your result by text, phone call, email or letter – whichever you prefer.

If you have Chlamydia, we will let you know where you can get free treatment with antibiotics, somewhere convenient to you.

If you need any more information or advice, you can talk confidentially to someone at the **Chlamydia Screening Office** on **0116 2957822**.

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### **STEP 1**

#### Filling in the Test Request Form

Please fill in all your details on the purple section of the form.

Tick your preferred method for us to contact you.

All your information will be treated in confidence.

### **STEP 2**

#### Taking the test

- write your name on the **mini** bottle
- wait 2 hours since you last passed urine

- catch the first part of your wee in the **larger** bottle provided, so the bottle is at least half full
- using the pipette, transfer urine from the larger bottle to the mini bottle up to the top black line \*see the diagram on the back of the pack.\*
- screw the lid on tightly
- flush away the rest of the urine from the larger bottle, and rinse it. This then needs to be put in the bin.
- **don't forget to wash your hands**
- place the mini bottle in the green rigid container, replace the lid and seal it in the bag attached to the test request form

### STEP 3

Put it in the post.....

Put your test (the form and sample) in the **FREE** pre paid return bag, and simply put it in a post box!

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## RESULTS

How will I get my result?

We will contact you by your preferred method stated on the Test Request Form.

TEXT – you will receive one of two messages:

Negative result text message '**All OK. CS**'

If we need to talk to you about your result or offer treatment the text message will say '**Please call 0116 295 7822. CS**'

TELEPHONE – we can call your mobile or landline. If we can't get an answer after a couple of calls, we will leave a discreet message, only giving our first name, asking you to call us back.

E-MAIL – we can send you a discreet e-mail referring to your recent screen.

LETTER – we can send a letter to your stated address in an anonymous envelope marked confidential.

**If you do not receive your result within 2 weeks, please call the Chlamydia Screening Office on 0116 2957822, Monday to Friday, 9am to 5pm.**

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### WHAT IF I'M NEGATIVE?

If your result is negative, it means that you probably do not have Chlamydia. You do not need to go back to your clinic. This does not mean you can never get Chlamydia – so make sure you use a condom every time you have sex.

## WHAT IF I'VE BEEN ASKED TO CONTACT THE OFFICE?

There are 2 reasons why –

1. We may not have been able to get a clear result. This can sometimes happen for a number of reasons. Please call the Chlamydia Screening Office to arrange another test on 0116 2957822.
2. We have found Chlamydia in your sample or swab. We call this a positive result. If you've received this message, it is important to call the Chlamydia Screening Office to arrange treatment.

## TREATMENT

Treatment is simple -usually 4 antibiotic tablets taken in one dose, and that's it!

If you can, bring your sexual partner(s) with you so that they can be treated at the same time. This will help prevent you from being infected again.

Treatment is **not** a vaccine, and it will not stop you catching Chlamydia again.

If you have Chlamydia you may have another infection. It is important that you arrange a check up. You can contact your GP or the Genito-Urinary Medicine Clinic (GUM).

### **GUM Clinic - Leicester Royal Infirmary**

Tel; 0116 258 5208

### **GUM Clinic – Loughborough Hospital, Epinal Way**

Tel; 01509 568888

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Leicester, Leicestershire and Rutland Chlamydia Screening Programme, St Peters Health Centre, Sparkenhoe Street, Leicester LE2 0TA. Tel 0116 295 7822