

# I know.

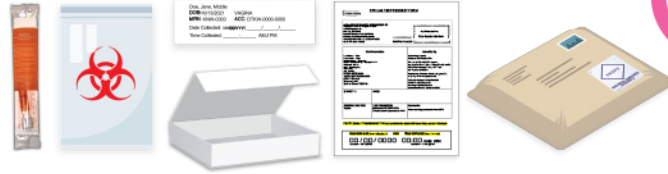
## Test kit for Chlamydia and Gonorrhea.

Read instructions before taking the test.



### This Package Contains:

- Specimen Collection Kit
  - Collection Tube
  - Swab
- Collection Tube Label
- Plastic Baggie
- Lab Form
- Return box + mailer bag



### Step 1 Use the Swab

**!** Before you start, wash your hands with soap and water for 20 seconds.

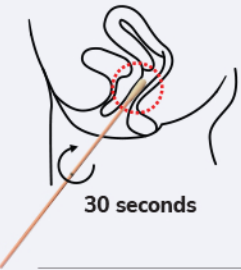
- 1 Open the Kit. Remove swab and tube. Remove swab from sealed package.
  - Do not touch foil on tube.
  - Do not allow swab to touch any surfaces.



- 2 Hold the swab in the middle of the swab stick.

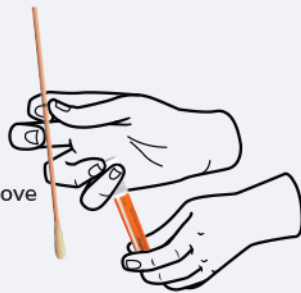


- 3 Carefully insert the swab about two inches in to the vagina and gently rotate, swirling the swab for 30 seconds.
  - Make sure the swab touches the sides of your vagina.



30 seconds

- 4 Unscrew the cap from the collection tube - hold cap with hand that is holding swab
  - Do NOT touch, break or remove the foil seal on the cap.
  - Do NOT pour out the liquid in the tube.



- 5 Immediately, place the swab into the collection tube so that the black line is at the edge of the tube.

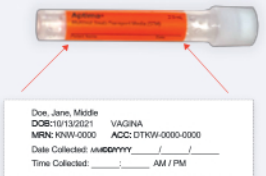
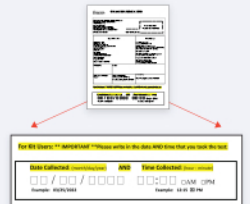
- 6 Carefully break the swab stick at the black line in the middle.
  - Screw the cap back onto the tube tightly, so that it won't leak.
  - Once you collect your specimen, mail back within **2 days!**



Scan QR Code for Video Instructions

### Step 2 Complete Forms and Prepare Package for Mail

1. Date the lab form.
  - a. The form is in the outer pocket of the plastic baggie
  - b. Fill in today's DATE and the current TIME.
2. Date and attach the tube label
  - a. Your collection tube label is stapled to the Lab form.
  - b. Write the DATE and TIME on the label – these should match what you wrote on the lab form.
  - c. Peel off the label and stick it sideways on the collection tube.
  - d. **DON'T SKIP THIS STEP** – the lab can't test without that label!
3. Place the collection tube inside the plastic baggie and seal the ziplock.
  - a. Don't remove the paper square inside the baggie
4. Put the Lab form back in the outer pocket of the plastic baggie (where you got it)
5. Place the sealed plastic baggie (with the collection tube and the lab form inside) into the return box, and close the box.



### Step 3 Mail Package

- Place the return box into the mailer bag, and seal the bag.
  - The postage is already paid.
- Drop off package at your local post office, mailbox, or where your mail carrier normally picks up your mail.
- Mail back within **2 days** of collecting your specimen!

### Step 4 Get Your Results!

- Results will be available in about one week.
- Go to [www.DontThinkKnow.org](http://www.DontThinkKnow.org) to get your results.
- Login using your e-mail address and password you created when you ordered your kit.