

# Instructions for STD test for men

In consultation with your physician or GP, you will be tested for an STD (sexually transmitted disease). STDs are caused by micro-organisms such as bacteria, viruses or parasites. A urine sample is required for this test. For this, you will collect your urine at home. This leaflet contains information about how to do this.

## Yellow envelope

Your physician or GP has given you a yellow envelope. This envelope contains all the information you need in order to collect your urine, including an application form completed by your physician or GP.

## What does the yellow envelope contain?



*urine collection tube and pipette   sticker   absorption sheet   safety bag container*

## Urine collection instructions

The urine collection instructions can be found on the back of this leaflet. Please read these instructions carefully before starting.

### Important

Beforehand, you are not allowed to:

- urinate, at least 1 hour before collecting the urine
- wash your genital area

Collect the first jet of your urine. If you are unable to collect the urine as described in the instructions, this may produce unreliable results.

## Handing over the envelope (\*)

Your physician or GP will tell you where to hand over the envelope. You should do this as soon as possible after collecting the urine.

## Instructions for collecting urine

Please follow the instructions below carefully:

1. collect the first part (the first jet) of the urine in the urine collection container
2. open the packaging containing the tube and pipette
3. remove the cap from the tube
4. use the pipette to transfer part of the urine from the urine collection container to the tube, until it reaches a level between the arrows
5. screw the cap back on the tube
6. write down your name and date of birth on the sticker and put the sticker on the tube
7. put the tube together with the absorption sheet in the safety bag
8. close the safety bag and put it in the yellow envelope together with the completed application form.

Now read the following chapter on the front of this leaflet: 'Handing over the envelope (\*)'

## Your questions

If you have any questions about the collection of urine and/or the test results, you should contact your physician or GP. If you have any other questions, you can contact the laboratory:

- telephone 072 - 548 3672
- e-mail [servicemicrobiologie@nwz.nl](mailto:servicemicrobiologie@nwz.nl).

*More information about the laboratory can be found at [www.nwz.nl](http://www.nwz.nl) under the specialism: medical microbiology (medische microbiologie).*