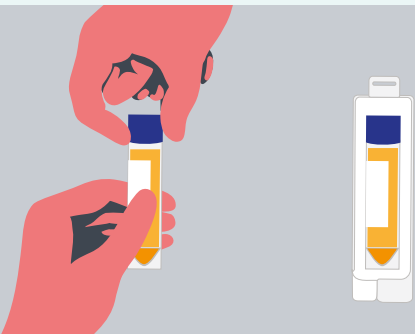




**1** Wash and dry your hands.



**2** Pee into the sample tube until it is almost full.



**3** Screw the lid on tightly and put the tube in its protective case.



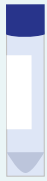
**4** Place all your samples and **lab card** into the grey freepost envelope and post in any Royal Mail post box.

### What is included in the kit:

This is a simple and reliable test designed to be safely used at home.



Protective case



Sample tube

### When should I take this test?

You should wait 2 weeks after you think you could have been exposed to an infection. This is because Chlamydia and Gonorrhoea can take up to 2 weeks to be detected in a test. You can do this test at any time of day.

### Do I need to write my name on the samples?

No, we have already labelled your samples with a unique code, this is to ensure your experience is as easy and discreet as possible.

### What happens next?

We will text you when your samples arrive at the lab.

We will then text you your test results as soon as possible (always within 7 days).

If you do have an infection we will advise you how to get treatment and further support.

### Contact us:

By text: 07400 370 855

By email: [info@fettle.health](mailto:info@fettle.health)

### FAQs:

[fettle.health/faqs](https://fettle.health/faqs)

POWERED BY  
**SH:24**

**Urine sample**  
Chlamydia + Gonorrhoea

Key information

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