

# CHLAMYDIA AND GONORRHOEA TESTING

Preferred method when testing for *Chlamydia trachomatis* or *Neisseria gonorrhoeae* using a NAAT (PCR)<sup>1</sup>

## Asymptomatic females – self-collected vaginal swab

A self-collected vaginal swab is the preferred testing method for chlamydia and gonorrhoea in asymptomatic females—a first catch urine should only be considered if a self-collected swab cannot be taken. First catch urine is not as sensitive as a self-collected vaginal swab<sup>1</sup>.

## Asymptomatic males – first catch urine sample

For asymptomatic males a first catch urine specimen collected **at any time of the day** is preferable for chlamydia or gonorrhoea testing.

### REFERENCE

<sup>1</sup>ASHA 2018, Australian STI Management Guidelines  
[www.sti.guidelines.org.au](http://www.sti.guidelines.org.au)

### MORE INFORMATION:

#### Queensland Sexual Health Information

<https://www.health.qld.gov.au/clinical-practice/sex-health>

#### Queensland Sexual Health Services

<https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/sex-health/services>

#### STIGMA Guidelines

[www.stipu.nsw.gov.au/stigma](http://www.stipu.nsw.gov.au/stigma)

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## What is a first catch urine specimen?

It is the first part of the urine stream passed. A first catch urine specimen can be collected **at any time of the day** when testing for *Chlamydia trachomatis* or *Neisseria gonorrhoeae* using a NAAT (PCR)<sup>1</sup>:

## How do you instruct a patient to collect the first catch urine specimen?

- A specimen can be collected at any time of day as long as it is more than 20 minutes since last urination.
- Advise the patient not to clean or wipe their genitals before passing urine.
- Collect 20ml (approximately) of the first part of the urine stream (the first catch) directly into the specimen jar. When the jar is one-third full, pass the rest of the urine into the toilet.
- A midstream urine or early morning specimen is not required.



## Why first catch urine?

The first 20-30mL of the urine stream is important to optimise the collection of infected desquamated cells from the urethra or cervix which are present in the urine.

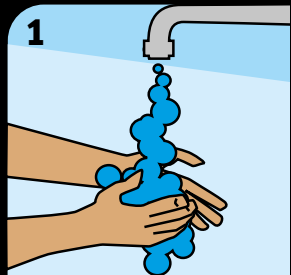
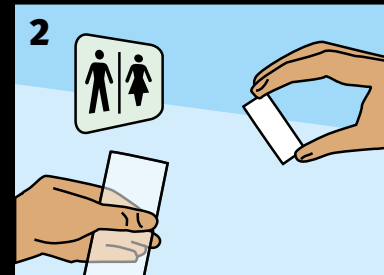
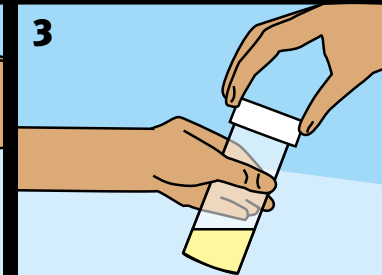
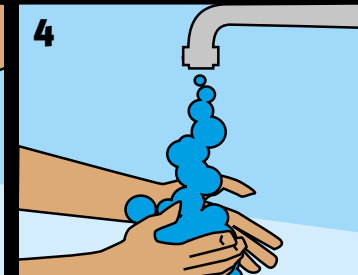
Misinformation about the need for an early morning urine specimen can result in missed opportunities for on-the-spot specimen collection.



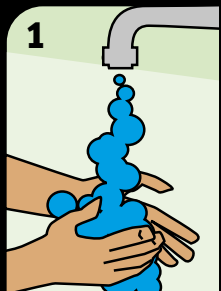
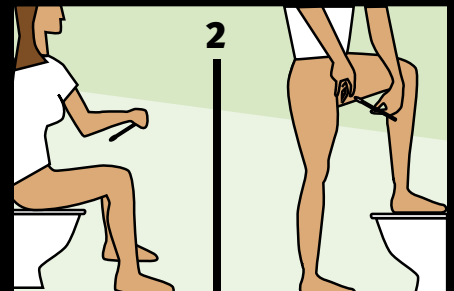
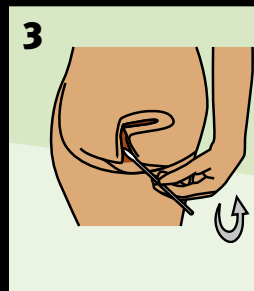
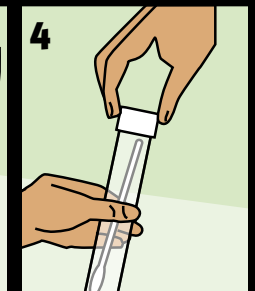
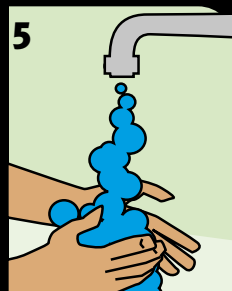
Queensland  
Government

# Self-collection of samples for STI testing

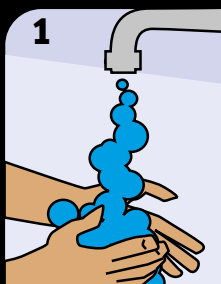
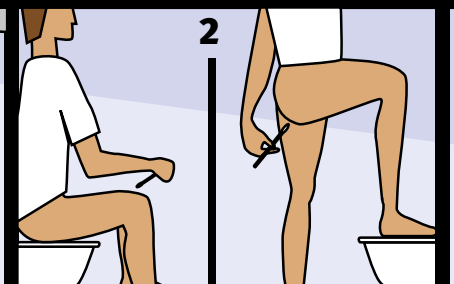
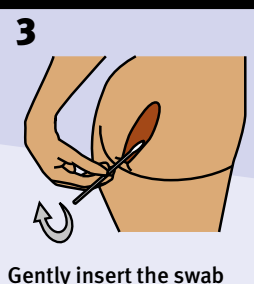
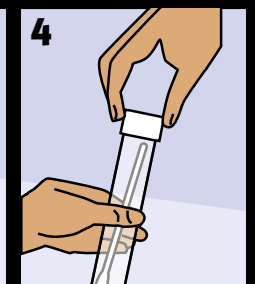
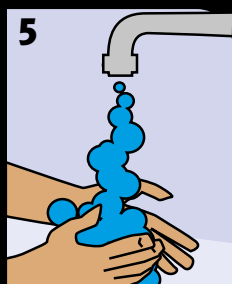
## Urine sample

<p><b>1</b></p>  <p>Wash your hands well with soap and water. <b>Do not</b> clean or wipe your genitals.</p>	<p><b>2</b></p>  <p>Pass the first part of the urine stream into the specimen jar - about 1/3 full. Pass the rest into the toilet.</p>	<p><b>3</b></p>  <p>Screw the lid firmly back on the jar and place in the bag given to you.</p>	<p><b>4</b></p>  <p>Wash your hands again with soap and water.</p>
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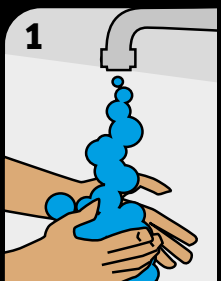
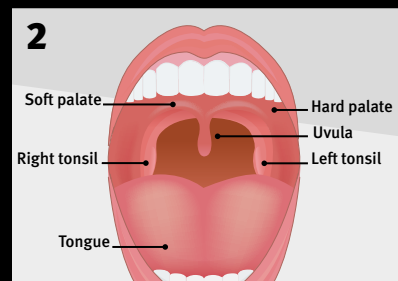
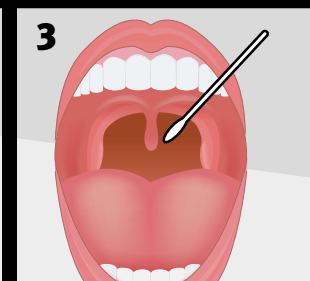
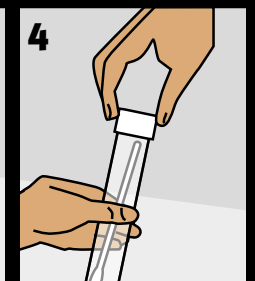
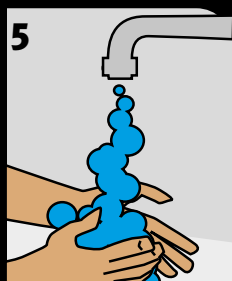
## Vaginal swab

<p><b>1</b></p>  <p>Wash your hands well with soap and water.</p>	<p><b>2</b></p>  <p>Sit on the toilet or stand with one foot resting on the edge of the toilet.</p>	<p><b>3</b></p>  <p>Gently insert the swab about 2cm into your vagina. Rotate the swab around 1-3 times.</p>	<p><b>4</b></p>  <p>Remove swab and place in the tube you've been given.</p>	<p><b>5</b></p>  <p>Wash your hands again with soap and water.</p>
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## Anal swab

<p><b>1</b></p>  <p>Wash your hands well with soap and water.</p>	<p><b>2</b></p>  <p>Sit on the toilet or stand with one foot resting on the edge of the toilet.</p>	<p><b>3</b></p>  <p>Gently insert the swab stick just past the cotton tip. Twirl slowly around the inside surface of the anus.</p>	<p><b>4</b></p>  <p>Remove swab and place in the tube you've been given.</p>	<p><b>5</b></p>  <p>Wash your hands again with soap and water.</p>
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## Throat swab

<p><b>1</b></p>  <p>Wash your hands well with soap and water.</p>	<p><b>2</b></p>  <p>Soft palate — Hard palate Right tonsil — Left tonsil Tongue</p> <p>Look in the mirror and open your mouth as wide as you can.</p>	<p><b>3</b></p>  <p>Gently wipe the swab over the tonsils and all over the 'punching bag' (uvula).</p>	<p><b>4</b></p>  <p>Place swab in the tube you've been given.</p>	<p><b>5</b></p>  <p>Wash your hands again with soap and water.</p>
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