



Self-test: How to do it

Vaginal self-swab

1. Make sure that the test tube has a label with your name and date of birth.
2. Insert the tip of the swab about 4 cm into your vagina, and leave it for at least 10 seconds. Remove the swab while rotating it 4-5 times on its way out. Make sure the swab touches the sides of your vagina.
3. Place the swab in the test tube and break the swab shaft (stick) at the red score mark. Do not pour out the liquid from the test tube!
4. Tighten the cap properly. Drop the test tube with the label into the white mailbox outside the toilet.

Self-test urine

1. Make sure that the test tube has a label with your name and date of birth.
2. Fill about 1 cm of the white plastic cup with the first urine that comes when you pee.
3. Place the pipette in the urine, press the pipette's upper part to fill it with urine.
4. Open the test tube and squeeze the pipette until the urine reaches the field between the two arrows. Do not pour out the liquid from the test tube!
5. Tighten the cap properly. Drop the test tube with the label into the white mailbox outside the toilet.

Anal self-swab

1. Make sure that the test tube has a label with your name and date of birth.
2. Insert the tip of the swab 2 cm into your anus and rub it gently against the sides. If you find it uncomfortable to insert the swab, firstly dip the swab in the liquid from the test tube.
3. Place the swab in the test tube and break the swab shaft (stick) at the red score mark. Do not pour out the liquid from the test tube!
4. Tighten the cap properly. Drop the test tube with the label into the white mailbox outside the toilet.

Test results

We will call you within 10 days if your test is positive. We will try to call you three times, and will send you a letter if we cannot reach you. Sometimes we also have to call you if the test is unclear.

We will not contact you if the test is negative. This means that if you have not heard from us after 10 days, your test is negative.

Due to confidentiality reasons, we cannot give out test results via text messages, e-mail or if you phone us.

You can find all your test results by logging onto www.furstpasient.no using BankID.