

Self Testing at GMHS

For RETURN patients to GMHS and if:

- you have no symptoms and
- you do not want or need to see a doctor

A nurse will collect bloods and you will self-swab for an STI.

Self Collecting of Specimens at GMHS

Throat Swab:

A nurse will collect a sample from your throat.

Urine Sample:

You are handed a bottle for a urine sample.

Anal Swab:

Up to now the doctor usually carried this procedure out. We are now requesting you do this yourself.

How to take a swab

A member of staff will explain how to do this safely and correctly.

(Also there is an information poster displayed).

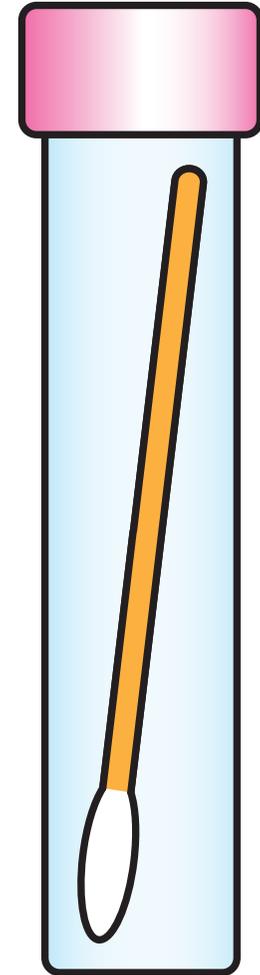
STI CHECKPOINT

FOR GAY, BISEXUAL MEN AND MEN WHO
HAVE SEX WITH MEN (MSM) AND
TRANSGENDER PEOPLE.

BAGGOT ST. HOSPITAL, DUBLIN 4

T: 01 6699 553 SMS: 087 941 0934

E: gmhsclinic@hse.ie W: www.gmhs.ie



Self Testing AT GMHS



Self Collecting an Anal Swab in 5 Steps



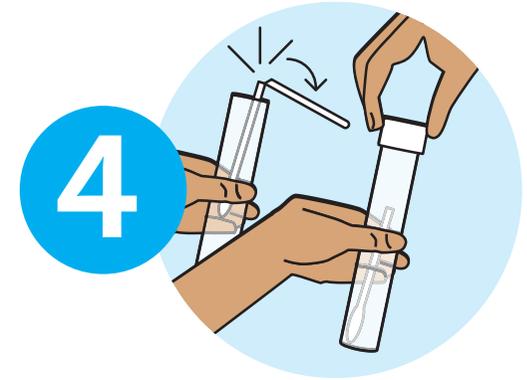
You will receive swab stick and container. There is liquid in the container and it is important **not** to spill this.

Proceed to the toilet and wash hands with soap.

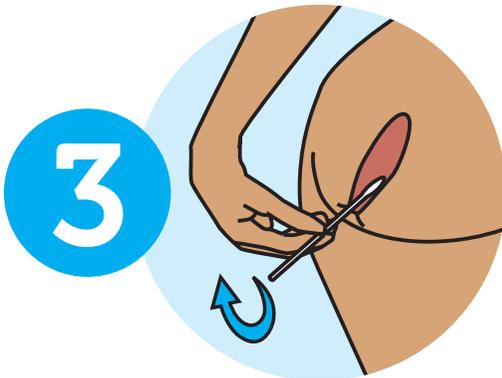


Close toilet lid.
Drop pants/underwear to ankles and place knee on toilet lid.

{If right handed then place right knee on toilet lid and insert swab stick. If left handed then place left knee on toilet lid and insert swab stick.}



Withdraw the stick and insert into the container and snap off, then replace the lid on the container.



Insert swab stick gently into your anus/rectum. Insert about 3cm or half a thumb length. Twirl the swab stick while pushing upwards.



Wash hands with soap.
Place the material into the dish and bring back to the assistant.