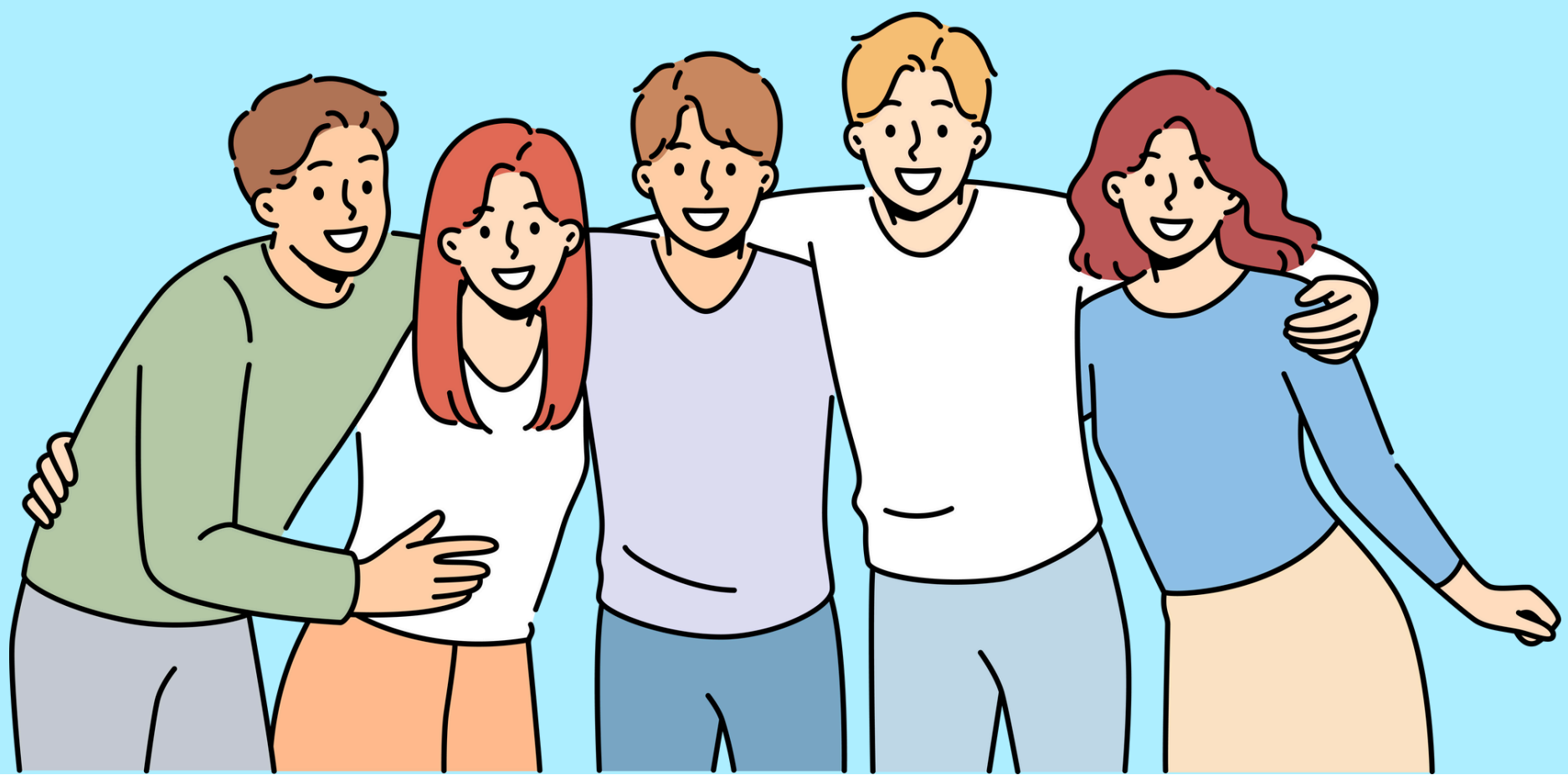




# SH:24

Everything you need to know  
about SH:24 Kits  
Now available at GOSHh





# SH:24

SH:24 is a Home STI testing kit funded by the HSE. There are multiple kits available depending on your sex and the type of sexual activity you are engaging in.

If it is not safe for you to get a kit delivered to your house, or to bring a kit home please talk to a member of staff. We are happy for you to collect a kit at reception, use our bathroom to complete it and we will post it off for you!

GOSHh offers 7 different types of home testing kits, and staff are happy to support you with choosing which option is best for you.

For more options please visit [www.SH24.ie](http://www.SH24.ie)

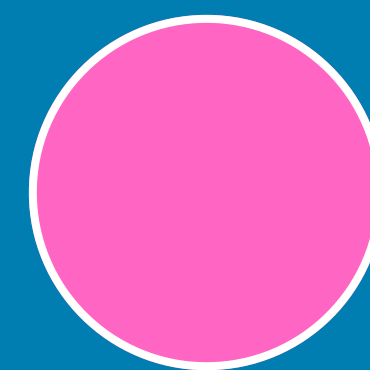
Please note all you need is a phone number to return the results to, and in just 72 hours of the lab receiving the sample you will receive your results!

## Which Kit do I need? (Penis)

### With Bloods

Pink- This tests for Chlamydia, Gonorrhoea, HIV & Syphilis.

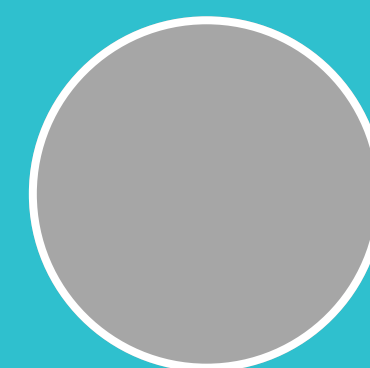
This test uses urine & blood



Grey- This tests for Chlamydia, Gonorrhoea, HIV, Syphilis.

Hep B & Hep C (Full Kit)

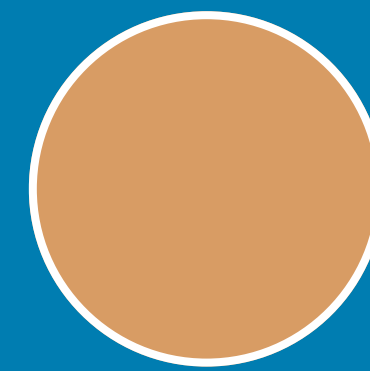
This test uses urine, swabs and bloods.



### Without Bloods

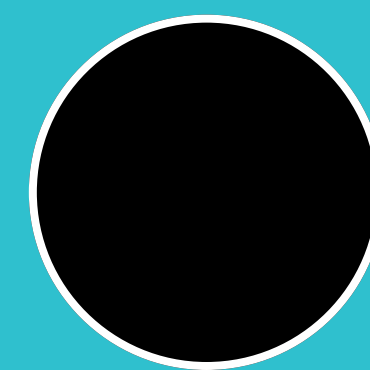
Tan- This tests for Chlamydia & Gonorrhoea

This test uses urine and swabs.



Black- This tests for Chlamydia & Gonorrhoea

This test uses urine.

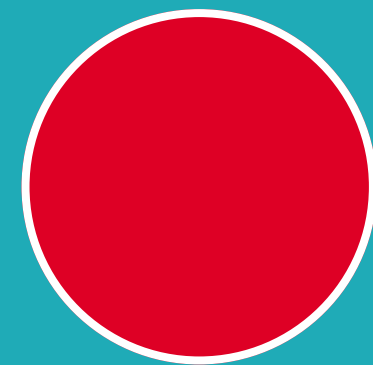


## Which Kit do I need? (Vagina)

### With Bloods

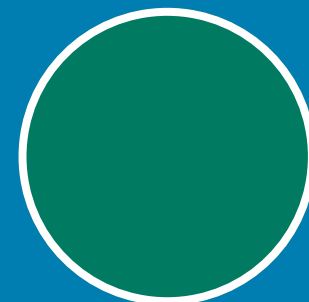
Red- This tests for Chlamydia, Gonorrhoea, HIV & Syphilis.

This test uses swabs & blood



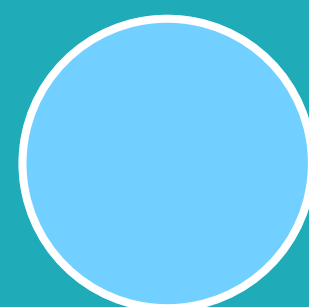
Emerald- This tests for Chlamydia, Gonorrhoea, HIV, Syphilis. Hep B & Hep C (Full Kit)

This test uses swabs and bloods.



### Without Bloods

Blue- This tests for Chlamydia & Gonorrhoea  
This test uses a vaginal swab.



## Which Kit do I need if I am Trans?

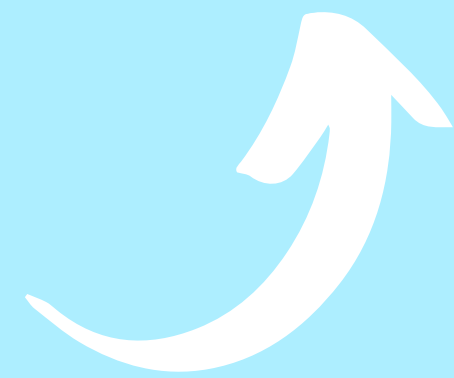
SH:24 Recommends that Trans Women utilise **Urine Samples** for the best results, **even if** you have had bottom surgery or vaginoplasty.



Kit Colours: Pink, Grey Tan & Black.



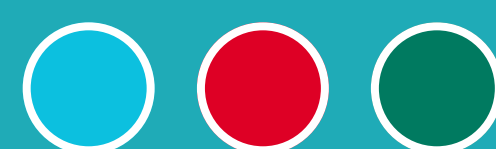
SH: 24 Recommends that Trans Men who **do not** have Vaginal sex use a **urine sample**



SH: 24 Recommends that Trans Men who **have** vaginal sex use a **swab sample**.

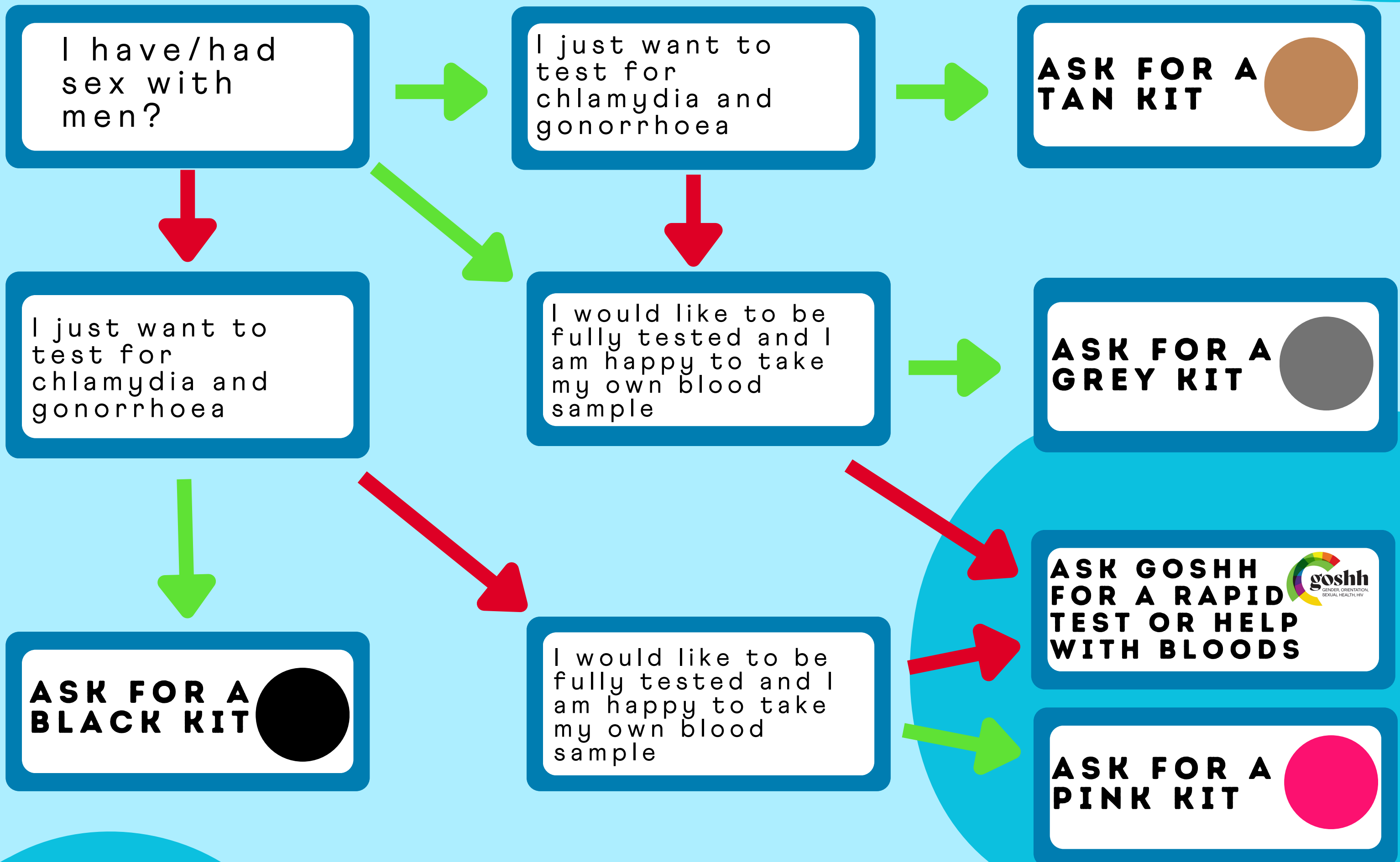


Kit Colours: Blue, Red, Emerald.



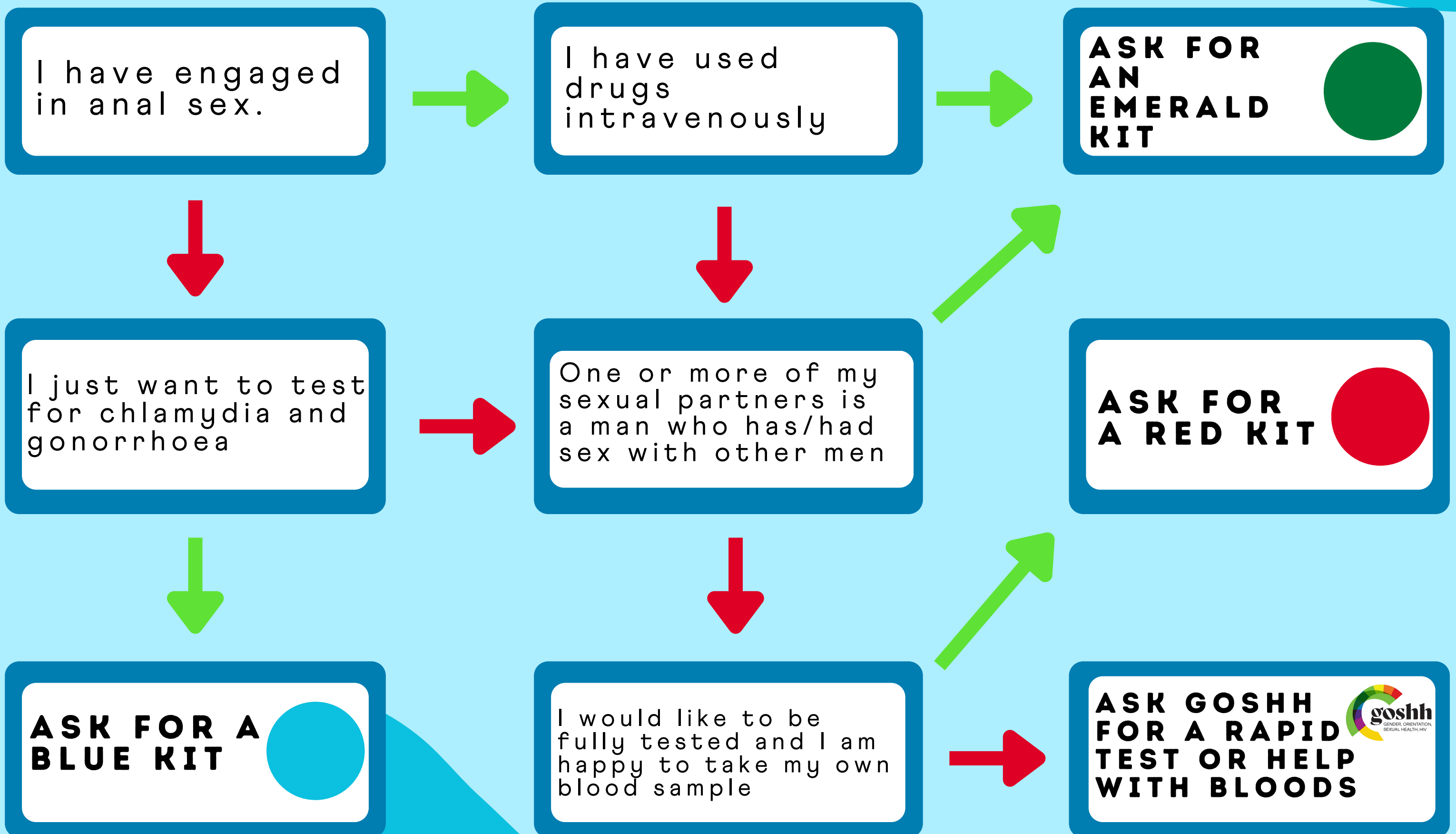
# SH:24 WHICH KIT IS FOR ME? (PEOPLE WITH A PENIS)

## START



# SH:24 WHICH KIT IS FOR ME? (PEOPLE WITH A VAGINA)

## START

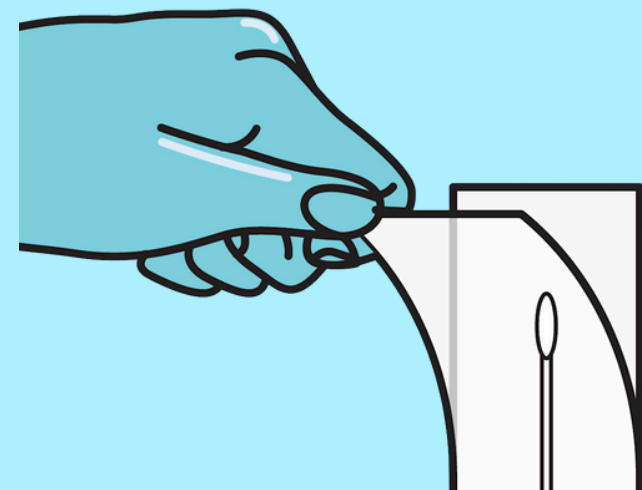


## How to use a Vaginal Swab

1. Wash your hands thoroughly before beginning



2. Remove the swab from the packet. Do not touch the tip!



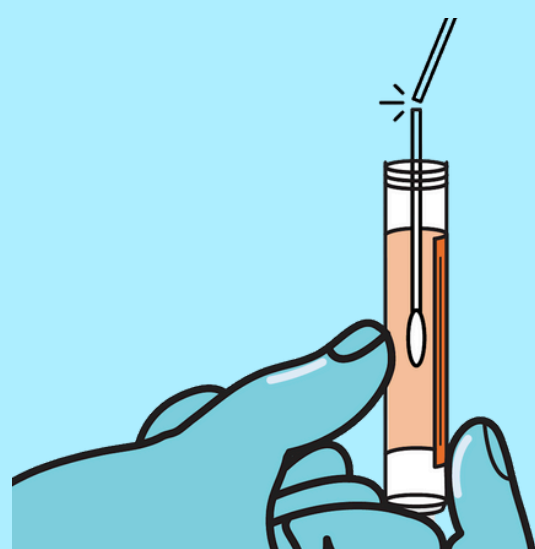
3. Place one leg on the toilet, hold your labia open. Put the soft tip 5 cm into the vagina. Rotate gently for 15 seconds.



4. Unscrew the lid from the tube. Hold upright and do not pierce the foil.



5. Put the swab into the tube. Snap the stem off and seal securely to ensure it does not leak.

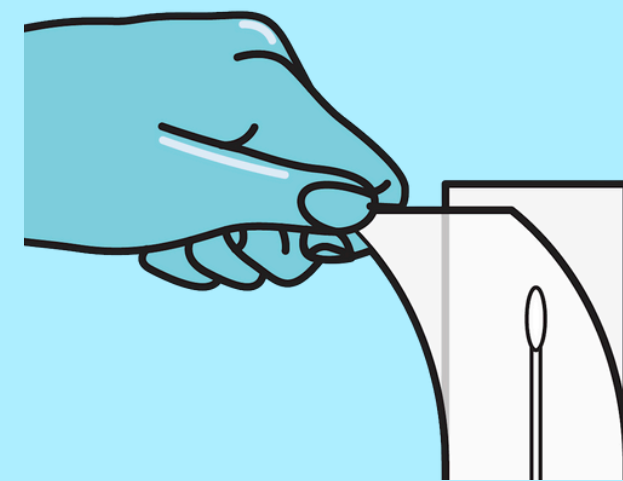


## How to use a Rectal Swab

1. Wash your hands thoroughly before beginning



2. Remove the swab from the packet. Do not touch the tip!



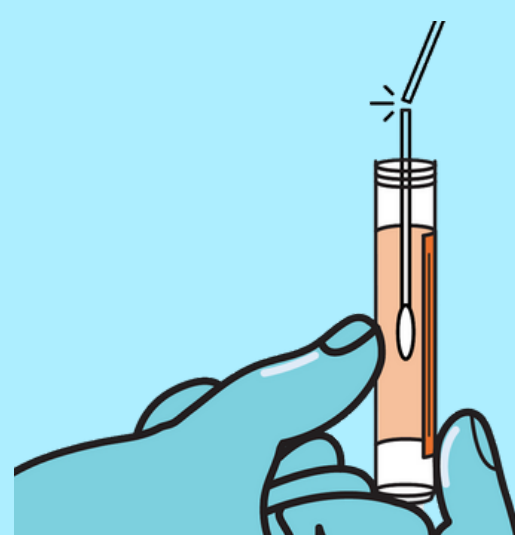
3. Place one leg on the toilet. Put the soft tip 4cm into the vagina. Rotate gently for 10 seconds.



4. Unscrew the lid from the tube. Hold upright and do not pierce the foil.



5. Put the swab into the tube. Snap the stem off and seal securely to ensure it does not leak.

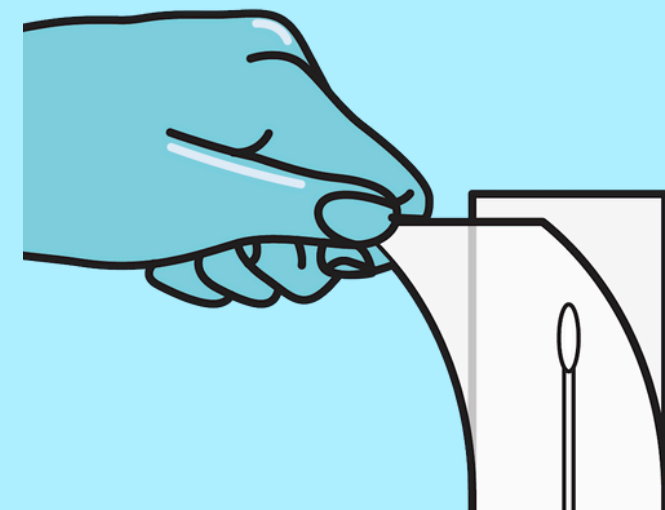


## How to use a Throat Swab

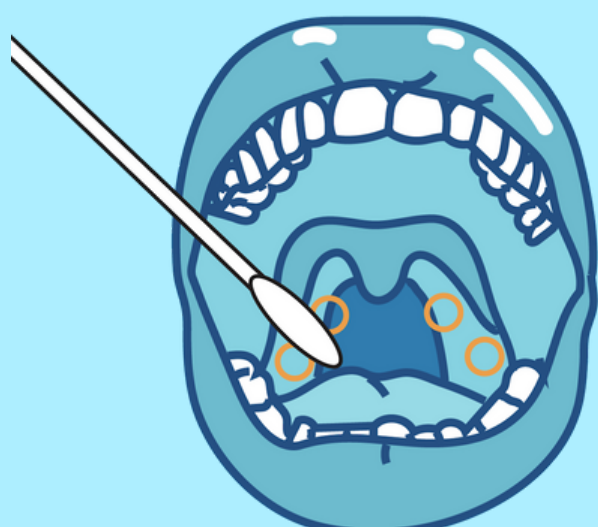
1. Wash your hands thoroughly before beginning



2. Remove the swab from the packet. Do not touch the tip!



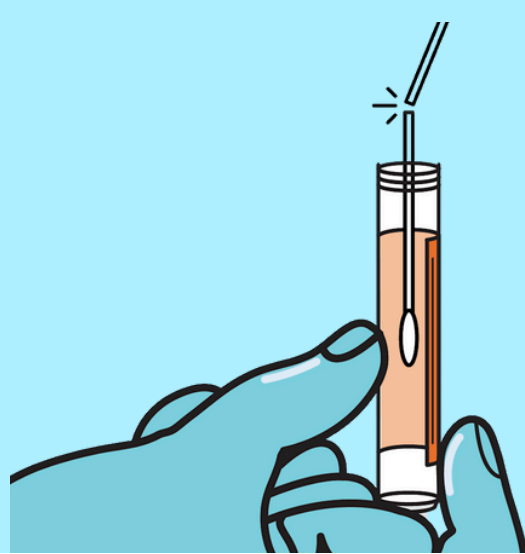
3. Swab around the back of your mouth and throat. You're less likely to gag if you swab the sides of your throat, not the centre.



4. Unscrew the lid from the tube. Hold upright and do not pierce the foil.

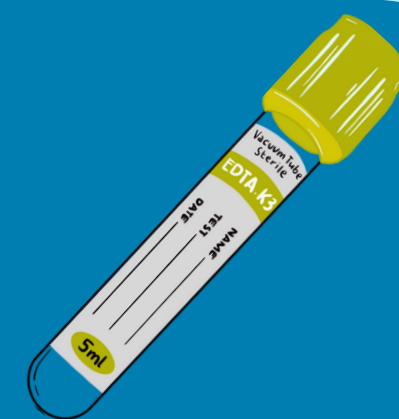


5. Put the swab into the tube. Snap the stem off and seal securely to ensure it does not leak.



## How to take a blood sample

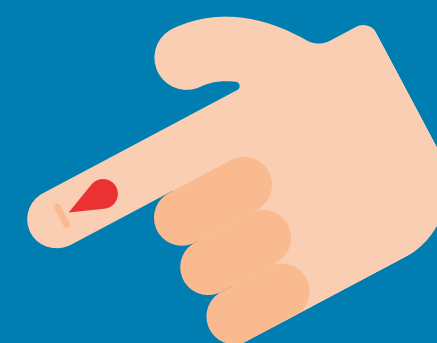
1. Take the yellow lid off the sample tube. Put the tube on a low, flat surface so it can stand up. Twist and pull the tip off a lancet then use a wipe to clean one of your middle 2 fingers.



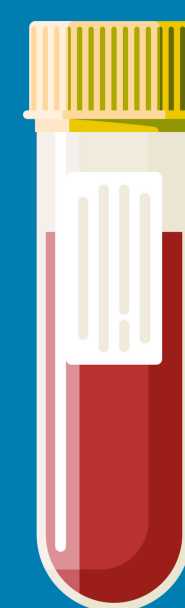
2. Allow the blood to flow into your hands by standing up with your hand below your waist. Remove the yellow lid from the blood collection tube and place both parts on a flat, stable surface.



3. Keep your arm straight, and hold it over the tube. Massage down your finger so blood drops into the tube.



4. Try to fill the tube up to the 600 line. Massage your finger in order to get more blood flowing. You can always prick another finger if you cannot get the correct amount from one finger. Even if you cannot fully fill the tube but can fill it with blood past the 400 line take to send the tube in anyway.



5. Use a sterile wipe to clean your finger, then apply a plaster. Press the yellow lid back onto the tube so it clicks. Wipe any blood off the outside of the tube. Turn the tube upside down 5 times.



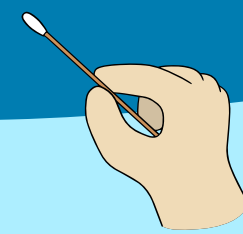
# TIPS FOR USING SH:24

## Taking Swabs

**1.** Make sure your hands are washed thoroughly before beginning



**2.** For Anal & Vaginal swabs rotate for 10-30 seconds in order to get good swab collection



**3.** Avoid contamination by placing swab into kit as per instructions. Don't touch off of skin, clothing or surfaces.



**4.** Don't use any lotions and avoid sexual activity for at least 24 hours before.



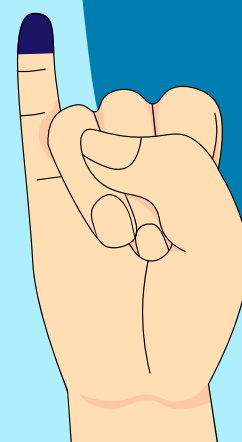
# TIPS FOR USING SH:24

## Taking bloods

**1.** Warm up your hands before taking blood. You can put your hands in your pockets, or sit on them to warm them. This will help blood flow



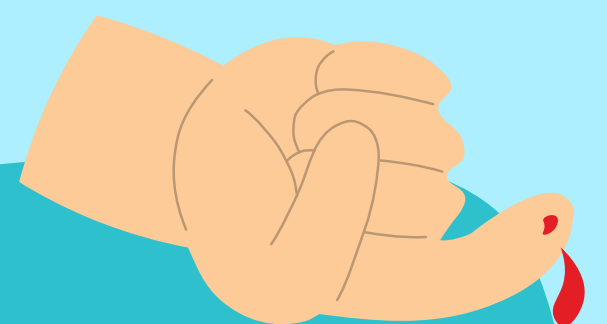
**2.** Always start with your middle finger. If you struggle to get enough blood for the test, try your pinkie!



**3.** Don't hold down on the plastic pipette, it will create air bubbles. Hold the end lightly and allow the blood to drip in.



**4.** Use gravity! Hold your hand downwards to allow gravity to increase blood flow.



## More information

For more information about SH:24 and STIs please visit [SH24.ie](http://SH24.ie) or [sexualwellbeing.ie](http://sexualwellbeing.ie)



A guide by Rachel Woodfull and Róisín Ó' Connor