

If you do not bring your urine sample collected in a urine collection container on your appointment day, you cannot be tested for genital chlamydia and gonorrhea.

To those who take urine tests for genital chlamydia and gonorrhea

Chlamydia and gonorrhea urine test screens for a chlamydia infection and a gonorrhea infection by detecting the genetic material of the chlamydia bacteria and *Neisseria gonorrhoeae* in urine.

●Urine collection kit (contained in a bag)

- Instruction (this document)A4 1 sheet
- Foldable urine collection cup 1
- Urine collection container 1

●Please collect your urine in the following way and bring it to your appointment.

*We cannot accept your urine sample if you bring it on days other than your appointment day.

① Please collect your urine (more than 1 hour after the last urination) in the afternoon of the testing day.

*You cannot collect your urine in the restrooms in the building where the Office is located.

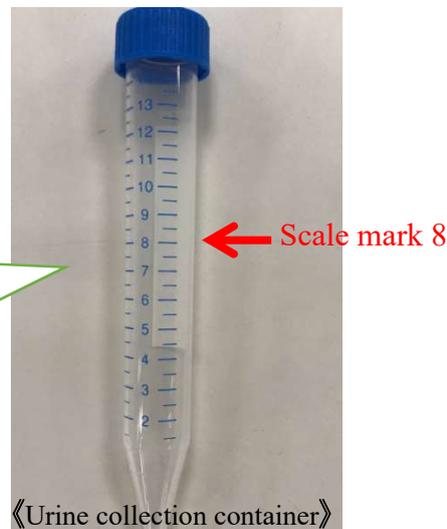
*Please refrain from being tested when you are menstruating because accurate results may not be obtained or results may not be produced.

② Collect the first part of the urine that comes out in the urine collection cup to a depth of approx. 1 cm.

③ Pour urine from the cup into the urine collection container to scale mark 8.

Please firmly tighten the cap back on the container.

Pour urine into the urine collection container to scale mark 8.
(To about half of the depth of the container)



④ Please put the urine collection container in the bag that contained your urine collection kit and bring it with you to your appointment.

*We cannot accept your urine sample if it is collected in a container other than the urine collection container we gave you.

⑤ Please put the foldable urine collection cup you used in a plastic bag, tie the bag at the top, and dispose of it according to the rules of your municipality.

●You will be notified of your test results on the same day you receive your HIV test result.

Contact information: Tokyo Metropolitan Minami-Shinjuku Testing and Counseling Office
03-3377-0811

Monday-Friday (excluding public holidays) 3:30 p.m. to 7:30p.m.

Saturdays and Sundays (excluding public holidays) 1:00 p.m. to 4:30 p.m.

What are genital chlamydia and gonorrhoea?

Genital chlamydia

It is the most common sexually transmitted disease in Japan. People with chlamydia often have no symptoms and may not know that they have the infection. However, as untreated chlamydia may lead to infertility and mother-to-child transmission, it is necessary to properly treat it.

Gonorrhoea

Though men may develop noticeable symptoms quickly, symptoms in women are usually unnoticeable and remain unnoticed until it progresses.

As both infections cause various diseases, such as epididymitis in men, salpingitis in women, and mother-to-child transmission, it is necessary to treat them properly.

The above is extracted from *What kind of diseases are sexually transmitted infections (STIs)?* (Bureau of Social Welfare and Public Health, Tokyo Metropolitan Government).

You can download it on the website below.

URL: <http://www.fukushihoken.metro.tokyo.jp/iryo/koho/kansen.files/sti.pdf>

Website: Run a search for “Tokyo AIDS” and click “Publications by AIDS Control Office”

STI information website “*Tokyo STI navi*”

This page shows various information related to STI, such as symptoms, prevention, and testing.

URL: <http://www.fukushihoken.metro.tokyo.jp/seikansensho/>

How to understand your urine test results and deal with them

This urine test detects the genetic material of the chlamydia bacteria and *Neisseria gonorrhoeae* in the urethra through which urine passes.

What “Negative(-)” means

- It means that the test did not detect any genetic material of the chlamydia bacteria and *Neisseria gonorrhoeae* in the urine you submitted.
- However, urine tests cannot detect infections in the throat or rectum (abdominal cavity in women).
- If you are concerned about some symptoms or worried about infections in the throat or rectum, we recommend visiting a medical institution.

What “positive (+) means and how to deal with it

- It means that the test detected the genetic material of the chlamydia bacteria and *Neisseria gonorrhoeae* in the urine you submitted.
- Please visit a medical institution to see whether extensive testing and treatment are needed.

The departments you should visit are STD, infectious disease, urology, or gynecology.

* You can search for medical institutions using the Tokyo Medical Institution Information Service (Himawari).

Tel: 03-5272-0303 FAX : 03-5285-8080 (dedicated for people who are hearing impaired)

Website: <http://www.himawari.metro.tokyo.jp/>

<http://www.himawari.metro.tokyo.jp/kt/>(mobile website)