

Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Sampling date: \_\_\_\_\_

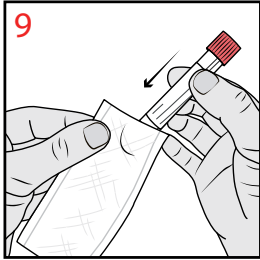
Doctor: \_\_\_\_\_

GGD Amsterdam  
Streeklaboratorium  
Postbus 2200  
1000 CE Amsterdam

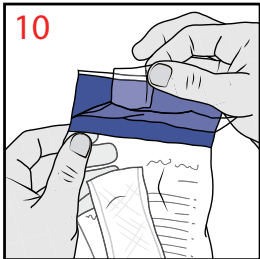
**GGD Amsterdam**  
Streeklaboratorium  
Nieuwe Achtergracht 100  
1018 WT Amsterdam  
Monday to Friday 08:30-17:00

[www.streeklaboratorium.nl](http://www.streeklaboratorium.nl)  
[sla@ggd.amsterdam.nl](mailto:sla@ggd.amsterdam.nl)  
020 555 5275

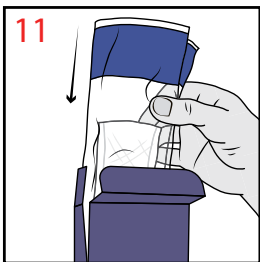
### Packaging and shipping



Put the tube in the white pouch.

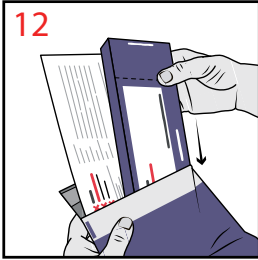


Put the white pouch with the tube in the plastic bag.  
Close it by using the adhesive edge.

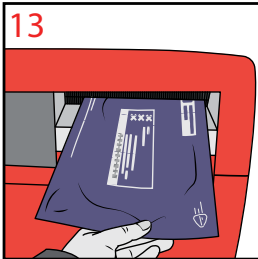


Put the plastic bag in the box. Close the box.

### Packaging and shipping



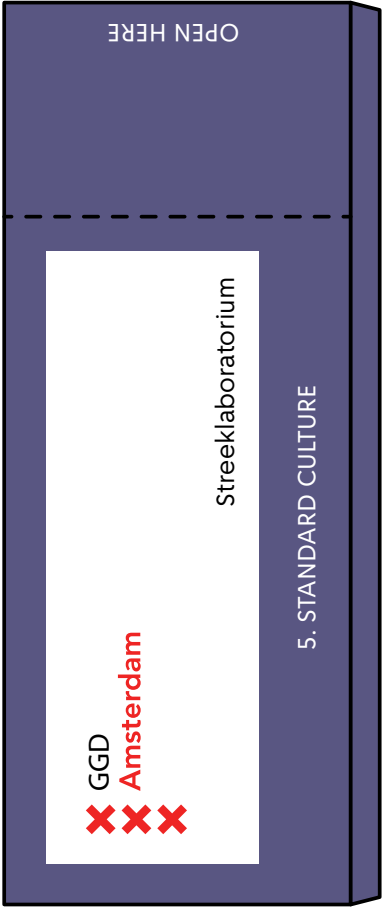
Attach the GGD address label on the back of the envelope, at the bottom left. **Put the box and the form from your doctor in the envelope.** Close it by using the adhesive edge.



Drop off the envelope at an Atalmedial sampling location. Look for a nearby address at [www.atalmedial.nl](http://www.atalmedial.nl) or send the envelope by post. A stamp is not required.

**GGD Amsterdam**

### Instruction manual



Test for cultures of micro-organisms.

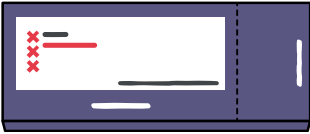
Instruction manual

Test for cultures of micro-organisms (such as bacteria and fungi).

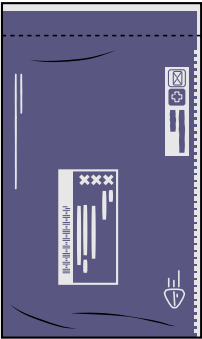
A. Read the full explanation

The explanation can be found on the front and back of these instructions.

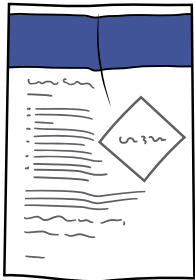
B. Check to see that everything is in the box



Box



Envelope



Plastic bag



Tube and cotton swab

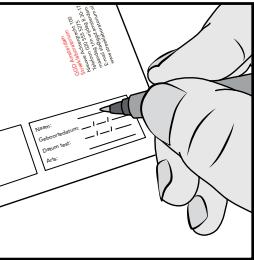


White pouch

C. Important

- Do not open the packages until you start the test.
- The tube contains a liquid. This liquid must remain in the tube.

D. Getting ready



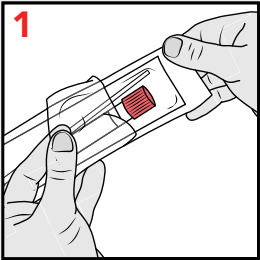
There is a label on the back. **Write your name, date of birth, sampling date, and the name of your doctor on it.**



Work as neatly as possible. Wash your hands with soap and water.

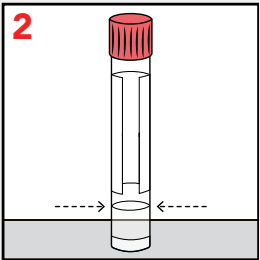
Dry your hands with a clean hand towel.

Collecting material



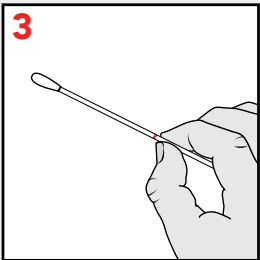
Open the packaging of the tube and the cotton swab.

Do not touch the cotton part.



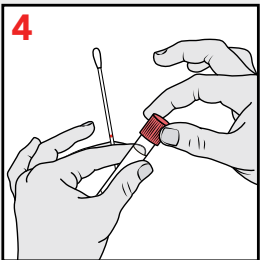
The tube contains a liquid.

This liquid must remain in the tube.



Hold the swab at the line.

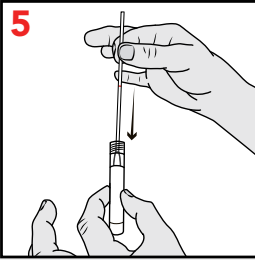
Collect the material.



Take the tube and unscrew the cap.

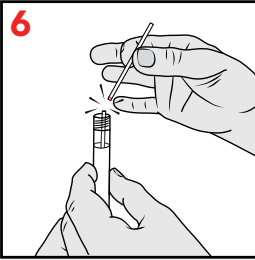
Leave the liquid in the tube.

Collecting urine



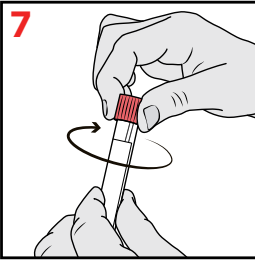
Put the cotton swab into the tube.

The swab is longer than the tube.

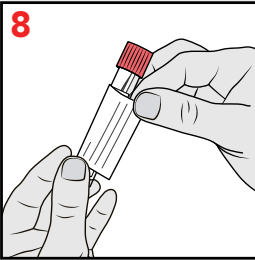


Carefully break off the upper part at the line. Use the inside of the tube for this.

Discard the piece that was broken off.



Tighten the cap firmly.



Attach the label with the details to the tube.