



General practice information: postal chlamydia retest

Ordering a kit for your patients

Please read the following instructions before ordering a postal retest for your patient.

Don't have VCS Pathology forms? VCS Pathology will accept any pathology provider forms. Follow the below instructions and ensure it is sent to VCS Pathology.

1. CONFIRM THE PATIENT WOULD LIKE TO RECEIVE A POSTAL KIT FOR THEIR RETEST

Check the patient understands and agrees to each of the following before continuing:

- The kit will be sent to their home address (or other address they provide) in about 10 weeks.
- The patient's GP will organise for the kit to be sent direct to the patient from VCS pathology.
- The patient will need to do the test at home and send it back to VCS pathology in the post.

2. POPULATE A PATHOLOGY REQUEST

Order a chlamydia test as you usually would (specify if requesting a urine sample or vaginal swab).

Include the text in the box under clinical details of the request via:

- Copy and paste (omit second sentence if patient does not want an SMS reminder from VCS pathology) **OR**
- Placing a MoCCA sticker on the printed request

**Postal chlamydia retest kit.
Please send specimen kit to
listed address in 10 weeks.**

**SMS patient in 9 weeks to
advise that chlamydia at home
test will be posted in 1 week.**

Check with your patient if the address they want to receive the kit matches the address listed. If not, specify the postal address in the clinical notes.

3. SEND POPULATED REQUEST TO VCS PATHOLOGY

Pathology requests can be sent to VCS Pathology via:

- Fax to **03 9349 1949** **OR**
- Email a password protected file* to mocca@vcs.org.au **OR**
- Leave for the VCS Pathology courier to pick up (if they routinely collect specimens from your clinic).

If these methods do not suit, please discuss with the MoCCA team (mocca-info@unimelb.edu.au)

4. AWAIT RESULTS

VCS Pathology will communicate the test result to your clinic. It is your clinic's responsibility to communicate test results with your patient.

**Please discuss with the MoCCA team for naming convention and password requirements for emailing password protected pathology requests.*



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About the postal kit

Re-testing three months after treatment is recommended for those diagnosed with *Chlamydia trachomatis* (chlamydia).¹ General practices participating in MoCCA have the option of offering a postal test to support retesting for patients diagnosed with chlamydia. Randomised controlled trial evidence showed that postal re-test kits for chlamydia increased re-testing rates by 22% to 61% overall.²

WHO PROVIDES THE POSTAL KITS?

The postal kits are provided by VCS Pathology. VCS Pathology is part of the [Australian Centre for the Prevention of Cervical Cancer \(ACPCC\)](#), a not-for-profit organisation based in Melbourne, Australia.

WHAT TYPE OF TEST IS PERFORMED?

VCS Pathology currently uses the Roche cobas 4800 CT/NG test for chlamydia testing that is in routine use in Australia. It is PCR based, like most chlamydia tests offered by pathology laboratories across Australia.

The test is a vaginal swab for people with female reproductive organs or a urine sample that is passed onto the swab for people with male reproductive organs.

HOW ACCURATE IS THE TEST?

The Roche cobas 4800 CT/NG test is highly sensitive and specific for chlamydia. It has been demonstrated to have a sensitivity for chlamydia infection of 100% across 15 different serovars and to have no false positive test results when assessed against a panel of 184 bacteria, fungi and viruses at high concentrations.

DO PATIENTS NEED A VALID MEDICARE CARD?

VCS Pathology chlamydia tests are bulk billed to Medicare if the patient signs the Medicare Assignment section on the request form, has a valid Medicare card and meets Medicare eligibility criteria. If these do not apply, the test will be privately billed and incur a fee of approximately \$36.60.

For individuals (eg. international students) without a valid Medicare card and with private health cover, in most instances VCS Pathology can bill the insurer directly. If this is not possible, the patient will receive an invoice from VCS Pathology and can claim the full amount from their insurer.

Further information about VCS Pathology billing is available at [this link](#).

IS A POSTAL TEST THE RIGHT OPTION FOR MY PATIENT?

A postal retest is one of several options that you can offer your patient to support them to retest within recommended timeframes. Patients diagnosed with chlamydia are recommended to have a test for reinfection approximately **three months** after diagnosis. This is important as reinfections are associated with an increased risk of complications, particularly pelvic inflammatory disease for patients with female reproductive organs.

WHAT INFORMATION SHOULD I PROVIDE TO PATIENTS?

Please see [information for patients](#). If you have further questions, please contact us at mocca-info@unimelb.edu.au

1. Australasian Society for HIV Medicine Viral Hepatitis and Sexual Health Medicine. Australian STI Management Guidelines, for use in primary care. 2021. <https://sti.guidelines.org.au/sexually-transmissible-infections/chlamydia/>
2. Smith K, Hocking J, Chen M, et al. Dual Intervention to Increase Chlamydia Retesting: A Randomized Controlled Trial in Three Populations. *Am J Prev Med.* 2015;49(1):1-11.