



Venus packages

Appointment Preparation Guidelines

Booking your appointment

- When booking any of the four Venus packages, you will be required to state if you prefer a **home visit or clinic appointment**.
- It is advisable to schedule your appointment date **outside your menstrual period**. This is to reduce the likelihood of your urine and gynaecologic samples getting contaminated and prevent pain that may be associated with the sampling procedures.
- A small package will be delivered to you ahead of the appointment if you book either the **Venus or Venus Plus package** which will include a sterile container for a urine sample.
- Scans will be scheduled either at your appointment clinic, or at a recommended imaging facility nearest your home.

Dos & Don'ts before your appointment

- Avoid sexual intercourse, douching, or inserting tampons, contraceptive devices or any vaginal medicines or spermicidal foams, creams or jellies at least 48 hours before your appointment.
- It is however okay if you have an IUD in place.

Collecting and storing your samples

- You will receive a sterile container in a sample collection bag prior to your appointment. This is for you to take a **midstream sample of your first morning urine on the day of your appointment**.
- Steps for urine sample collection:
 1. **Clean** the area: Wash the area between the labia with soap and water and dry.
 2. **Collect** midstream: Allow a small amount of urine to pass first and then stop the flow. Then collect a sample of urine into the sterile container until about half full.
 3. **Cover** securely: Ensure that the screw cap of the container is rightly applied and screwed tightly to prevent spillage. Then put the sample in the collection bag and keep in a clean, dry place at room temperature.
 4. **Carry** your sample: For home visits, your doctor will take the sample from you on arrival. For a clinic appointment, remember to take the sample along with you.

What to expect at the appointment

- The visit should last about **20-30 minutes**.
- The doctor will take blood samples, most likely from your arm, and your collected urine sample will be received.
- Except for Venus X, samples will be taken either for a vaginal swab or a pap smear:
- Lying on your back, the doctor will insert a speculum device into your vagina, and with a swab stick and/or cervix brush take a sample from your cervix and/or vagina. It is usually a relatively painless procedure.
- Your scans may be carried out before or after the sampling and should take you not more than 45 minutes at the facility.
- All packages include an **online review** usually within 2 weeks of your appointment to discuss the results of your laboratory tests and recommendations. The doctor may during the review recommend an in-person visit at a later date.
- You will receive your laboratory results and other reports electronically.

Special considerations for home visits

- **Conductive workspace:** Your doctor will require a table or other surface for equipment and other items. Some parts of the examination will require you lay flat on your back on a bed or couch. Bedrooms and living rooms are ideal.
- **Water for handwashing and sanitation:** For you and your doctor's hygiene and safety, kindly make available some water along with handwashing soap and towels.
- **Safety and Privacy:** Ensure that the workspace provides you and your doctor with enough privacy and safety. Inform your doctor if you are comfortable with other individuals being present during your session.
- **Chaperones:** If you would like to have a relative or trusted friend present during your examination, please make that arrangement beforehand.