



TEST YOURSELF

How to self-collect a swab from internal genitals



1 Wash your hands with soap and water.



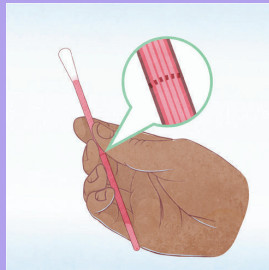
2 Remove the transport tube and collection swab from packaging.



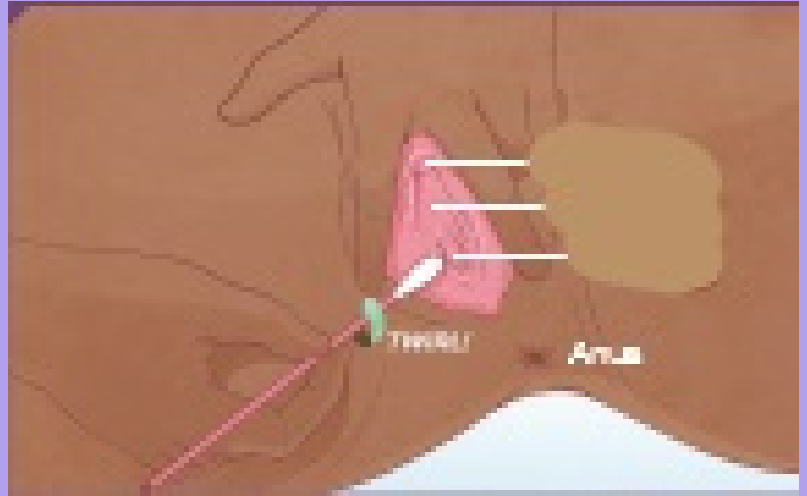
3 Label the transport tube with your Patient Label.



4 Open the package containing the collection swab.

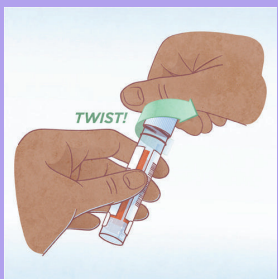


5 Firmly hold the collection swab above the dashed line (closer to the swab tip).

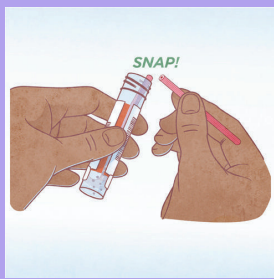


6 Get into a comfortable position that allows you access to your internal genitals (sitting on the toilet or putting a foot on a stool may help)

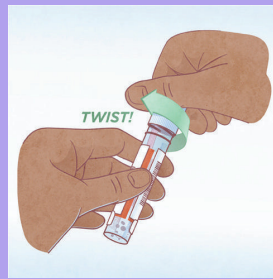
7 Gently insert the swab as far as you can with no pain. Rotate three times against the internal walls of your genitals (at least 30 seconds). Then take out the swab.



8 Unscrew the cap from the transport tube.



9 Place the collection swab into the transport tube, snapping it at the dashed line.



10 Put the cap back on the transport tube and twist it closed to prevent leaks.



11 Put the transport tube into the biohazard bag.



12 Wash your hands again!