



## Guide for Self-Collect Vaginal Swabs

December 2013

**Read the collection instructions below.  
Inform your healthcare provider if you are pregnant, had recent pelvic pain,  
pain during sexual intercourse, or an unusual vaginal discharge or odour**

### HANDLING PRECAUTIONS

The collection tube liquid media can cause irritation if contacted with skin or other body parts.

Handle the tube carefully

- Do NOT pre-wet the swab with the liquid media or any other liquid prior to sampling
- Use care to avoid splashing contents of the tube
- If the liquid media comes into contact with the skin, wash with soap and water. Inform your healthcare provider
- If the liquid media splashes into your eyes flush with water immediately. Inform your healthcare provider
- If the liquid media is accidentally spilled discard and use a new tube. Do not attempt to clean up. Inform your healthcare provider

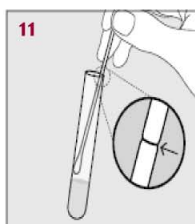
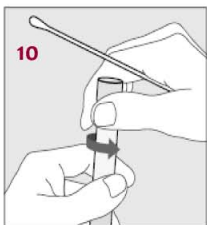
### PREPARING FOR SAMPLE COLLECTION

1. Thoroughly wash hands prior to collection
2. Undress to expose vaginal area
3. Put yourself in a comfortable position
4. Open the kit package and set the tube aside
5. Carefully remove a swab; do not lay it down



### COLLECTION

6. Carefully insert the soft end of the swab into your vagina (about 5 cm past the opening)  
This is similar to inserting a tampon
7. Gently turn the swab for about 10-20 seconds while rubbing against the wall of the vagina
8. Carefully remove the swab without touching your skin
9. Do not touch the swab on any other surface
10. Undo the tube lid and lower the swab into the tube



### TUBE PREPARATION

11. Lower the swab until the dark line on the swab is the same level as the tube rim
12. The tip of the swab should be just above the liquid
13. Carefully lean the swab against the tube rim and break the shaft at the dark line, letting the bottom portion of the swab drop into the liquid.
14. Discard the top portion
15. Place the lid on and tightly close the tube
16. Wash hands
17. Return sample to nurse or doctor

