

## Low Vaginal Rectal Swab Collection – Self Collect Instructions

### Procedure

1. Open swab package. Without removing the tube from the package, take off the white cap. Discard the cap.
2. Remove the swab from the package. Do not touch the soft tip or lay swab down.
3. Carefully insert swab into the inside opening of the vagina about 2 cm, and gently rotate swab for 10 to 30 seconds. Make sure swab touches the walls of the vagina so that moisture is absorbed by swab.
4. Remove swab from the vagina and insert 1 cm into the anus. Remove from the anus.
5. Without touching the swab onto any surface, insert it firmly into the tube.
6. Remove the tube from the package and label with your full name, date of birth and date and time of collection.
7. Return labelled tube and form in the provided biohazard bag to your medical centre or to one of our collection centres.

