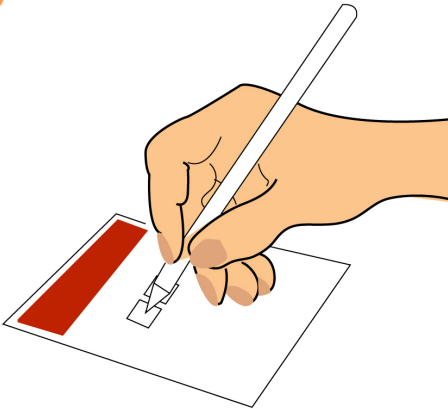


## How to provide a VAGINAL SWAB sample

# INSTRUCTIONS

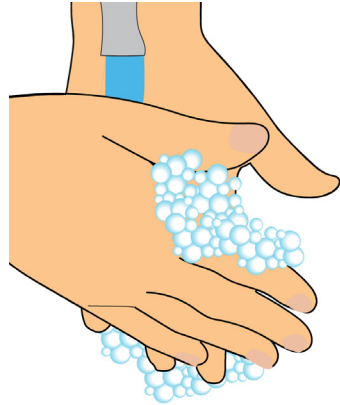
Contents; Request form, Sample return envelope, Orange swab, Clamshell with ORANGE labelled collection tube.

1



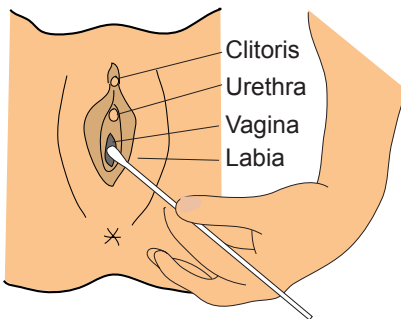
Complete the form provided with the date you took the sample. It helps if this is written carefully and clearly.

2



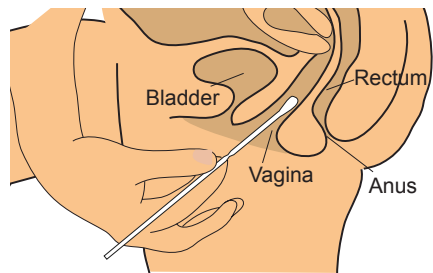
Wash your hands in warm soapy water and dry them using a clean towel. You are now ready to start the sample collection.

3



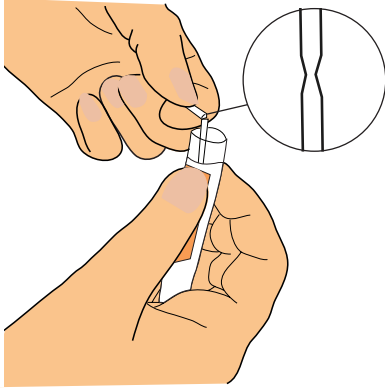
Remove the Orange swab from its packaging. Hold the swab, placing your thumb and index finger in the middle of the swab shaft covering the score line. This will keep the swab from snapping when collecting your sample.

4



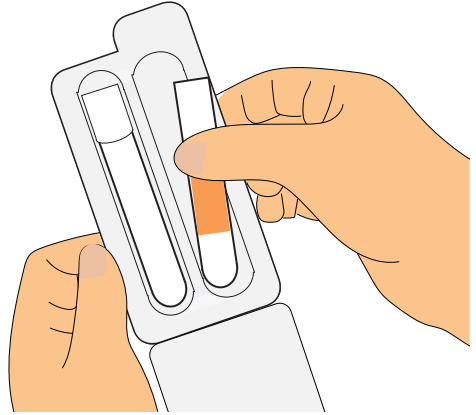
Carefully insert the swab into the vagina as shown in the illustration and gently rotate the swab for 10 to 30 seconds. Make sure the swab touches the walls of the vagina. Now withdraw the swab without touching the skin.

5



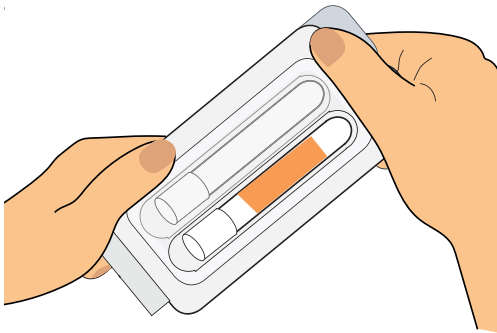
Having already removed the tube cap, place the swab into the ORANGE tube. Carefully bend and break the swab shaft at the score line against the side of the tube. Do not spill the contents of the tube. Make sure the cap has been screwed on tightly.

6



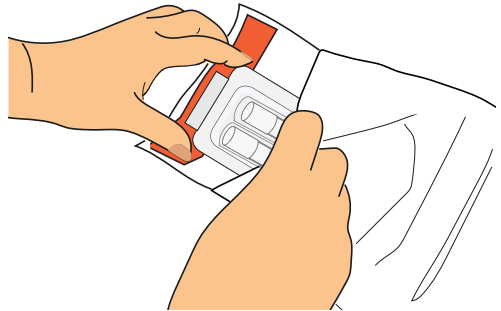
Now pack the tube back into clamshell. If placed into the clamshell in the same position as when it was taken out it will fit comfortably.

7



Close the clamshell firmly and pack it with the completed request form into the prepaid addressed return envelope. It is **IMPORTANT** both items are returned.

8



Seal the return envelope and post it that day or the following day. You will be contacted shortly by text with your results.

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