



P23 HEALTH

# Patient Instructions for Vaginal Swab Collection and Handling

The following instructions are intended to help you collect the correct specimen for the test. Read all the instructions carefully, make sure you are prepared, and follow each step described below to ensure proper collection.

## WASH YOUR HANDS PRIOR TO SPECIMEN COLLECTION

1. Open the specimen collection kit. Set aside the tube.
2. Open the swab. Do not touch the soft tip of the swab with your finger or on any surfaces.
3. Hold the swab in your hand by placing it between your thumb and your forefinger. Carefully insert the soft tip of the swab about 2 inches into the opening of the vagina.
4. Gently rotate the swab for 10-30 seconds, making sure that the swab touches the walls of the vagina. Remove the swab and keep it in your hand during step 5.
5. Carefully unscrew the cap ensuring the soft tip end of the swab doesn't touch anything. Set the cap down.
6. Hold the tube opening away from you and carefully insert the soft tip of the swab into the tube.
7. Gently tap the swab against the bottom of the tube for 15 seconds. Avoid splashing. Lift the swab out of the tube and discard appropriately.
8. Tightly screw the cap on the tube. Wash your hands thoroughly. Place the specimen tube into the return packaging provided.

NOTE: It will take 24 to 48 hours for the lab to release your results.