

HOW TO TAKE A VAGINAL SWAB

INTRODUCTION

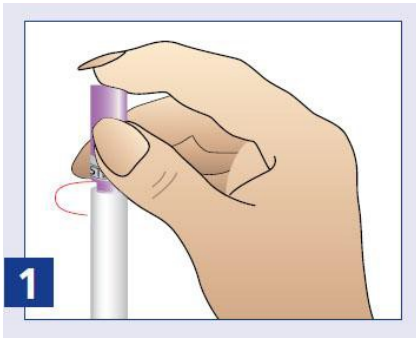
Taking a vaginal swab is a simple but effective procedure for getting a sample suitable for testing at the laboratory. Please read the instructions carefully so that you will get a reliable result.

Before you collect the sample:

Wash your hands using soap and warm water, rinse and dry. It is important that you get yourself into a comfortable position so that you are not off-balance.

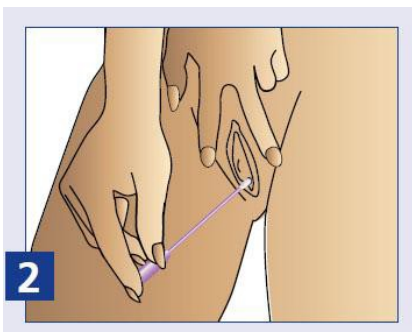
How to collect the vaginal swab:

1. Twist the cap to break the seal (Figure 1).

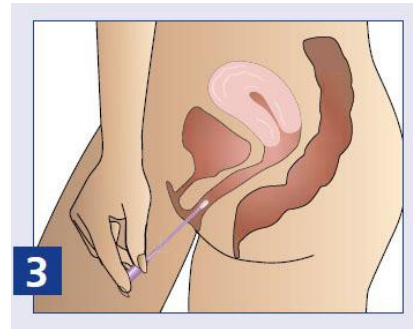


Pull the cap with the attached swab off the tube. Do not touch the soft tip or lay the swab down once you have taken it out of the tube. If you touch or drop the swab tip or the swab is laid down, throw it away and use a new one.

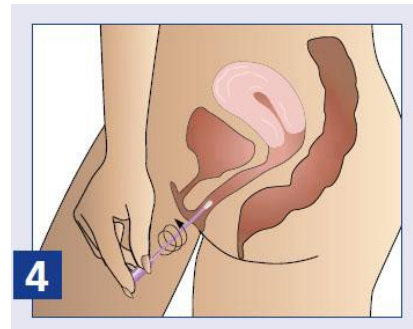
2. Hold the swab by the cap with one hand so that the swab tip is pointing toward you. With your other hand, gently spread the skin outside the vagina. Insert the tip of the swab into the vaginal opening (Figure 2). Point the tip towards your lower back and relax your muscles.



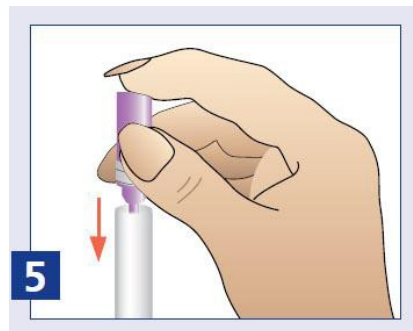
3. Gently slide the swab no more than 2 inches (5 cm) into the vagina (Figure 3). If the swab does not slide easily, gently rotate the swab as you push it inside. If it is still difficult, do not attempt to continue. Make sure the swab touches the walls of the vagina so that the moisture is absorbed by the swab.



4. Rotate the swab for 10-15 seconds (Figure 4).



5. Withdraw the swab without touching the skin. Place the swab in the tube and cap securely (Figure 5).



6. Place the sample in the sample bag and seal.

7. Wash your hands with soap and warm water, rinse, and dry.