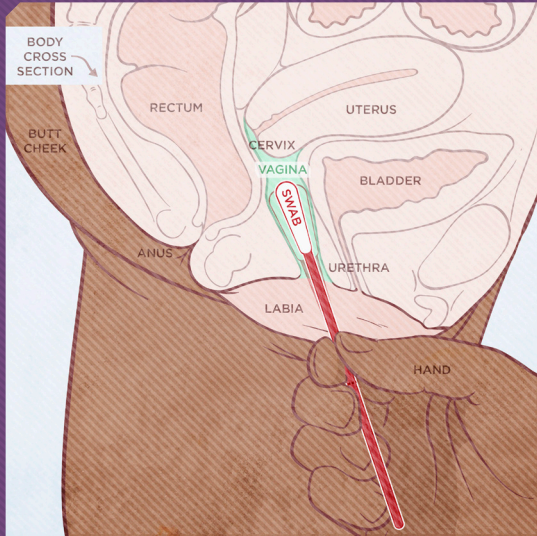
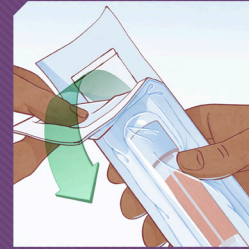


# TEST YOURSELF

## The Visual Guide for a Self-collected Vaginal Swab



1 Wash your hands with soap and water.



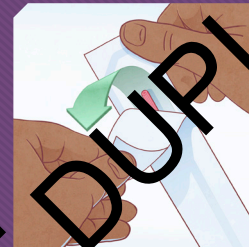
2 Remove the transport tube and collection swab from packaging.



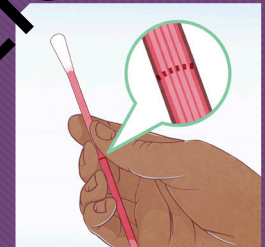
3 Label the transport tube with your **Patient label**.



4 Label the transport tube with the **Vaginal** label.



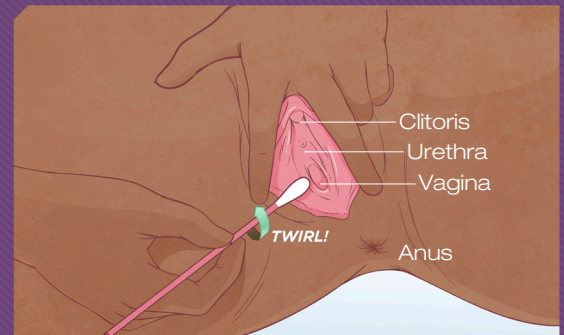
5 Open the package containing the collection swab.



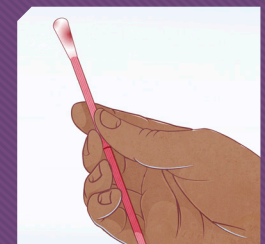
6 Firmly hold the collection swab above the dashed line (closer to the swab tip).



7 Get into a comfortable position, either sitting or standing with one foot on a toilet seat or step stool. If you have a tampon inserted, remove it now.



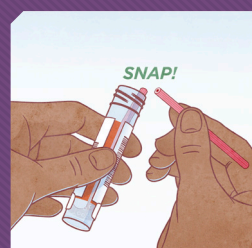
8 Gently insert swab about 2 inches (5 cm) into the vagina (like inserting a tampon, but not as far) for 10-30 seconds. Make sure the swab touches the sides of the vagina.



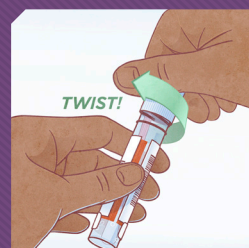
9 It is okay if there is some discharge or blood on the swab.



10 Unscrew the cap from the transport tube.



11 Place the collection swab into the transport tube, snapping it at the dashed line. Do not spill the liquid or pierce the foil top of the cap.



12 Put the cap back on the transport tube and twist it closed to prevent leaks.



13 Put the transport tube into the biohazard bag.



14 Wash your hands with soap and water.