



SCAN ME

How to self-collect a vaginal swab sample

Collect from James Wigg reception – when complete return to reception as advised.

Preparing for sample collection:

- Wash hands prior to collection.
- Undress to expose the vaginal area.
- Put yourself in a comfortable position.
- Remove the collection tube and swab from the collection kit.

HANDLING PRECAUTIONS:

The collection tube media can cause irritation if contacted with skin or other body parts. Handle the collection tube carefully.

- Do NOT pre-wet collection swab with the collection media or any other liquid before obtaining the vaginal sample.
- Use care to avoid splashing contents of the tube. If the contents of the tube are spilled on your skin, wash the affected area with soap and water. If the contents of the tube splash into your eyes, flush them with water

FINISHING UP

- Place the collection swab in collection tube, snap top of the swab off as indicated. Seal to tube.
- Attach label to tube then deposit at reception collection bucket.

Insert the swab **half a finger length** into your vagina.



Now **rotate the swab** around the inside of your vagina 5-10 times.

