

How to Use a Rectal Swab

To perform this self-test, you may need assistance from a sighted person.

What you should have ready:

- 1 resealable biohazard plastic bag (Bag #1) labeled rectal
- 1 rectal swab
- 1 orange multi-test tube
- 1 cup, and
- 1 piece of paper towel

Step 1. Wash your hands with soap and water and pat them dry.

Step 2. Prepare Tube.

Important: When handling the tube, do not puncture the foil on the cap, pour out, or spill the liquid. If the liquid in the tube spills, the swab cannot be tested, and the test must be repeated.

- Lay out the paper towel on a clean, flat surface.
- Twist the cap off the orange tube.
- Place the cap foil side down on the paper towel.
- Put the orange tube upright where it will not spill (i.e., in a cup).

Step 3. Prepare Swab

Important: When handling the swab, only touch the plastic handle. Do not touch the tip or put it down to prevent contamination.

- Partially open the swab package so it is easy to access.
- Leave swab in packaging.

Step 4. Collect Sample

- Move into a position that gives you easiest access to your anus, such as squatting, or lying down on your side with your top leg pulled toward your chest.

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- With one hand, grip the swab between your fingers and remove from the packaging. Point the tip of the swab towards the opening of your anus.
- With the other hand, spread one bum cheek to the side.
- Insert the swab about 4 centimeters into the rectum.
- Gently move the swab in a circle 2 or three times, touching the inside walls of the rectum.

Step 5. Place Sample in Tube

- Take the swab out and put it in the orange tube.
- Break the swab at the score line.

Step 6. Put Sample in Resealable Bag

- Twist the cap tightly to close the tube.
- Put the tube in the resealable biohazard plastic bag (Bag #1) labeled rectal.

Step 7. Cleanup

- When you are finished, put the remaining test supplies in the garbage and wash your hands again with soap and water.
- Return the samples as instructed.