

## How to Use a Vaginal or Front Hole 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 vaginal/front hole
- 1 vaginal/front hole 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 easy access to the vagina/front hole (such as sitting or squatting).

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- With one hand, grip the swab between your fingers and remove it from the packaging. Point the tip of the swab towards your vagina or front hole.
- With your other hand, spread open the skin outside the vagina or front hole.
- Relax your muscles and aim the tip towards your low back. Insert the swab tip into the opening created.
- Gently insert the swab no more than 5 centimeters into the vagina or front hole. Rotate the swab as you insert. If there is too much resistance, do not force it.
- Twist the swab back and forth for 10-15 seconds, touching the walls of the vagina or front hole so that it absorbs moisture.

### 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 vaginal/front hole.

### 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.