

HOW TO USE A VAGINAL OR FRONT HOLE SWAB

WHAT YOU SHOULD HAVE READY (FROM YOUR TESTING KIT)



1x Resealable Biohazard Plastic Bag (Bag #1) Labeled VAGINAL/ FRONT HOLE



1x Vaginal/ Front Hole Swab



1x Orange Multitest Tube



Cup



Paper Towel

STEP 1 - WASH HANDS

- 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 the paper towel on a 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

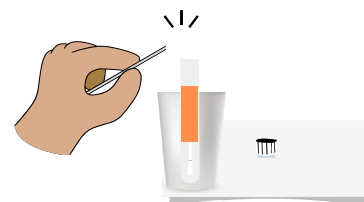
- Move into a position that gives easy access to the vagina/front hole (such as sitting or squatting).
- With one hand, **grip the swab between your fingers** and remove it from the packaging. Point the tip of the swab towards your vagina or front hole.
- With your other hand, **spread open the skin outside the vagina or front hole.**
- Relax your muscles and aim the tip towards your lower back. Insert the swab tip into the opening created.
- Gently insert the swab **no more than 5 cm** 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.



5 cm

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**.
- Seal the bag.



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 sample as instructed.

