

## Self-taken Swab Instructions

1. Open the orange kit package, open the tube of liquid being careful not to spill the contents.

2. Peel open the swab package, exposing the stick end of the swab (see picture 1). And take the swab out of the package.

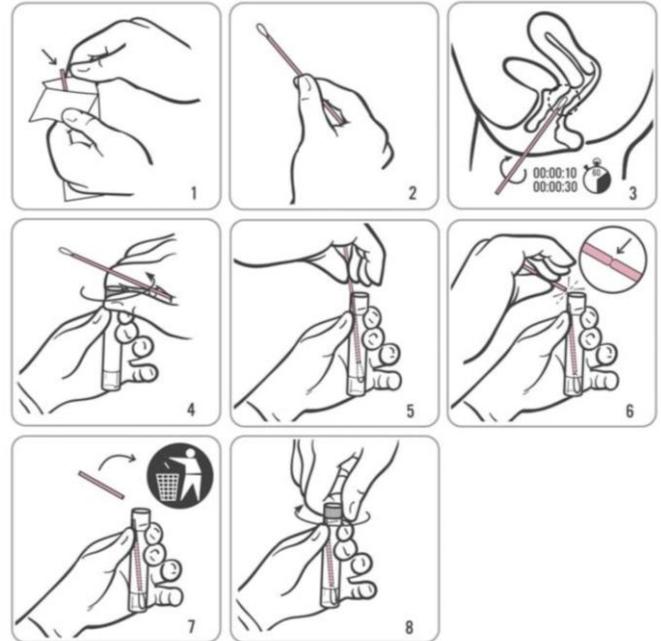
3. Hold the swab in the middle of the stick (see picture 2). Find a comfortable position - either sitting or standing and insert the sponge end of the pink swab to about the half-way point in your vagina and rotate around the vaginal walls for at least 10 sec.

4. Withdraw the swab without touching your skin and place the swab into the tube so that the soft tip is at the base of the tube (See picture 5).

5. Carefully break the swab stick at the black scoreline (picture 6). Leave the soft end of the swab in the tube and throw away the top portion (picture 7). Tightly screw the cap back onto the tube (picture 8).

**Check the tube is labelled** and put the tube in the sealable part of the plastic bag.

Drop off the bag at the hatch in the Health Centre (located down the hall to your left after entering the Health Centre) or at the labs (website to find your local lab address is on the request form). If the surgery is closed, you can also drop off the samples in the white box located outside the back door of the health centre (labelled 'After hours specimen drop box').



*(Illustrations courtesy of Gen-Probe Incorporated, San Diego CA)*