

How to Collect Your Own Vaginal Swab Specimen

1

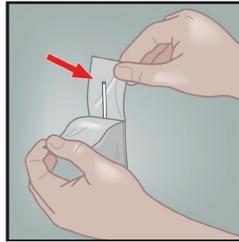
- Wash your hands.
- Undress from the waist down.



2

Open the package.

- Open the collection package that contains the collection tube and swab.
Cepheid kit - this kit has a larger swab in a separate package labeled "B" you can throw that away. You will use the smaller swab.
Roche kit - this kit has two swabs in one package, you can throw out the swab that looks like a mascara brush. You will use the swab that looks like a long Q-tip.
**See back for more information.*

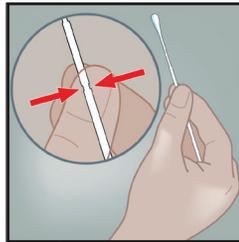


- Set the tube aside before starting to collect your sample.
- Open the collection swab from (A) by peeling open the top of the wrapper.

3

Take out the swab.

- Take out the swab. Do not touch the tip or lay it down!
**If you touch the tip, drop it, or lay it down – please request a new kit.*
- Pinch the middle of the swab stick with your finger and thumb.
- Separate your labia (vaginal lips) with your fingers.



4

Insert the swab.

- Insert the swab cotton side first into your vagina about 2 inches (5 cm) inside your vaginal opening.



5

Rotate the swab.

- Gently rotate the swab inside your vagina for 10-30 seconds. Make sure it is touching the walls of your vagina.



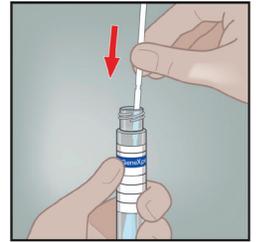
Remove the swab.

- Remove the swab and keep holding it in your hand.

6

Put the swab in the collection tube.

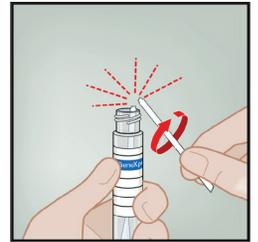
- Unscrew the cap from the collection tube. Do not spill the contents of the tube!
**If you spill any contents – please request a new kit. See bottom of this handout for spills.*
- Immediately put your swab into the collection tube cotton side first.



7

Break the swab stick in half.

- Find the scoreline halfway on the swab stick. Break the stick against the side of the tube at the scoreline.



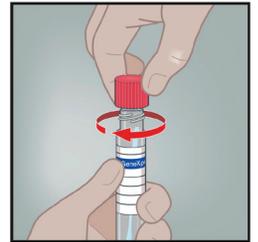
8

Re-cap the transport tube.

- Put the cap back on the collection tube.
- Place tube in the specimen cabinet in the bathroom.

If you spill tube contents on your skin, wash with soap and water.

If you splash tube contents into your eyes, flush with water. Tell your medical team if you notice an irritation.



Cepheid Kit (red cap):

You will find two swabs with this kit.

One swab is smaller and packaged with the collection tube - **use this swab**.

One swab is larger and is in its own package - you can **throw away** this swab.



Cobas (Roche) (yellow cap):

You will find two swabs with this kit.

Swabs are packaged together (2 swabs in 1 package).

One swab is white, slightly larger and woven like a Q-tip. **Use this swab**.

One swab is clear, slightly smaller, and flocked like a mascara brush. **Throw away** this swab.

