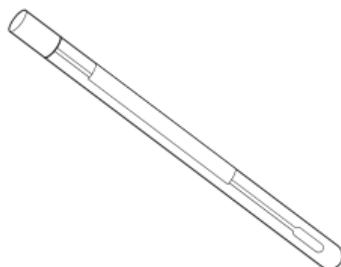


HOW TO COLLECT YOUR ANAL SWAB

What you will need



Anal Swab

Before you start

- Locate the swab within your testing kit labelled “Anal”
- Need to poop? Go now, and then wait a while before taking your swab. This will ensure your butt is clean and your rectum is empty.
- It’s best to take your sample in the bathroom so you can wash your hands before and after.

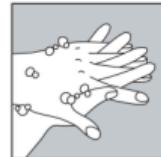
Helpful tips

- Scan this QR code with your cell phone camera for videos and tips to help you collect your rectal sample.



Instructions

1 Wash your hands and unpack the kit on a clean surface.

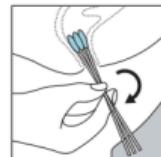


2 Remove the rectal swab from the tube. Do not lay it down or touch the tip.

3 Hold the swab firmly, 1–1.5 inches from the tip.

4 Find a comfortable position. Insert the tip of the swab into your anus.

5 Gently rotate the swab 5–10 times around the inside walls of your anus.



6 Rotate the swab, slowly removing it from your anus. Put it back into the tube and push tightly to close.