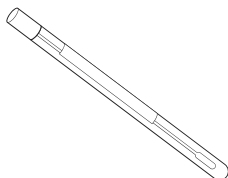


## HOW TO COLLECT YOUR ANAL SWAB

### 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.

