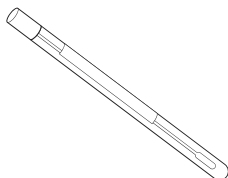


# HOW TO COLLECT YOUR VAGINAL SWAB

## What you will need



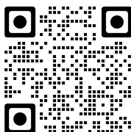
Vaginal swab

## Before you start

- Locate the swab within your testing kit labelled “Vaginal”
- Take your time, so you feel relaxed.
- You might want to be in a bathroom or anywhere you feel comfortable.

## Helpful tips

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



## Instructions

- 1 Wash your hands. and unpack the kit on a clean surface, ideally in a bathroom.
- 2 Remove the vaginal swab from the tube. **Do not lay it down or touch the tip.**
- 3 Gently insert the swab half a finger's length into your vagina.
- 4 Rotate the swab around the inside of your vagina 5–10 times.
- 5 Put the swab back into the tube and push tightly to seal it.

