

Instructions on how to self-collect vaginal swab

Before starting

- 1) Before you open the package, make sure you know which end of the swab can be held (handle). If you are unsure, then ask your healthcare provider for advice.
- 2) Before taking the sample, make sure your hands are clean and dry.
- 3) Make sure you are in a comfortable position and your underwear are lowered.

Preparing the swab

- 4) Remove the swab from the packaging. See next page for images (image 1).
- 5) Make sure not to touch the tip that will be inserted to collect the sample.
- 6) Do not place the swab down on any surface. If you touch the tip or lay the swab down, ask for a new one.
- 7) The swab may have a score line or red mark on it. Hold the swab at the line/mark (image 2).

Collecting the sample

- 8) Use your free hand to move skin folds (labia) at the entrance of your vagina.
- 9) Gently insert the swab into your vagina (similar to inserting a tampon).
- 10) Insert the swab to the line/mark or until your fingers are touching the vaginal opening.
- 11) Rotate the swab gently against the wall of the vagina for about 30 seconds. This should not hurt, but may feel a little uncomfortable (image 3).
- 12) Gently remove the swab from your vagina.
- 13) Do not touch the swab to any surface before placing it into the collection tube.
- 14) Remove the cap from the tube while holding the swab in the same hand (image 4).
- 15) Place the swab into the liquid in the tube (image 5).
- 16) Carefully break or snap the swab stick off so it will fit in the tube when the cap is replaced (image 6).
- 17) Discard the top portion of the swab (image 7).
- 18) Tightly screw the cap back onto the tube (image 8).
- 19) Return the sample to your healthcare provider.
- 20) The sample will be transported to the laboratory for testing.

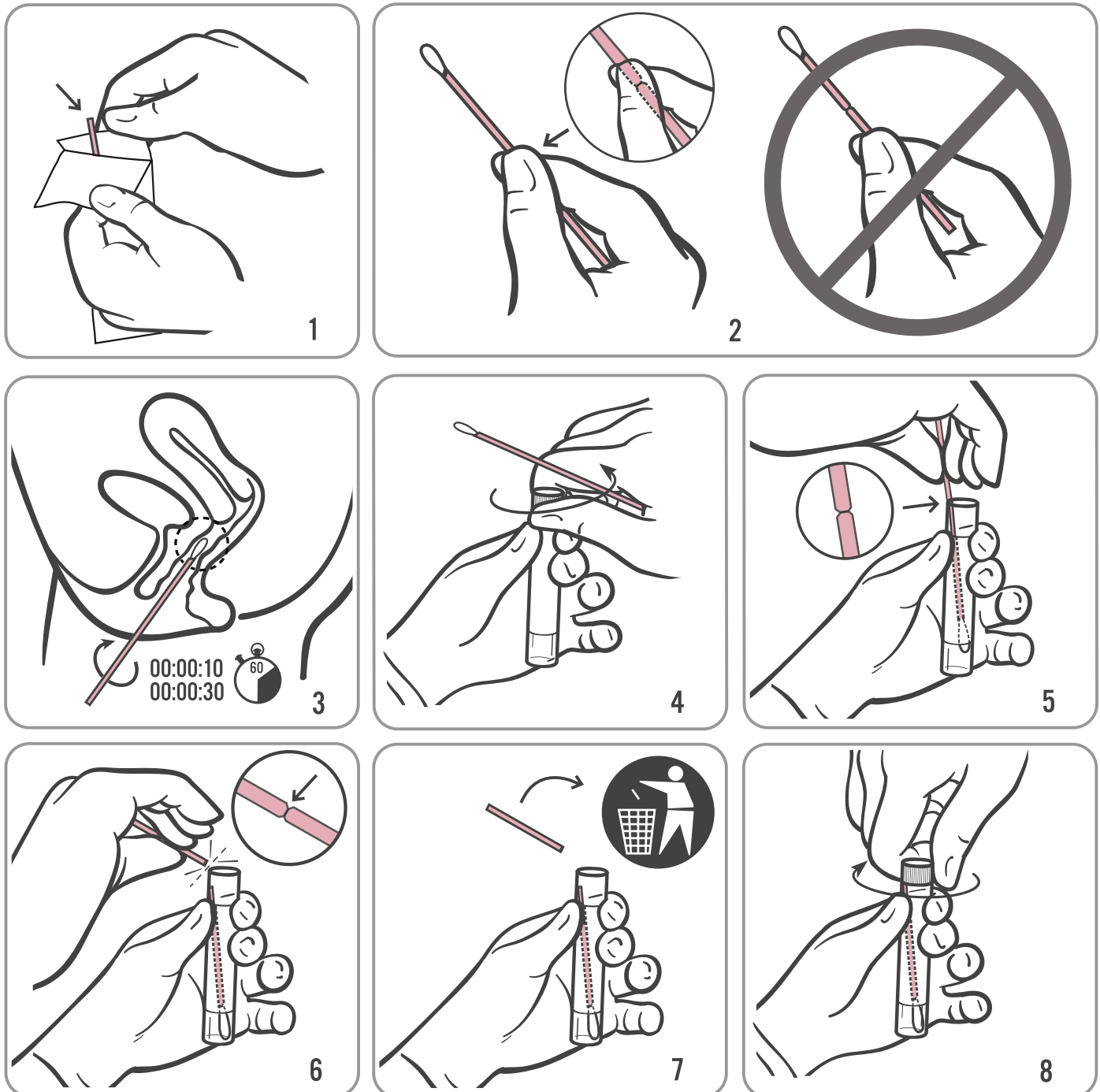


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- 1) [Instruction Guide for Self-collect \(How to take your own sample for a HPV Test\) \(health.gov.au\)](https://www.health.gov.au)
- 2) [IN0146-IFU-PI_004_01.pdf \(hologic.com\)](https://www.hologic.com)