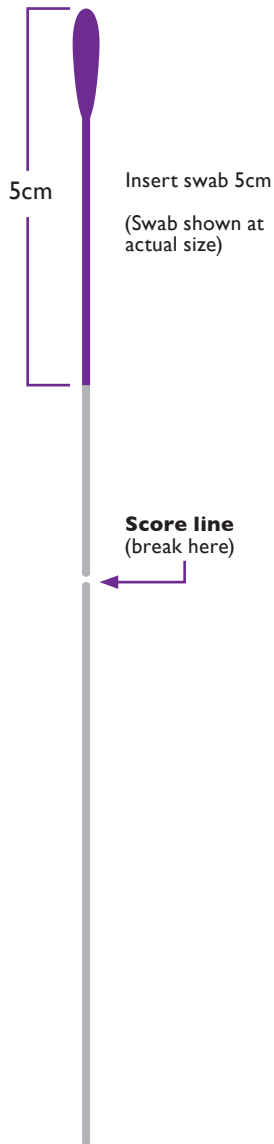


How to do a vaginal swab

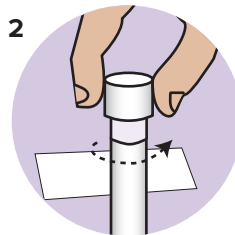


Please read all instructions before taking your sample.

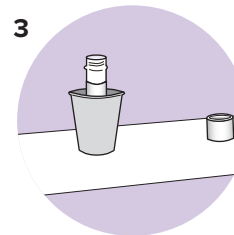
- If you spill liquid from the tube, tell a staff member. They will give you a new kit for you to start again.
- You can still use a vaginal swab if you are on your period.
- Use the correct tube for each body part if you are collecting more than one sample. Finish collecting one sample before starting the next in this order: 1) throat, 2) vaginal, 3) rectal.
- There is no doctor or nurse at LifeLabs to help you collect your sample. Collecting your own swab is as effective as having a nurse or doctor do it.
- You can bring the kit home if you want to or you can collect at LifeLabs. If you bring the kit home, bring it back to the same LifeLabs location within one week.
- Your results will be ready in about one week. You will get an email from GetCheckedOnline when your results are ready.



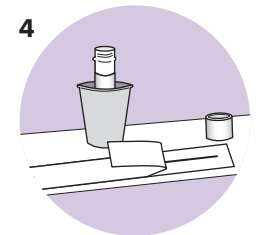
1
Wash your hands with soap and water.



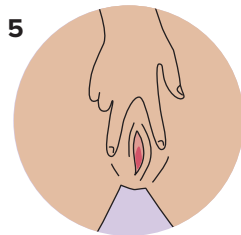
2
Lay a paper towel down on a clean and flat surface.
Twist the cap off the tube and put the cap down with the inside surface facing up.



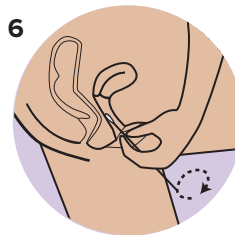
3
Put the tube upright on the flat surface.
You can use a cup to keep the tube upright if you want.



4
Take the swab out of the package. Do not touch the soft end of the swab with your hands or surfaces.



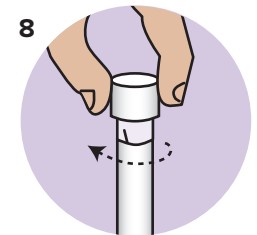
5
Get into a position that will let you swab the inside of your vagina. You can put one foot on the toilet seat or squat.



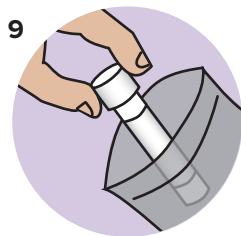
6
Insert the swab into your vagina about 5 cm.
Gently move the swab in a circle for 10-30 seconds, touching the walls of your vagina.



7
Put the soft end of the swab in the tube.
Break the swab at the score line by pressing it against the side of the tube.



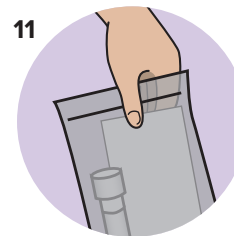
8
Twist the cap back on the tube tightly.



9
Put the tube in the plastic "Biohazard" bag.
Make sure your lab form is in the front pocket of the bag.



10
Wash your hands with soap and water.



11
Give the plastic bag with your swab(s) and lab form to a staff member.

Video Instructions:

