How to take your Vaginal Swab

Wash and dry your hands first.
The pack contains a swab stick and a plastic container.
Do not place the swab stick directly on any surface.
Do not touch the cotton wool tip of the swab.
Ask for a new kit if you drop the swab or touch the tip or spill any of the liquid in the container.

1. Getting ready:
Peel open the pack. Take out the container, carefully unscrew the top and place it on a flat surface.

2. How to hold the swab:
Take the swab stick out of its packet and hold the plastic shaft in the middle.

3. Taking the sample:
- With your legs apart, spread the opening of your vagina.
- Rub the cotton bud around the upper part of the entrance to the vagina (where the red arrow is) a couple of times.
- Then insert it 1–2 inches into your vagina. Your fingers on the middle of the shaft will stop you going in too far.
- Rotate the swab around your vagina, making sure it touches the inside wall of your vagina for 5 seconds (count to 5 slowly).
- Carefully pull the swab out.

4. To finish off:
Put the swab in the container. Make sure you do not spill any of the liquid.
Snap the stick off at the black line.
Screw the lid back on tightly.

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