Steps for Self-Collection of Swabs

**Vaginal Swab**

**Step 1**
Remove ONE swab from package without touching tip. Hold swab with one hand and separate fold of skin around vaginal opening.

**Step 2**
Insert swab 2 inches, twist for 30 seconds while swab touches against vaginal walls.

**Step 3**
Remove swab without swab touching any surface. Twist open the collection tube.

**Step 4**
Lower the swab (cotton-end first) into the collection tube.

**Step 5**
Break the top half off of the swab along the middle black line. Close the collection tube tightly.

**Rectal Swab**

**Step 1**
Remove swab from package without touching tip. Hold swab with one hand and lift one cheek for easy access to rectum.

**Step 2**
Insert swab 1 inch into anus, twist for 30 seconds while swab touches against anal walls.

**Step 3**
Remove swab without swab touching any surface. Twist open the collection tube.

**Step 4**
Lower the swab (cotton-end first) into the collection tube. Break the top half off of the swab along the middle black line.

**Step 5**
Close the collection tube tightly.