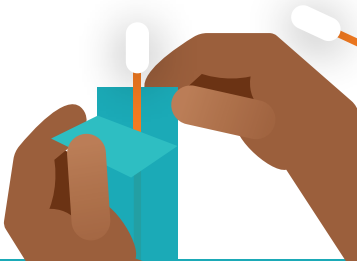


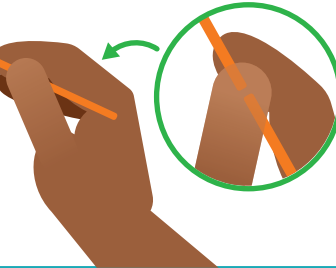
# HOW TO TAKE YOUR FRONT-HOLE SWAB

**1** Remove the swab marked FRONT-HOLE

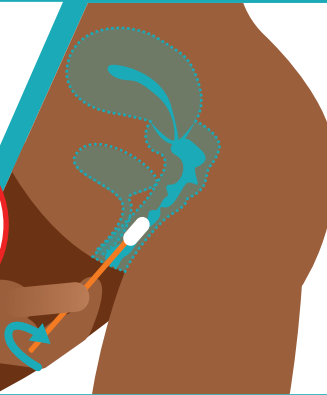
*Don't touch the tip of the swab*



**2** Hold the swab over the snap line in the middle - this makes sure it doesn't snap when swabbing



**2**



**3**

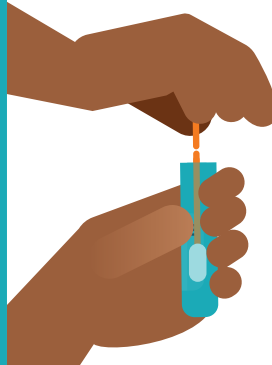
Carefully insert the swab about 5cm inside your front-hole and gently rotate the swab for 10-30 seconds

**4** Carefully open the tube labelled FRONT-HOLE

*Make sure you don't spill the clear liquid that's inside the tube*



**5** Place the swab into the tube



**6** Break the top of the swab off at the snap line



**6**



**7** Put the cap back on tightly

*Double-check the tube has your correct full name, date of birth, and FRONT-HOLE written on it*

