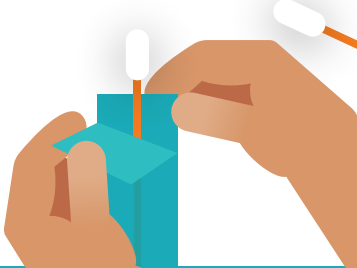


# HOW TO TAKE YOUR VAGINAL SWAB

1 Remove the swab marked VAGINAL

*Don't touch the tip of the swab*



1

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 vagina and gently rotate the swab for 10-30 seconds

3

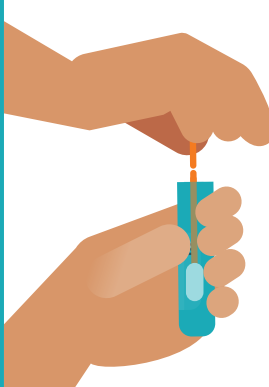
4 Carefully open the tube labelled VAGINAL

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



4

5 Place the swab into the tube



5

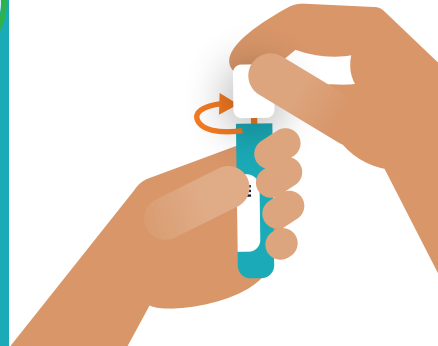
6 Break the top of the swab off at the snap line



6

7 Put the cap back on tightly

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



7