

How to self-collect a vaginal swab (black top swab)

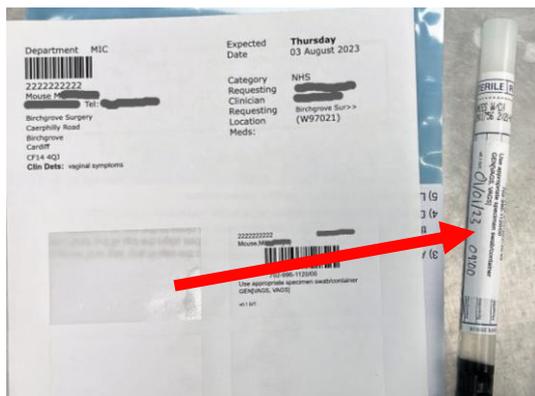
1. Wash hands

2. Write the **date and time** that you are collecting the swab on the sticker and form as shown

3. Open packaging at the end that has the black cap with writing "peel here"

4. Remove the tube from the pack, leaving the swab inside the packaging at this stage

5. Apply the sticker to the tube in the position shown in the photo



6. Place the tube in a cup to keep it in an upright position. Twist the cap to remove it from the tube.

7. Now remove the swab from its packaging being careful to only touch the black cap and not touch anywhere else on the swab.

8. Holding the swab in one hand, use your other hand to part the skin around the Vagina, then insert the swab approximately **5cm** into the vagina. Gently rotate the swab inside the vagina for **15** seconds.

Essentials:
1x black pen
1x cup
1x form and swab

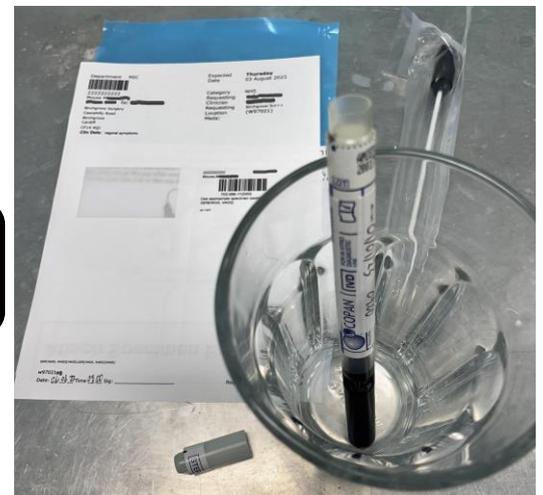
Department MIC
Expected Date **Thursday**
03 August 2023
Category NHS
Requesting Clinician [redacted]
Requesting Location Birchgrove Sur->
(W97021)
Clin Dets: vaginal symptoms

2222222222
Mouse M [redacted]
Tel: [redacted]
Birchgrove Surgery
Caerphilly Road
Birchgrove
Cardiff
CF14 4QJ
Clin Dets: vaginal symptoms

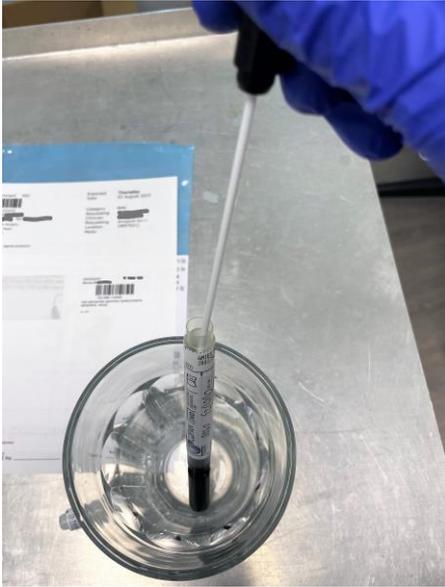
2222222222
Mouse M [redacted]
702-996-1120/00
Use appropriate specimen swab/container
GEN[VAGS, VAGS]
v6.1 DR: [redacted] 01/01/23 09:00

2222222222
Mouse M [redacted]
702-996-1120/00
Use appropriate specimen swab/container
GEN[VAGS, VAGS]
v6.1 DR: [redacted]

GEN[VAGS, VAGS] GEN[VAGS, VAGS] GEN[VAGS, VAGS]
Request Number 65108554



If you have pain or difficulty inserting the swab stop and call the GP surgery for advice



9. Withdraw the swab from the vagina and place it inside the tube, pressing the cap down **firmly** to seal it.



10. Place the tube inside the bag, then wash your hands

11. Remove the yellow paper strip to reveal a sticky edge and fold along the dotted line to seal the bag.



12. Please hand into reception **before 11am**. Ideally swabs should be dropped in as soon as possible after they are taken. If there is a delay, store the sample inside a bag in the fridge for no more than 24

13. Phone for your results **5-7** days later